The Society of Professional Women (SPW) kicked off its 10th Anniversary year soaring to new heights. At SPW's first Trademark event of the year on January 24th, former NASA astronaut and veteran of three space shuttle flights, Dr. Rhea Seddon, shared her wisdom gleaned from her trials and triumphs. You may have seen highlights of her presentation on the local news, CBS3, and online at cbsphilly.com.

During her presentation, Dr. Seddon recounted how chance conversations and helpful friends along the way brought new and exciting opportunities at every turn. Her career successes came through the understanding that there is no greater power than teamwork. The feedback we’ve received from having Dr. Seddon speak has been overwhelming. Despite all of the adversity Rhea faced, she told her story with composure and grace instead of bitterness and anger. Even in a room of almost 150 people, you could hear a pin drop. The colorful slide presentation filled with photographs really enhanced the journey to make it feel like you were alongside her. It was an honor to be able to meet and hear from one of the greatest trailblazers of our time. Many attendees walked away with her book “Go For Orbit.” Rhea is a shining example to people everywhere, but most importantly to young women and our future leaders.

We look forward to highlighting many more trailblazers and important programming this year.
On June 13th, SPW will be hosting Dr. Temple Grandin to celebrate diversity by sharing her expertise on different ways that people think and how to collaborate through her unique perspective of autism. SPW is also currently planning a panel of expert leaders to share more information on the addiction epidemic facing our nation and our workplaces on July 24th during a Lunch & Share Conversation.

You can expect to experience many more of these one-of-a-kind professional development opportunities throughout the year by checking out our upcoming events. If there is ever anything that you need, and if you and your company would like to get more involved, please reach out to me and my colleagues at The Main Line Chamber of Commerce.

I look forward to seeing those of you who can join us at the next event on February 21st with Tiffanie Stanard on The Brand of Your Business and You. Thank you for your support,

Sincerely,

Nicole Stephenson
Director, Society of Professional Women (SPW)
Main Line Chamber of Commerce
nstephenson@mlcc.org

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Recent EVENT

Trademark

Be Bold: Navigate, Adapt and Master The Workplace
January 24, 2019

Author, Speaker and former NASA Astronaut Dr. Rhea Seddon provided fundamental strategies to achieving career satisfaction.

These engaging programs are attended by 200+ professionals from companies of all sizes. In addition to networking with the region’s leaders, attendees enjoy world-renowned keynote speakers including visionaries, executives and celebrities.

View more photos from this event

Upcoming EVENTS

Trademark

The Brand of Your Business and You!
Thursday, February 21, 2019

Tiffanie Stanard
Technology Influencer, Speaker and Entrepreneur

Tiffanie Stanard is known for following all of her passions - an anomaly in many sorts because she is a techie, media personality/producer and an award-winning entrepreneur. Tiffanie has been named a U.S. Delegate for the Global Entrepreneurship Congress, One of the 15 Women Changing the Face of Technology by Philadelphia Business Journal, One of the Top 100 Women Visionary Leaders to Watch by Innov8tiv Magazine, among many more honors. Through her journey she will show you how you can build your personal brand as you build the brand of your company by discussing various marketing strategies that showcase how your brand is evolving and steps to present your many passions to the world.

Time
Registration & Networking
11:00 - 11:45 am
Program
11:45 - 1:30 pm

Location
Radnor Valley Country Club
555 Sproul Rd., Villanova, PA 19085

Cost
MLCC Gold Members: $50
MLCC Standard Members: $55
Non-Members: $60

Click here to register!

Upcoming EVENTS

Lunch & Share

Networking Smarter
Thursday, March 21, 2019

Jennifer Robinson, Esq.
Founder and CEO, Purposeful Networking

Jennifer Lynn Robinson is the CEO and Founder of “Purposeful Networking.” Her goal is to help people be more comfortable and confident with their networking skills. She conducts workshops, seminars and speaking engagements for corporations, universities, non-profits and conferences. Jennifer holds certifications in Event Planning, Non-Profit Management and Conflict Resolution. She received her Bachelor of Arts from Haverford College and her law degree from Villanova School of Law. Jennifer has been published in multiple publications including Forbes, The Huffington Post, Chicago Tribune and Philadelphia Magazine.

Time
Registration & Networking
11:00 - 11:45 am
Program
11:45 - 1:30 pm

Location
Seasons 52
160 N Gulph Rd. #101
King of Prussia, PA 19406

Cost
MLCC Gold Members: $50
MLCC Standard Members: $55
Non-Members: $60

Click here to register!

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Author, Speaker and former NASA Astronaut Dr. Rhea Seddon presented the check to eSTeEM Girls Exec. Dir. Renee Harris alongside Wells Fargo District Manager Dave Bolger.
Heart disease and stroke claim the life of a woman every 80 seconds. Ninety percent of women have at least one risk factor for heart disease or stroke. Women are less likely to survive their first heart attack. Most likely you have heard statistics like these before. But ask yourself: What would you do if you noticed sudden chest pain, dizziness, or nausea? Would you call 911 or shrug it off?

Despite increased awareness about heart disease, many women—and even doctors—still dismiss or misdiagnose its symptoms as stress or anxiety. A recent study confirms this, stating that 53 percent of young women with heart attack symptoms said that their health care provider did not think symptoms like stomach pain, shortness of breath, heart palpitations and nausea were heart-related. Only 37 percent of men felt the same.

While it is certainly the responsibility of doctors and other health care providers to recognize heart disease symptoms and provide an accurate diagnosis, there is something you can do to protect your heart: be your own advocate.

This means recognizing the symptoms of heart disease and stroke. It means knowing the risk factors for heart disease, from traditional risk factors like diabetes, smoking and obesity to gender-specific risk factors like pre-eclampsia, early menopause and inflammatory or autoimmune disease.

And, perhaps most importantly, it means speaking up when you feel that your concerns are not being heard. If you have the symptoms of heart disease or are concerned there is something wrong with your heart, do not let anybody dismiss your concerns or write these symptoms off as stress or anxiety without the proper evaluation or testing.

We know that most women know and understand their bodies well and, therefore, are the first to know when something is not right. If you do not feel like your voice is being heard, do not think twice before seeking a second opinion—it could save your life. Find a provider who you trust, and who will take your symptoms and concerns seriously.

Always be your own advocate, and trust your gut when something does not feel right.

Outreach and education is critical to increasing patients' and providers' knowledge and recognition of heart disease. Download Lankenau Heart Institute's free educational guide, A Woman's Guide to Protect Her Heart to learn more about heart disease risk factors and a heart-healthy lifestyle at mainlinehealth.org/whi.

For more than 90 years, we have helped private and public companies – from small businesses to Fortune 500 corporations – achieve their goals by providing pragmatic, value-driven legal counsel. One of the largest law firms in Pennsylvania, Stradley Ronon has eight offices, including our longstanding office in Malvern, and more than 200 attorneys located throughout the Mid-Atlantic Region and in Chicago, Illinois. While we’re proud of our many client achievements, we are also dedicated to the communities in which we work and live and to supporting diversity initiatives.

Stradley Ronon is a proud long-time partner of The Main Line Chamber of Commerce and the Society of Professional Women. Partner Steven Scolari is a past chair of Chamber’s Board of Directors, Partner Deborah Hong currently serves on the Chamber’s Board of Directors, and Partner Anastasia Sheaffer-Wood and Associate Tara Walsh are members of SPW’s Advisory Council. In addition, many of our women attorneys serve the community on the boards of nonprofit organizations and have been recognized by the Philadelphia Business Journal, The Legal Intelligencer and the National Diversity Council for their efforts.

Stradley Ronon is committed to diversity because it provides a voice to the unique perspectives of all our attorneys; reflects the evolving face of the legal profession; and allows us to provide the highest-quality services to our clients, who are as diverse as we are. We are committed to diversity because we believe there is strength in the differences among our experiences and world views.
USI/My Benefit Advisor has been named to Forbes Best Employer List. Congratulations USI/My Benefit Advisor!

Congratulations to Joel Corriego, Caroline Gorman, Kristin J. Jones and Nicole Simon for being elected to partnership at Stradley Ronon Stevens and Young.

PECO has been named one of 2019’s Best Employers for Diversity by Forbes Magazine.

Did you Know? FUN FACTS
Top 10 Ways Families Can Encourage Girls’ Interest in Computing
By: National Center for Women & Information Technology

- Expect girls to do well in math and technology, and communicate your expectations clearly.
- Spark her interest in computing early and often.
- Focus on learning using a growth mindset, meaning, understand that no one is born knowing how to do things, but instead learn how to do new things.
- Invite other girls to learn together. Encouraging groups to participate in computing contests will help girls feel that they belong in computing.
- Explore technology with her. Together, look through instructional websites and videos, and see how technology is part of nearly everything.

View the full list here.

What We’re Reading

“Everyone knows that the Phillie Phanatic is the Babe Ruth of mascots,” said Pat Williams, SVP Orlando Magic and author of Leadership Excellence. “This book is proof that the Phanatic is also the Michael Jordan of leadership philosophy. It inspires leaders to build great companies by being loving to the people and the organizations they lead.”

In this world of fast-paced change, businesses everywhere are searching for critical levers to ensure growth and sustainability. We believe that there is an answer that has been hiding from all of us in plain sight. It is a solution that is rarely, if ever, associated with business. It is a powerful and pragmatic force that is an incredible driver of results. It is... wait for it... Love.

The Phillie Phanatic is the most successful and beloved mascot in sports. He is known and loved throughout the world. In this powerful and engaging book, Tom Burgoyne, the Phanatic for the last 29 years, and Evan Marcus, an expert in executive team and organizational development, demonstrate how to harness the amazing power of love to radically transform people and the organizations they lead.
2019 SPW SPONSORS

Become part of SPW’s influential network as a participant, business sponsor or speaker. For more information visit www.spwmainline.com or call 484-253-1118.

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