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NAWIC Silicon Valley, CA 99

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Dear Members:

The annual conference set in Portland, Oregon, was a great first annual conference experience for me. With too many great experiences to capture in this report I will try to summarize a few of the highlights.

A major highlight for me was the recognition our chapter received as a runner up in the WIC Week marketing award for a large chapter. Planning and executing a successful WIC week is a lot of work and requires participation from many chapter members. Thanks to Monica Sanchez and Misha Homara for planning great events and gaining sponsorships so me and Amy Pacheco could develop and distribute great content!

Another highlight of the conference was being the “Music Mom” for Kara Hermann who performed her own “Hard Hatted Woman.” I got to go in early and help do a sound check. I felt very cool. 😊 Kara did such a great job kicking off the conference and it was so fun to see her being brave in front of over 500 people!

I was able to attend every session and listened to a variety of content. A helpful session to prepare to be Chapter President was a session on being on a Chapter Board. I appreciated that they acknowledged there are pros and cons to being on the board and that it is work. But, there are so many benefits and skills you learn. Their tips on dealing with conflict were good reminders as we embark on planning the upcoming year of activities and it is rare that everyone agrees about everything.

Another session I really enjoyed was The Value of a Personal Brand. The speaker started by advising us to discontinue using words to describe people if they have a negative perception for women versus for men. Examples are: Aggressive, Abrasive, and Bossy. I still have some homework to do following this session as I want to define my “Brand Star.”

My last, but not least, session I will share was presented by Ms. Vogel whose words focused on knowing you are enough. This is always so impactful for me as it brings awareness to that little voice inside me that is always criticizing my work. I loved her reminder about HAULTing - not making decisions when you are: Hungry, Angry, Unhappy, Lonely or Tired. This is so important to remember! I also appreciated her words of advise – stop apologizing for who you are. Apologize for when you are actually sorry. Some great game changing statements I wrote down:

- Sorry I’m late
 - Thank you for waiting for me
- Sorry I messed up
 - Thanks for your patience while I’m learning
- I’m sorry I got so emotional

- Thank you for giving me a space to vent
- I'm sorry for being a burden
 - Thank you for being supportive
- I'm sorry I can't do more
 - Thank you for understanding I'm at capacity

The conference was so great and I could go on and on about the great presentations. I can't wait to go again next year!

It is so great that our Chapter is able to support member's attendance at these events. I hope more members of our chapter can attend future NAWIC meetings at the Region and National level. If you are interested, please reach out to any of the board officers.

Here are the upcoming meeting dates:

2023 PNW Fall Conference	Missoula, Montana	October 12-14, 2023
2024 PNW & PSW Spring Forum	Honolulu, Hawaii	May 9-11, 2024
2024 Annual Conference	Houston, Texas	August 14-17, 2024
2024 PNW Fall Conference	TBD – Silicon Valley, CA!	TBD

Thank you to the Chapter for sending me to a great Annual Conference!

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