

# Inspired Beyond!

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www.abwa-inspireher.org



## From the desk of 2022 InspireHer Woman of the Year

This year has been exceptionally successful for the American Business Women's Association (ABWA) InspireHer Chapter. It is because of the hard work and dedication of the amazing InspireHer Chapter women. Although each member deserves recognition, only one member can be selected as Woman of the Year.

The Woman of the Year award recognizes members that make notable contributions and remarkable achievements in their Chapter.



Celnah Colbert, President  
2023 InspireHer Chapter Woman of the Year

The 2023 Woman of the Year has led the InspireHer Chapter as a two-term president for the past two years. From the formation until now, she has put her heart and soul into shaping the Chapter.

She values the opportunity to share her wisdom and experience to inspire others. She fearlessly steps outside of her comfort zone to pave the road for other women. She is admired and respected for her

resilience, leadership, commitment to professional development, and humility.

Being named Woman of the Year is a great honor and is highly respected by all ABWA members.

As the 2022 InspireHer Woman of the Year, I celebrate President Celnah Colbert as the 2023 Woman of the Year for her extraordinary and courageous leadership and dedication. *"There is no limit to what we, as women, can accomplish."* Michelle Obama

*Congratulations President Colbert!*

**Tyra Gore**

2022 InspireHer Woman of the Year

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### ABWA Mission Statement

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



Explore

Engage

Excel

The *InspireHer* Chapter vision is to lead through service to inspire, motivate, and empower every person to be their **BEST SELF.**



# InspireHer in the Park

*Celebrating 3rd Chapter Anniversary*

**July 15, 2023**

**7:00 p.m.—9:00 p.m.**

**Collins Hill Park Pavilion**

**2225 Collins Hill Road, Lawrenceville GA 30043**

*InspireHer in the Park*

**A Music Celebration**  
Smooth Jazz, R&B and Soul  
*Featuring*

**Alan and Lita Blake**  
National Recording Artists

[www.alanandlitaBlake.com](http://www.alanandlitaBlake.com)  
7:00 PM - 9:00 PM  
Admission @ 6:30 PM | Concert Starts @ 7:00 PM  
Collins Hill Park Pavilion  
2225 COLLINS HILL ROAD | LAWRENCEVILLE, GA 30043

**15 JUL 2023**

Join Us For an Evening of Live Music and Fun.  
Enjoy the celebration under the Pavilion or on the lawn by the surrounding Lake.

**TABLES AND CHAIRS ARE PROVIDED UNDER THE PAVILION.  
BRING YOUR OWN FOOD, BLANKET OR LAWN CHAIR.**

**EARLY BIRD SPECIAL NOW UNTIL JUNE 12, 2023 FOR \$30.00**

**WHAT TO EXPECT:**

- Adult Event!**
- Dancing!**
- Lawn chairs permitted!**
- Live music!**  
National Recording Artists  
Alan & Lita Blake  
[Click to sample music](#)
- No ALCOHOL!**

## About Us

Three years ago the InspireHer Chapter of the American Business Women's Association (ABWA) was Chartered by eight amazing women with 44 members on July 25, 2020.

## InspireHer Vision

To lead through service to Inspire, Motivate, and Empower every member to be their best self.



## What's In It For Me

Membership in ABWA affords you the opportunities to enhance your leadership skills, business acumen and network with like-minded business women that will propel you forward professionally and personally in achieving your best self.

### Professional Development

- Access to ABWA's Apex Campus 24/7
- Lifelong learning
- League Speakers
- Educational Scholarships - SBMEF

### Leadership Opportunities

- Opportunities to enhance leadership and business skills acumen
- Lead committees and special projects

### Networking

- Attend local and national business and networking meetings
- Build relationships
- Participate in league, regional & national events

### Local and National Recognition

- League awards, e.g., Woman of the Year, Protégée, and Top Ten Nominees
- National recognition, e.g., American Business Woman, Top Ten Business Woman, and Best Practices Award

### Regional and National Conferences

- Attend regional and national conferences for personal and professional development at member's discount
- Meet like-minded career-oriented members

### Community Connections

- Connect with members online on the Community Connections platform and in social media groups
- Access to national resources

### Career Connections

- Search career portal for employment opportunities
- Seek careers with our partners

### Publication Subscriptions

- Access to Achieve Newsletter
- Subscription to ABWA Blog

### Exclusive Social Media

- Access to ABWA's members-only Facebook and LinkedIn Groups Collaborate with other ABWA members

### Partner Discounts

- National University and Franklin
- Madison Dell Technologies
- Allstate
- The Business Source



Created by 2022-2023 Ambassador Steering Committee  
[www.abwa.org](http://www.abwa.org)



# Volunteering and its Surprising Benefits

By Jeanne Segal, Ph.D. and Lawrence Robinson

<https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>

Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. Learn how to find the right volunteer opportunity for you.

## Why volunteer?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Benefits of volunteering: 4 ways to feel healthier and happier

- ◆ Volunteering connects you to others.
- ◆ Volunteering is good for your mind and body.
- ◆ Volunteering can advance your career.
- ◆ Volunteering brings fun and fulfillment to your life.

## Benefit 1: Volunteering connects you to others

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

### Make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

### Increase your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

### Volunteering as a family

Children watch everything you do. By giving back to the community, you'll show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

## Benefit 2: Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

**Volunteering helps counteract the effects of stress, anger, and anxiety.** The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

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**Volunteering combats depression.** Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

**Volunteering increases self-confidence.** You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

**Volunteering provides a sense of purpose.** Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

**Volunteering helps you stay physically healthy.** Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

### **I have limited mobility—can I still volunteer?**

People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering.

Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. In today's digital age, many organizations need help with writing, graphic design, email, and other web-based tasks. Some organizations may require you to attend an initial training session or periodical meetings while others can be conducted completely remotely. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions.

### **Benefit 3: Volunteering can advance your career**

If you're considering a new career, volunteering can help you get experience in your area of interest and meet people in the field. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you've honed these skills in a volunteer position first.

### **Teaching you valuable job skills**

Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. For example, you could become an experienced crisis counselor while volunteering for a women's shelter or a knowledgeable art historian while donating your time as a museum docent.

Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you can raise awareness for your favorite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills.

### **Gaining career experience**

Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. In some fields, you can volunteer directly at an organization that does the kind of work you're interested in. For example, if you're interested in nursing, you could volunteer at a hospital or a nursing home.

Your volunteer work might also expose you to professional organizations or internships that could benefit your career.

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### **When it comes to volunteering, passion and positivity are the only requirements**

While learning new skills can be beneficial to many, it's not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable assets you can bring to any volunteer effort are compassion, an open mind, a willingness to pitch in wherever needed, and a positive attitude.

### **Benefit 4: Volunteering brings fun and fulfillment to your life**

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Many people volunteer in order to make time for hobbies outside of work as well. For instance, if you have a desk job and long to spend time outdoors, you might consider volunteering to help plant a community garden, walk dogs for an animal shelter, or help out at a children's camp.

### **How to find the right volunteer opportunity**

There are numerous volunteer opportunities available. The key is to find a position that you would enjoy and are capable of doing. It's also important to make sure that your commitment matches the organization's needs. Ask yourself the following:

- ◆ Would you like to work with adults, children, animals, or remotely from home?
- ◆ Do you prefer to work alone or as part of a team?
- ◆ Are you better behind the scenes or do you prefer to take a more visible role?
- ◆ How much time are you willing to commit?
- ◆ What skills can you bring to a volunteer job?
- ◆ What causes are important to you?

### **Consider your interests**

You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling.

### **What are your volunteering goals?**

To find a volunteer position that's right for you, look for something that matches your personality, skills, and interests. Ask yourself if there is something specific you want to do or achieve as a volunteer.

For example, you might want to:

- ◆ Improve your neighborhood.
- ◆ Meet new people with different outlooks or experiences.
- ◆ Try something new.
- ◆ Do something rewarding with your spare time.
- ◆ See new places or experience a different way of living.
- ◆ Try a new type of work that you might want to pursue as a full-time job.
- ◆ Expand on your interests and hobbies.

### **Consider several volunteer possibilities**

Don't limit yourself to just one organization or one specific type of job. Sometimes an opportunity looks great on paper, but the reality is quite different. Try to visit different organizations and get a feel for what they are like and if you click with other staff and volunteers.

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### Where to find volunteer opportunities

- ◆ Community theaters, museums, and monuments.
- ◆ Libraries or senior centers.
- ◆ Service organizations such as Lions Clubs or Rotary Clubs.
- ◆ Local animal shelters, rescue organizations, or wildlife centers.
- ◆ Youth organizations, sports teams, and after-school programs.
- ◆ Historical restorations, national parks, and conservation organizations.
- ◆ Places of worship such as churches or synagogues.

### How much time should you volunteer?

Volunteering doesn't have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.

### Getting the most out of volunteering

You're donating your valuable time, so it's important that you enjoy and benefit from your volunteering. To make sure that your volunteer position is a good fit:

**Ask questions.** You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. Sample questions for your volunteer coordinator might address your time commitment, if there's any training involved, who you will be working with, and what to do if you have questions during your experience.

**Make sure you know what's expected.** You should be comfortable with the organization and understand the time commitment. Consider starting small so that you don't over commit yourself at first. Give yourself some flexibility to change your focus if needed.

**Don't be afraid to make a change.** Don't force yourself into a bad fit or feel compelled to stick with a volunteer role you dislike. Talk to the organization about changing your focus or look for a different organization that's a better fit.

**If volunteering overseas, choose carefully.** Some volunteer programs abroad can cause more harm than good if they take much-needed paying jobs away from local workers. Look for volunteer opportunities with reputable organizations.

**Enjoy yourself.** The best volunteer experiences benefit both the volunteer and the organization. If you're not enjoying yourself, ask yourself why. Is it the tasks you're performing? The people you're working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what's bothering you can help you decide how to proceed.



## ABWA Proud Code Of Conduct

The Proud Code of Conduct was developed as a means of guiding all members in making ethical decisions. The broad statements of the code of conduct that are listed below are not expected to cover all conduct for all situations. This is why the Proud Code of Conduct was created as a living and fluid code.

- ◆ As an ABWA member, I will serve as a goodwill ambassador for the American Business Women's Association.
- ◆ As an ABWA member, I will adhere to the Association's Bylaws and comply with the Association's Brand Guidelines.
- ◆ As an ABWA member, I will not use my personal power or influence to advance my own interests.
- ◆ As an ABWA member, I will not allow my personal beliefs or convictions to alienate other members, prospective members, and sponsors at any level of the ABWA organization (local, regional or national).
- ◆ As an ABWA member, I will always treat member colleagues, the ABWA National Team, guests, speakers, vendors, and sponsors with dignity and respect.

### **2023 ABWA Membership Renewal \$175**

**ABWA National: \$115**

(12 consecutive months from enrollment month.)

**InspireHer Chapter: \$60**

(August 1st—July 31st)

## 2023 Upcoming Events

For all the latest updates and information, click [HERE](#) to visit our website.

### June

17 - InspireHer Chapter Monthly Meeting

### July

15—Chapter 3rd Anniversary  
Collins Hill Park Pavilion

## Training

Free monthly Apex Courses

Login at [www.myapexcampus.org](http://www.myapexcampus.org) under the **School of Lean** and register today!

### Questions

ABWA National team  
913-732-5100  
[webmail@abwa.org](mailto:webmail@abwa.org)

## About the Newsletter

The ABWA Inspired Beyond Newsletter highlights news, events, programs, resources, and opportunities for the advancement of women. The newsletter is published quarterly by the *InspireHer* Newsletter Committee.

### **Want Your Article Published?**

Do you have an article you would like to have published in the next edition? Consider publishing dates when submitting date-sensitive information and events. Submit your article 30 days before the publishing date.

### **2022-2023 Publishing Dates**

October, January, May, & July

The *InspireHer* Newsletter Committee will consider articles on a case-by-case basis.

To submit articles for consideration, click here to [email the newsletter team](#).

# HAPPY

### May

Connie Powers

### June

Tammy Selvie  
Marilyn Simmons

### July

Melody Brantley  
Vanessa Keith

# birthday