Ever wonder why some people seem to glide through life and seem to be ready to tackle the unforeseen situations of life?

You say, “What’s my problem?”

More often than not, we run into a conflict of objectives – due to unrealistic and inflated expectations, not allowing for uncontrollable outcomes stemming from outside environments, uncertainty of the future and not looking at our past financial decisions.

A major marker for our budget process is Measurement! Plan for the achievable. Know the pros and cons of a project. Create a timeline for the project and place a dollar cap that YOU must decide won’t be compromised.

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.
It’s better to be boldly decisive and risk being wrong than to agonize at length and be right too late.”

Marilyn Moats Kennedy

Feng Shui

Feng Shui is becoming aware of your environment and interacting with the negative and positive energy around you to achieve Chi. Chi is the invisible energy that flows through nature and your body that affects every area of your life. Here are some Feng Shui beliefs:

- Waterfalls of fountains by the entrance to your home bring positive energy. Clean, flowing water ensures purity of energy.
- Keep windows clean to ensure clarity of vision in your life.
- Get rid of clutter. Hoarding creates stale energy.
- Dimly lit rooms create sluggish and apathetic energy.
- It is important to leave property as you would wish to find it. This promotes good karma.
- Check for leaking faucets in your home. They indicate money flowing away from you.

Human Billboard.

The purpose is to connect and learn about each other, especially when one or more members are new to the team. The activity allows participants to share information about themselves.

Materials required: one flipchart paper for each participant, leaving space at the top to cut a hole for one’s head. Colored markers. Scissors.

Participants have six minutes to describe themselves using words, symbols, or pictures on their paper. Then mark an ‘X’ on top of the paper and cut to make a hole for the head. Participants can then mingle with each other for another six minutes – asking questions about the meaning of the symbols or pictures.

Participants explain the meaning of their symbols/pictures to the group and can post their “billboards” in the meeting room, if desired.

Ask these questions:
Why is it important to know each other outside of a work environment? How difficult was it to share personal information?

Can substitute a regular sheet of paper with an around-the-neck badge holder.

Connect. . .

Continued from page 1.

The ABWA Eastern Regional Conference “Creative Teambuilding Workshop” will be in Naples, Fl. On April 20-22, 2017. ****

We love to honor our “Ladies of Influence”. Each year, the McIntosh chapter chooses one of its members as an honoree for Woman of the Year spotlight. It is the highlight of the year to recognize a member who has worked hard for the organization in reaching out into the community as well as going above and beyond service to our members.

Celebrate the ABWA McIntosh Chapter’s 35th Anniversary on July 11, 2017. 6:30pm, at the Hilton Garden Inn, Peachtree City. Some of our founding members will be present. Our goal is to recruit 35 new members to commemorate this event.

National Women’s Conference, October 11-14, 2017 in Lancaster, PA.
Staying Healthy in 2017

Blood Pressure is the force of the blood pulsating against the walls of the arteries. The pressure when the heart beats is the systolic pressure and is represented by the upper number when blood pressure is taken. The pressure between beats (when the heart is at rest) is the diastolic pressure and is the lower number. A normal blood pressure is 130/85. High blood pressure risk factors include weight, family history, ethnicity, inactive lifestyle, excess alcohol and sodium intake.

You can prevent high blood pressure by limiting alcohol and salt intake, reducing the saturated fat in your diet, exercising regularly and losing excess weight. A weight loss of only 10 pounds can reduce your blood pressure.

Another risk factor is stress. Learn to breathe deeply and find a quiet place. Pray.

On Enjoying Excellence

Book Review.

Dr. Earl Suttle and Dr. John Hubbard collaborated on the book titled Earl’s Pearls on Enjoying Excellence. The inspirational, self-help book features 30 “Pearls of Wisdom” to enhance personal and spiritual growth.

Dr. Suttle is an internationally known keynote speaker and the Founder and President of Three E Corporation, an international leadership consulting and training corporation based in Atlanta. Dr. Hubbard is a physician, scientist, and psychiatrist specializing in addictions.

Pearl #1: Taking Personal Responsibility Sets You Free. If you chronically blame others or events for the calamities of life, you are setting yourself up to be a victim. When you take responsibility of making positive decisions for your health, finances and personal issues, the consequences of your decisions are freeing. The result is clarity of mind.

Pearl #4. Be Thankful. Be thankful for where you are in life NOW. There was a Then and there will be a Future – but the NOW is important to acknowledge because you’ve come a long way, Baby. Be thankful for your parents, children, friends, mentors, and for the country you live in. Let people know you are thankful for the way they have touched your life. Being thankful builds up people who hear it, and humbles you enough to be realistic about your place in life.

Pearl #9. Avoid the “I’ll Be Happy When” syndrome. Dr. Hubbard says, “it’s not so much the decision you make, but what you make of your decision.” Be happy. Learn to laugh at your mistakes.

Pearl #28. If You Are Not Moving Forward, You’re Probably Moving Backwards” Push yourself to reassess your decisions and embrace change in a positive way.

Pearl #29. Keep Learning. Stagnation drugs the mind. Read, read, read. Listen to inspirational tapes. Go to a lecture.

Pearl #30. Never quit. Take a breather from a challenging situation and come back with a refreshed mind. Be realistic about your goals and adjust accordingly.

Pearl #30. Never quit. Take a breather from a challenging situation and come back with a refreshed mind. Be realistic about your goals and adjust accordingly.

“One of the biggest weaknesses of human beings is the lack of follow through on what they really intend to do in life.”

- John Wright quoted by Dr. Suttle

Spring 2017

ABWA McIntosh Charter Chapter
ABWA’s Proud Code of Conduct

1. All members will serve as goodwill ambassadors for the American Business Women’s Association.

2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA’s mission.

3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.

4. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.

5. Members will not use their personal power to advance their personal interests.

6. Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.

Connect with Us in 2017

Let’s stay connected in 2017! Here are a few opportunities for you to meet with your ABWA Sister and ignite your dreams!

March 11, 2017, 9am - 3pm
Annual Educational Fundraiser with Fayette Woman Live Event
Hannah Brother’s - Peachtree City

March 14, 2017, 6:30 pm
Women of the Year/Top Ten Woman
Hilton Garden Inn - Peachtree City

April 20-22, 2017
Eastern Regional Conference
Creative Team-Building Workshop
Naples, FL
Go to www.abwa.org

June 6, 2017, 11:30am
Member Orientation/Social
J. Christopher’s - Peachtree City

July 11, 2017, 6:30pm
35TH Anniversary Celebration
Hilton Garden Inn - Peachtree City

November 7, 2017, 11:30am
Member Orientation/Social
J. Christopher’s - Peachtree City

December 12, 2017, 6:30pm
Christmas Party and Social
Hilton Garden Inn - Peachtree City