

WOMEN IN BUSINESS, ORANGE COUNTY

THE ROVING REPORTER

April, 2006

Meeting, April 19

Our featured speaker was Nancy Marmolejo, a coach and motivational speaker that set the room afire! Nancy was a last-minute substitute for our scheduled speaker who had to cancel at the eleventh hour. So we didn't know what we were getting . . . good, bad, or indifferent. But Nancy was absolutely wonderful, and had the total attention of everyone there!

Her topic was "The 7 Secrets of Big Picture Thinkers." Following are quotes and paraphrases from Nancy's presentation.

A Big Picture Thinker (BPT) is someone who sees the potential in just about anything, leads the way in developing new methods of doing things, inspires others with great ideas, values creativity in all forms, and will lead the way as we move from the Information Age to the Conceptual Age. Who are some BPTs? Bill Gates. Martha Stewart. Oprah. Donald Trump.

Do you understand your strengths? Commonalities among BPTs: Creativity, intuition, good listening skills. If we are open to the creative flow and an idea comes to us, it will stick.

1. Catch Your Ideas: People miss the boat because they forget about it. Different people assimilate ideas in different ways: Visual, auditory, and kinesthetic.
2. Understand and Act from Your Strengths: You know what you enjoy doing and what you are good at. Imagine you have just won the lottery . . . the Big One. You must get up and do something every day. What would be your dream job if money was not a concern? Understand and act on your strengths!
3. Avoid Overwhelm: Avoid doing things that are really not that important. There are two remedies:
 - a. Time management: How we spend the hours in our day. Email is the No. 1 thing that people get stuck in. Check your email only 3-4 times a day. Don't do things that cause stress. Look at long-term goals.
 - b. Learn how to say No. Learn how to delegate. People are afraid to say no . . . we were trained and brought up to be helpful. If you have trouble saying no, learn to say, "I'll get back to you." Set boundaries. Let someone else do it . . . let a new star be born. (Remember the old saying, "Let George do it"?)
4. Develop Your Intuition: Women are blessed with intuition, which often helps us make reliable decisions. Go with your gut feeling. Use the "Stop Light Exercise": When you have a decision to make, envision a traffic light in your head. Red means stop, don't do it. Yellow means, be cautious, give it a lot of thought. Green means Go for it!
5. Listen: What do people want? What are they complaining about, celebrating? Listen to the way people talk . . . get a sense of what is going on in the world. Often people aren't listening, they are waiting for their turn to talk. They can hardly wait for you to stop so they can tell you about their Aunt Minnie who had a similar thing happen, or a trip they took that was even better than yours. A Listening Exercise: With a partner, let him/her

- talk for three minutes without interruption. Then it's your turn to do the same.
- WAIT: Why Am I Talking? Remember that acronym. There are times to monologue, times to dialogue, and times to just listen. Be in tune with what is going on in the world.
6. Talk about Your Ideas: Have a personal board of directors . . . people you can talk to, people you trust. Three criteria for your personal board of directors: They must be positive . . . cheer leaders for you; someone you respect; someone you trust. You can't keep your big ideas inside, you must let them out, but not to just anybody. The wrong people may be negative. Find a personal board of directors to help you turn your ideas into accomplishments.
 7. Give Your Mind Time To Wander: Get away from your problems and play. Have a hobby. Feel free to take a break. Don't feel guilty about it. Often, an hour's break will allow you to get a job done in another hour instead of taking all day. Create the attitude to welcome great ideas, toy with them, chat about them, and decide whether they are ground-breaking ideas that can be accomplished.

Announcements

Retreat

WIB on the Vine is SOLD OUT! Dates: Saturday and Sunday, June 3 and 4. Place: South Coast Winery Resort & Spa. We're going to have a BLAST!! We'll have so much fun we won't even miss you if you're not going. Oh . . . yes, we will!

Casual Connection

High Tea and China. Saturday, May 13, 10:30-1:00.

Explore the richness of trade, travel, and shopping with this fascinating and increasingly active world power.

Join us at Ann Coil's historic English-style Santa Ana home for tea, champagne, tasty scones, and tea sandwiches. Ellen Bonnell, global economist and former WIB member, will provide her insights on why the new China has become so popular with both visitors and corporations. She will explore what creates the dynamism, enthusiasm, and vigorous trade we experience with this new global partner. How powerful will China become? How will it affect our economics our leisure and recreational activities, and our quality of life?

If you've been there, you are welcome to bring pictures and share your experience.

Cost: \$25. Send your check made out to WIB to Jeff Gordon, South Bay Business Services, P.O. Box 265, Palos Verdes Estates, 90274.

Washington, D.C.

September 9-13. This is a "can't miss" event, just it has been for the past 12 years! Yes, this will be our 13th consecutive year traveling to our nation's Capitol – initially spearheaded and organized by our own Audrey Prosser! Contact Ann Coil or Jean Harduvel if you want to join our members and those of other chapters in this momentous event. Flyers are available.

Mary's Shelter

The board held its April meeting at Mary's Shelter. It was a very impressive place, and we all had even greater admiration and respect for Barbara Nelson, who is in charge of it all. The shelter presently houses 17 unwed mothers (as young as 14), and 6 babies. They girls are provided not only with healthful food and beautiful lodgings, but are educated not only academically but how to care for their babies, how to shop, clean a house, make a bed, and plan their futures. The board discussed ways that WIB could help these young girls, many of whom

were thrust into their unfortunate situation through ignorance, abuse, and disassociation from their families. Barbara Nelson told dinner attendees a bit about the shelter and stories about some of its residents. She passed around a sign-up sheet for those who wish to contribute an hour or so to talk to these youngsters about career options open to them. They need positive role models! Most of them have no idea that they can aspire to college and to jobs besides flipping burgers or other menial endeavors. If you're interested in giving back . . . call Barbara Nelson.

MemberSpeak

Lorraine Dageforde has been sending us updates on her condition. As most of you know, Lorraine was diagnosed with a rare cancer of the bio-duct between the liver and gall bladder. It is a difficult place to reach through surgery. Two stents were tried using the endoscopy method. Neither of them worked. This time the procedure will go through the skin with a tube that goes directly to the liver. If successful, it will relieve the jaundice and its symptoms. Neither chemo nor surgery can happen until the liver can again be functional. Her surgery is scheduled for today (at this writing, April 25). There will be a 2-3 day recovery, so we won't hear from her for a few days. Lorraine thanks all of you for your cards and emails. Her email is dageforde@aol.com and her cell is 714-654-6236. She needs us!

Norma Cooper had surgery the Friday after our meeting, and had a kidney stone removed. OUCH! Knowing Norma, she's probably sold six houses since then!

Oh, me! I'm having eye surgery on May 4. My problem is retinopathy. So my ophthalmologist will go in through my eyeball and remove the blood and scar tissue that is blinding me in my left eye. Then I can see again! *Hallelulah!!*

A reminder to our newer members that we love and welcome you, and are happy to see so many of you are active in this wonderful organization:

Philicia Alleyne-Sarago, Catherine Amy, Sharyl Anderson, Michelle Burguan, Lesli Ferijoo, Midge Gold, Cary Grandfield, Dee Lascault, Gail Mueller, Lina Nassau, Elaine Price, Susan Rosner, Kate Rinaldi, Susan Rosner, Karina Santillan, and Linda Wallace.

This has been a looooong Roving Reporter. Sorry, but there was lots to report! I hope you enjoyed it. See you at the next event!

Nola Sheldon