

Hello all, here is your weekly newsletter!!!

Upcoming Events: Happy Hour Networking Event!

The Happy Hour Networking event is TONIGHT at 5pm. It is located at Harper's Table, at 1316 Route 31 North in Annandale. As always, more specific details can be found on our [website](#) in our events tab. Any questions regarding the event or regarding the update can be directed to wielsteering@northwarren.org.

Noteworthy World News: VIDEOS Regarding Women Empowerment from a Life Coach & The Secret of Becoming Mentally Strong!

Understanding how access and time are critical, I decided this week's content would consist of videos rather than articles. They are both TED Talk style videos, and can serve almost as podcasts to listen to while doing other tasks, which can be more accessible than sitting down to read an article.

[Becoming an Empowered Woman- TEDx](#)

Paula Lacobara is a transformational coach who is presenting her idea of what empowerment for women looks like and how it intertwines with society and its presentation of gender roles. She is originally from Argentina, which gives her a unique perspective on how to "tango through life", become more confident in oneself and her own abilities, and ways in which women can be authentically themselves.

[The Secret of Becoming Mentally Strong- TEDx](#)

This video consists of Amy Morin's, a clinical social worker and psychotherapist, perspective on how to become mentally strong. Being mentally tough is something everyone can attain, according to Morin, but not everyone knows how to get there. She has helped so many children, teens, and adults find their own mental toughness and become stronger mentally, leading to a healthier and more driven lifestyle.

As always, these videos are just suggested reads with content that relates to the goals and intents of the organization; things to keep in mind as you go about your days.