



# WOMEN BUSINESS OWNERS

PARTNERS IN SUCCESS

## The Wire news & updates

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October 2022

### In This Issue

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### Calendar

#### After Hours

Thursday, October 13

5:00 - 7:00 pm

**Location:** Columbia Bank  
95 102nd Ave NE, Bellevue

**Sponsored by:** [Columbia Bank](#)

[Learn More](#) - [Register Now](#)

#### Education Workshop

Thursday, October 20

10:30 am - 11:30 am

**Topic:** Mindful Motivation

**Presenter:** [Darci Daniels](#), Darci Daniels  
Coaching

**Location:** Zoom

[Learn More](#) - [Register Now](#)

#### Luncheon

Thursday, October 27

11:15 am - 1:00 pm

**Topic:** Brain Bullies Blocking Your  
Business Potential

**Speaker:** [Taryn Laasko](#), Unlaaking Your

## President's Message

Hello Yvonne,

You know, being a woman in business can be hard at times. I'm usually the one to gloss that over, keep moving/pushing forward, and therefore sacrificing parts of me. I know I'm not the only one to do this and I'm grateful for the company and encouragement that comes from admitting I am imperfect – just like you.

When you get this email, I will be on my first vacation in 5 ½ years. Let me tell you, I didn't know how much I needed this until I started planning for it. I'm not going anywhere, just not coming to my office.

Here is what this is teaching me:

I cannot pour from an empty cup and if I'm not taking care of me, I'm useless to practically everyone.

I am writing this as a reminder for myself, but if it's beneficial for you to hear it as well that's also great.

I used to believe taking care of me needed to be a grand gesture – an entire

Potential LLC

**Location:** Zoom

[Learn More](#) - [Register Now](#)

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**Women Business Owners** was founded in 1979 by a group of local women business owners seeking counsel, support and friendship from their peers. WBO propels women entrepreneurs to embrace their visions of success!



**President:**

Tracey Warren  
[Ignite Your Champions](#)

**Immediate Past President:**

Lauren Burgon  
[Law Office of Lauren Burgon PLLC](#)

**Secretary:**

Heather Skillman  
[The Skillman Enterprise](#)

**Celebration Co-Chairs:**

Jennifer Mastor  
[Mastor Recruiting & Consulting](#)

Gazala Uradnik  
[GFS Events](#)

**DEI Co-Chairs:**

Jen O'Ryan  
[Double Tall Consulting](#)

Marriot Winquist  
[BrightTree Consulting LLC](#)

**Education Chair:**

day at the spa, tropical beaches, silent retreats.

What I am reminded of is those moments I can steal away and discover or rediscover delights in this world and in my life. Those tiny, little, barely recognizable seconds and minutes to notice a sunrise, take a deep breath, notice the leaves changing colors, celebrating wins – they all matter.

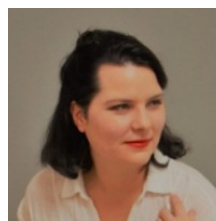
I encourage you this week to look for and find delights in your life – big and small. And, I hope they bring a smile to your face.

Thank you for being you!

Tracey Warren,  
President, Women Business Owners

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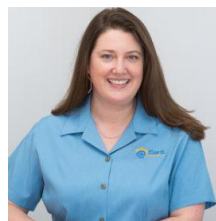
## Welcome Aboard



**Sheila Mellen**  
[P3 Cost Analysts](#)

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## Renewing Members



**Michal Anderson**  
[Corti Construction, Inc.](#)  
Member Since 2017



**Gina Cotner**  
[Athena Executive Services, Inc.](#)  
Ruby Sponsor  
Member Since 2020



**Darci Daniels**  
[Darci Daniels Coaching](#)  
WBO Board Member & Membership Co-Chair  
Member Since 2019

**Kris Keppeler**  
[Kris Keppeler Narrations](#)

Thea Feltz  
Comparative Solutions

**Events Co-Chairs:**

Laura Doehle  
Elevation Business Consulting LLC

Coleen Gose  
Life 2.0 Coaching with Coleen

**Marketing Chair:**

Laurie Cook  
Wheelhouse Marketing Group

**Membership Co-Chairs:**

Darci Daniels Talkington  
Darci Daniels Coaching

Mia Hannom  
In Form Design

**Interim Treasurer:**

Lauren Burgon  
Law Office of Lauren Burgon PLLC

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Ambassador  
Member Since 2018



**Kay Kim**  
Kay Catering  
Member Since 2020



**Valerie Moseley**  
Valerie Moseley, CPA  
PLLC  
Member Since 2021



**Heather Skillman**  
The Skillman  
Enterprise  
WBO Board Member  
& Secretary  
Member Since 2021

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## From Our Members



I launched my podcast!! Ignite Your Champions is for YOU if you want to spend more time building your business by

creating connection and community. These are meant to be bite sized podcasts where you can listen and take ONE simple action to bring more joy and ease into your marketing efforts. You can find the Ignite Your Champions podcast wherever you listen!

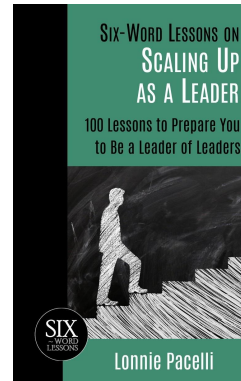
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I am celebrating 30 years in my field in November and I am having "Wing Off" to celebrate on November 5th. Save the date for fun, games, food and more. Time and place will be shared soon, but I wanted you all to save the date on your calendar. And let me know if you want to

participate in the “Wing Off” too!!! Gluten and Vegan options will be there too. Excited to see you all before November, but for now, save the date.

**Jennifer Mastor**, [MASTOR Recruiting & Consulting](#)

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[Pacelli Publishing](#) has published a new book by its founder, Lonnie Pacelli, [Six-Word Lessons on Scaling Up as a Leader](#). It has 100 lessons to help leaders build habits to preserve their life balance while being an effective leader of leaders.

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**Jenn Swaim**, owner of [LIFT - Life Integrated Fitness Training](#), has joined the team at Parkinson's Wellness Place as a part-time Rock Steady Coach. The Parkinson's Wellness Place is a woman-founded non-profit housed within the Snohomish Fitness Center, dedicated to providing health and wellness services for people living with Parkinson's Disease.

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### **Do you have news to share?**

Email your submission [here](#).

Click [here](#) to check The Wire's news reporting guidelines.

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## **In the Spotlight**

### **Want to be featured here?**

The Member Spotlight is a benefit for WBO members. If you'd like to be considered for a Member Spotlight Feature, the only requirements are that you are a current WBO member and that your profile is up-to-date in the WBO website's member directory. If you have any questions about the Member Spotlight, or any other membership benefits, please [send an email](#) to Darci and Mia.



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[womenbusinessowners.org](http://womenbusinessowners.org)



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