

BRAVERY

Brave Women Project Monthly Newsletter



Our Purpose

Brave Women Project exists to develop opportunities for women of diverse backgrounds to move into brave action through conscious choice and intentionality within our spheres of influence. We use the 5 Es for Life—Engage, Encourage, Empower, Educate, Evolve—as a guide for women to promote equity through development in four core areas: relationships, professional, impact, and wellness.

Keep up to date with everything we are doing with our monthly newsletter.

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Message from the Board

Hello Brave Women!

I am writing to you with pride and excitement as a founding member and board member of the Brave Women Project. Our community thrives on the incredible energy and stories of bravery that each of you brings, and I am eager to share some updates regarding the 2nd annual Pillar Awards.

We held our monthly board meeting last week and as always, I left inspired and feeling ready to take on the world! A large portion of our meeting focused on the awards event, and we determined that everyone needs to know the story behind the creation of the Pillar Awards.

In 2022, I attended a prestigious awards luncheon that celebrated extraordinary achievements by women in the Pittsburgh region. Me and my daughter Kayla were guests of fellow BWP member Renee Farrow. Although not the first time I attended this event, this experience left a profound impact on me. Sitting next to my daughter and at the table shared by a friend of 20 years and one of my mentors made me feel a shift. Witnessing the recognition of such powerful and transformative stories, I envisioned the Brave Women Project hosting a similar event—one that not only celebrates women's incredible acts of bravery but also inspires others to reach for greatness.

During the event, I texted Holly with the message, "We can make this happen." She responded almost immediately, expressing her full support. Kayla joined the board to assist with this endeavor, and the entire board rallied around my vision. Together, we successfully organized our largest event since the Brave Women Project was founded in 2021.

Here's the 2023 recap:

- 27 nominees
- 135 registered attendees
- 20 partners/sponsors

Here are the goals for 2024 – and we're counting on you to help us reach them!

- 50 nominees
- 250 attendees
- 35 partners/sponsors
-

The Pillar Awards is our way of honoring the steadfast commitment and courageous actions of the women within our community. I believe this initiative has the potential to grow and become a hallmark event, much like the awards luncheon that inspired me. It's an opportunity to shine a light on the phenomenal accomplishments of our members and to elevate their stories to a broader audience.

Message from the Board Cont'd

Here is the updated timeline. Please mark your calendars!

- July 15: Early bird tickets on sale (\$55)
- July 15 – August 16: Nominations accepted
- August 21 – September 11: Judging period
- Week of September 16: 5 Es For Life Finalists announced
- Friday, November 15: Pillar Awards Luncheon, Sheraton Station Square
 - 9:30 – 11:00 am - VIP Invitation-Only Reception (2023 and 2024 nominees, partners, judges, and BWP board)
 - 11:00 am – 2:00 pm – Pillar Awards Luncheon

I invite each of you to be a part of this journey—whether by nominating a brave woman, sharing your own story, becoming a partner, or participating in the planning and execution of the event. Together, we can create an awards ceremony that continues BWP's legacy for decades and celebrates and elevates the bravery within our community.

Please reach out to me or any of the board members for further information on how you can be an important part of this legendary awards event. We have partnership opportunities at affordable levels, and we are going to be gathering swag bag items.

Thank you for being a part of this extraordinary community. I look forward to seeing more of you and working together to continue making the Brave Women Project a beacon of courage, support, and inspiration.

**Bravely,
Kelli Komondor
BWP Board Member**

Monthly Upcoming Events:

**Come As
You Are
Conversation
empower**

VIRTUAL
12-1pm

Come As You Are

Join us for our monthly come as you are conversation. Feel the support of other women as we discuss which "E" we are working on.

Wednesday, July 17th, from 12:00 - 1:00 PM EST

Pause for Positivity

Join Coach Megan for a positive break. In these sessions, we work through negative thoughts, practice mindfulness and prepare for brave action.

ON HOLD THIS SUMMER -

If you would like 1-on-1 coaching, Megan is offering a free 30-minute session if you need a pause for positivity. Contact her directly at megan@lifeforcewellness.com

**Pause
for
Positivity**

*Positive Psychology
Coaching for Better
Mental Clarity
members only

Group Coaching with Coach Candid

Join Coach Candid for this introductory session - perfect for new members! We will discuss goal mapping, group coaching, and much more on this month's call. Start the year off right by mapping out your goals for 2024!

ON HOLD FOR SUMMER



KEEP UP TO DATE!

The BWP Board is working on some exciting upcoming special events.

Follow us on Social Media to stay up to date with the latest news and events.

Exciting Member News

Serving Others

Congratulations to Sunnie Fenk and Niki Campbell, two (2) of our BWP members, on their new roles on the Dress for Success Pittsburgh Board. We applaud your brave service to others and wish you the best.

Welcome New Members

Erin Freeman

Reagan Mickey

Lisa Schooley

Educating the Experts

Shout out to Megan Wollerton, who will be the Pittsburgh Human Resources Opening Keynote speaker at their 2024 conference. Her topic, "Future-Proofing Your Workforce: Mastering Mental Resilience Strategies for HR Professionals," will be engaging and informative!

Moving On

Congratulations to Lisa Schooley on finishing her degree in social work and starting a new position as a support coordinator at the Center of Community Resources!

Be Brave and Boast a Bit!

We often overlook all the positive things we have going on. As women, we have learned not to "brag" or be "boastful." At BWP, we want to brag about you and all the fantastic things you do!

If you have some new exciting news to celebrate, let us know and be featured in our newsletter. You are working hard and deserve a little recognition for what you do!

BWP Special Social Events

Muddy Princess 5K Obstacle Fun Run - Sunday, July 21st, 2024

The BWP Board is participating and invites you to join team "Brave Women Project" or cheer us on as a spectator. This run is for women of all sizes, ages, and fitness levels (7+ years). Whether you run, jog, or walk, Muddy Princess is all about fun, teamwork, and challenge—no competition required!

Learn more and sign up here:

<https://www.muddyprincess.com/events/pittsburgh-pa/>



**BWP ANNUAL
BIRTHDAY BASH
08.01.2024
5:30-8:00 PM**

Happy Birthday to BWP!

Celebrate another year with BWP at the Annual Birthday Bash - this time, we are giving out gifts to all our guests!

Join us at The Helm - Pittsburgh, 2239 Railroad St, Pittsburgh, PA 15222

The 2024 Brave Women Project Pillar Awards Are Coming Back!

Excitement is building as we announce the much-anticipated 2024 Brave Women Project Pillar Awards! Mark your calendars and stay tuned to BWP for all the latest updates on this empowering event.

SAVE THE DATES

EARLY BIRD PILLAR AWARD TICKETS ON SALE	JULY 15	JULY 15 TO AUG 16	NOMINATION PERIOD
S & E CATEGORY HONOREES ANNOUNCED	SEPT 16	PILLAR AWARDS AT THE SHERATON STATION SQUARE	NOV 15

BWP.LIFE

Follow BWP on Socials to stay up to date!

Refresh and Recharge: Why Taking Time Off This

Summer is Essential

In the hustle and bustle of our daily lives, it's easy to overlook the importance of taking time off. This summer, the Brave Women Project encourages you to prioritize your well-being by stepping back from your routine to refresh and recharge.

The Importance of Taking Time Off

1. Mental Health Boost: Continuous work without breaks can lead to burnout, stress, and anxiety. Taking time off helps clear your mind, reduce stress, and improve your overall mental health. A change of scenery and a break from daily responsibilities can rejuvenate your spirit and enhance your creativity.

2. Physical Health Benefits: Rest and relaxation are crucial for your physical well-being. Chronic stress can lead to various health issues, including heart disease and weakened immune function. Time off allows your body to recuperate, improving sleep patterns, boosting your immune system, and increasing your energy levels.

3. Strengthened Relationships: Quality time with family and friends can strengthen your bonds and create lasting memories. It's a chance to connect, laugh, and share experiences without the distractions of work. These moments are invaluable for maintaining strong personal relationships and building a support system.

4. Increased Productivity: Taking a break can actually enhance your productivity. When you return to work refreshed and recharged, you'll find yourself more focused, motivated, and efficient. Breaks prevent burnout and help sustain long-term productivity.

Tips for a Refreshing Summer Break

1. Plan Ahead: Schedule your time off in advance to ensure you can fully disconnect. Inform your colleagues and set up an out-of-office message to manage expectations.

2. Disconnect from Work: Resist the urge to check emails or work messages. Truly disconnecting will help you make the most of your time off.

3. Engage in Relaxing Activities: Whether it's reading a book, hiking, or practicing yoga, choose activities that help you relax and unwind. Engage in hobbies you love but often neglect due to a busy schedule.

4. Embrace Nature: Spending time outdoors can be incredibly refreshing. Whether it's a beach vacation, a camping trip, or simply a walk in the park, nature has a calming effect on the mind and body.

5. Practice Mindfulness: Take time to meditate, journal, or simply reflect. Mindfulness practices can help you stay present and fully enjoy your time off.

This summer, give yourself the gift of time. Prioritize self-care and take a break to refresh and recharge. Your BWP community is here to remind you that your well-being is essential. Embrace the opportunity to rest, rejuvenate, and return to your life with renewed energy and a fresh perspective.

Written By: Megan Wollerton, Life Force Wellness



SMOKED SALMON & STRAWBERRY SALAD



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
302 kcal
19g Fats
16g Carbs
19g Protein



GF LC

Q

WHAT YOU NEED

For the salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 3.5 oz. (100g) smoked salmon, torn
- 10 mini mozzarella balls, torn
- 10 strawberries, halved
- handful basil leaves

For the dressing:

- 1 tbsp. honey
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tsp. honey mustard

WHAT YOU NEED TO DO

Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.

Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.



HOW CAN YOU SUPPORT BWP!

HELP US GROW!

1. Time - Volunteer Role - We need women to step into compassionate, mission-led leadership roles for 2-3 hours a month for BWP.
2. Financial - Corporate Sponsors - we are looking for corporate matching and corporate sponsors as we look at the second half of the year. We are very interested in talking with people about this!
3. Create - Bring us informational articles for our newsletter or ideas for fun events for our members.

All ideas can go to bravewomenproject@gmail.com or connect to Holly on LinkedIn.

**DON'T FORGET TO RENEW YOUR MEMBERSHIP -
IF YOU NEED TO RENEW CLICK HERE!**

SUBMIT A MEMBERSHIP APPLICATION AT - [HTTPS://WWW.BWP.LIFE/SIGNUP](https://www.bwp.life/signup)