



WOMEN BUSINESS OWNERS

PARTNERS IN SUCCESS

The Wire news & updates

August 2022

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President's Message

Happy Summer!

If you are anything like many people in the Seattle area, after our record breaking 90-degree streak last week – you might be looking for the end of summer or at least some relief at this point. The heat can be exhausting and on top of our never-ending pandemic, a political climate that is messy, and a looming recession – to not acknowledge our collective tired would be a disservice to you all. There is a constant reminder in all of this to take care of YOU!

Whether that is taking some mental health days, going to the beach, exercising boundaries, turning OFF your phone, saying “no” to more things, or vegging out and listening to your favorite true crime podcast (wait, maybe that’s just me). We NEED the time to rest – even as we are building our businesses and doing all the tasks that are important to make sure that happens.

Our luncheon speaker, Claire Jones, shared about building in rest and play in our schedules. Is that something you make a priority? What are your favorite ways to build rest and/or play into your life?

Calendar

Annual Woodinville Wine Walk

Almost Sold Out

Thursday, August 11

5:00 - 7:00 pm

Locations: [Damsel Cellars](#) & [Callan Cellars](#)

18746 & 18742 142nd Ave NE, Woodinville

Sponsored by:

[Mastor Recruiting & Consulting](#) and

[True Lending Company](#)

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

Education Workshop

Thursday, August 18

10:30 am - 11:30 am

Topic: The Biggest Marketing Mistakes Small Businesses Make and How to Avoid Them

Presenter: [Lei Wang](#), [JourneyWithLei.com](#)

Location: Zoom

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

Luncheon

Thursday, August 25

11:30 am - 1:00 pm

Topic: Learning Blocks=Professional Blocks

Speaker: [Cosimo Intermite](#), CEO-Genius in 21 Days USA

Location: Zoom

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

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:

I'm excited to see many of you at the Wine Walk next week! Last year, that event absolutely felt like the play so many of us needed!

Stay cool, hydrated, and taking care of yourself.

Tracey Warren

2022 President,

Women Business Owners

Welcome Aboard



Gina Fleckenstein

[Health On Purpose](#)



Lara Grauer

[Lara Grauer](#)

[Photography LLC](#)

offers full service portrait photography with an emphasis on custom wall art that features your family.

All types of portraits, including headshots and personal branding photos, are on the menu too. You deserve to love your portraits - and have fun making them!



Lisa Smith

[Shift Coaching](#)

[Services](#) helps high-achieving professional women align their greatest strengths with their outer appearance.

We show them how to leverage their individual strengths, set achievable goals, and develop healthy boundaries in order to make self-care a priority in their lives.

CONNECT WITH US ON SOCIAL MEDIA

Like or follow us where you hang out most.



Renewing Members

Jen O'Ryan
Double Tall Consulting

Marriot Winquist
BrightTree Consulting LLC

Education Chair:

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



Thea Feltz
Comparative Solutions
Board Member,
Education Chair
Member Since 2021



Susan Fox
Ryan, Swanson & Cleveland, PLLC
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Hana Kern
Ryan, Swanson & Cleveland, PLLC
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Jen O'Ryan, PhD
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Member Since 2019



Deborah Peterson
EXP Realty
Member Since 2004



Debbie Rosemont
Simply Placed
Member Since 2012



Linda Teachout
Linda M Teachout, CPA, PLLC
Member Since 2009

Oriana von Specht
Purple Squid Photography



Ambassador
Member Since 2021

From Our Members

Rachel Ronan of [Kiwi Creative](#) will be exhibiting at the American Society of Association Executives (ASAE) Annual Meeting August 20-23 in Nashville, TN to showcase graphic design services and promotional products. The ASAE Annual Meeting & Exposition is where thousands of association professionals and industry partners gather to exchange knowledge, resources, strategies, and solutions.



Kjersti Stroup, [Kjersti T. Stroup Attorney at Law PLLC](#), was honored to receive the Rotarian of the Year award from [Rotary](#)

[Club of West Seattle](#) for her work leading their Spring for Kids project and heading their service foundation. It's the Chamber's 75th year of being a club, and Kjersti feels lucky to play a small role in the great work they do. You can read the full story on the [West Seattle Blog](#).

Do you have news to share?

Email your submission [here](#).

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

In the Spotlight



Jennifer Swaim

[LIFT - Life Integrated Fitness Training, LLC](#)

Jennifer Swaim is certified by the National Academy of Sports Medicine as a personal trainer, nutrition coach and corrective exercise specialist. She started her company, LIFT-Life Integrated Fitness Training, LLC in 2020 to help women live healthy, well rounded lives now and for years to come. She builds strength and balance to suit your real life with the equipment, space and time you have. Delivered virtually, clients get personalized attention and accountability of a trainer in the comfort of their own home. Jennifer lives in Snohomish with her husband and two children.

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 in the WBO website's member directory is complete. If you have any questions about Member Spotlight, or any other membership benefits, please [send an email](#) to Darci and Mia.

WOMEN BUSINESS OWNERS
[\[womenbusinessowners.org\]](http://womenbusinessowners.org)

