

C-Sweet News & Upcoming Events...

1 message

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C-Sweet launches its Executive Coaching program, a new membership benefit designed to provide our community with support to grow in their careers and life. Below is an article from Forbes that outlines how executive and leadership coaching transforms organizations- and people- for the better.



[READ MORE](#)



Benefits of Coaching, Fast Facts:

80% of people who receive coaching say their self-confidence increased.
(source: ICF Global Coaching Study)

70% of those who are coached improve their work performance, relationships, and communication.
(source: ICF Global Coaching Study)

51% of companies with a strong coaching culture have higher revenues compared to their competitors.
(source: Human Capital Group)

The median coaching ROI is 788% (7x) the investment.
(source: MetrixGlobal)



Launching this month! C-Sweet Executive Coaching

- Featuring 10 top-tier coaching experts working exclusively with C-Sweet.
- Special rates for C-Sweet members.
- Upcoming "Coaching Town Hall" featuring our panel of exclusive coaches, available to all members, offered every quarter via zoom.

Not a member of C-Sweet yet?

Join now and receive a complimentary, 30-minute coaching session with a coach of your choice!

Watch your inbox for more information coming soon!

Questions? Ready to join C-Sweet?

Contact: CSweetExecs@csweet.org

**L.A. Chapter's Summer Soiree was a hit!
We enjoyed margaritas, tacos and great
conversation at El Mariachi**





INSIDER STORIES FROM
EXECUTIVE WOMEN
WITH BETH & DIANN

New Episode

Our latest podcast episode, "Engagement Doesn't Equal ROI" features Beth and Dianne in conversation with Lilach Bullock, who has 18+ years as a media influencer and provides B2B marketers with consulting, influencer marketing services, SEO and done for you content services. Lilach takes Beth and Dianne through the results that really matter for a digital marketing specialist.

[LISTEN NOW](#)



"For me, the mission of C-Sweet is truly inspiring. Connecting with quality female executives, the ability to learn from others in the c-suite and to give back to those members climbing the ladder is what it's all about for me."

-Michelle Landrum

Employee Benefits Consultant,
Bolton & Company



A WARM WELCOME TO OUR NEW MEMBERS!

EMILY TAM

EMILY JOINS US IN OUR CHICAGO CHAPTER AS AN ASSOCIATE, PRODUCT STRATEGY AND GOVERNANCE AT NUVEEN.



LEEANN WEBSTER

LEEANN JOINS OUR CHICAGO CHAPTER. SHE'S A MOTIVATIONAL SPEAKER AND A TRANSFORMATIONAL COACH GUIDING ACCOMPLISHED WOMEN BUSINESS OWNERS AND LEADERS TO LIVE MORE IMPACTFUL, FULFILLING AND FUN LIVES.



LISA WALLACE

LISA JOINS US IN OUR DMV CHAPTER AND SERVES AS VICE PRESIDENT, SENIOR RELATIONSHIP MANAGER AT CITY NATIONAL BANK. SHE HAS OVER 24 YEARS EXPERIENCE HELPING BUSINESS GROW, DEVELOP AND PROSPER.



GLORIA DOMINQUEZ

GLORIA JOINS OUR L.A. CHAPTER AND IS VICE PRESIDENT, BRANCH MANAGER AT CITY NATIONAL BANK. SHE LEADS A TEAM OF PROFESSIONALS WHO ARE COMMITTED TO DELIVERING EXCEPTIONAL BANKING SOLUTIONS TO THEIR CLIENTS AND COMMUNITIES.



Upcoming C-SWEET EVENTS

Jump Forward Forum

Personality - Do we have one and if so, can we change?

Join C-Sweet for a highly interactive monthly session facilitated by Dr. Bonnie Wims, Counseling Psychologist

Wednesday, August 9th
12:00 PM PT / 3:00 PM ET
Register Here: www.csweet.org/Events

Meet the Speaker



Dr. Bonnie Wims
Counseling Psychologist,
Founder & CEO,
Wims and Associates



[Register Here](#)



DMV Pop-Up Summer Soirée

Join us for a fabulous evening of wine, cocktails, and mocktails! Relax, mingle, and expand your network with fellow DMV chapter members. Bring your colleagues and friends!

Kindly RSVP to reserve your space. Non-hosted event. Wine/drinks not included.

WEDNESDAY | AUGUST 9TH
6:00 - 7:30 PM ET
OCEAN PRIME
COLORADO BUILDING, 1341 G STREET,
NW WASHINGTON, D.C. 20005

[Register Here](#)



C-SWEET BUSINESS ROUNDTABLE

**TRADEOFFS IN CYBERSECURITY:
HOW TO PROTECT YOURSELF,
YOUR FAMILY, AND YOUR
COMPANY BY SHARING MORE
INFORMATION, NOT LESS**

presented by Sara Mazer
Federal CTO, LaunchDarkly

Thursday | August 10th
7:30 am PT / 10:30 am ET
www.csweet.org/Events



[Register Here](#)



CSWEET

C-Sweet Women on Boards Roundtable

**FINDING YOUR SWEET SPOT:
MANAGING YOUR PERSONAL BRAND**

presented by Heather H. Bennett
Partner, Newport LLC | Board Director | Author

Tuesday | August 15th
12:00 pm PT / 3:00 pm ET
Register Here: www.csweet.org/Events

[Register Here](#)

CSWEET

National Virtual Event

How Safe Is Your Money? Economic Outlook for 2023

A complimentary event, open to all.

Thursday | August 17th
12:00 pm PT / 3:00 pm ET
www.csweet.org/Events



Linda Duncombe
EVP, Chief Marketing, Data and Digital Officer at City National Bank



Karen A. Clark
SVP, Inclusion Strategies & Bus. Dev. at City National Bank, CEO of TheKarenA

[Register Here](#)



CSWEET

**CHICAGO NETWORKING POP-UP
HAPPY HOUR EVENT**

THURSDAY, AUGUST 17TH
4:30 - 6:30 PM CT
AT

CITY WINERY CHICAGO

CITY WINERY RIVERWALK WINE GARDEN
11 W. RIVERWALK SOUTH, CHICAGO, IL 60601

Come to a relaxed and informal outdoor evening. Meet and connect with the Chicago Committee, and fellow C-Sweet Members. Bring your colleagues and friends. Help expand the network!

Non-hosted event. Dress Summer Casual.

[Register Here](#)

For more upcoming events, click here.

[Upcoming Events](#)

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