

JUNE 2024

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.

IN THIS ISSUE

MESSAGE FROM THE
BWP BOARD

BWP MONTHLY EVENT
ANNOUNCEMENTS

EXCITING MEMBER NEWS

PILLAR AWARDS

ALMOST 1/2 WAY THERE -
IT IS TIME TO EMBRACE
LIFE BALANCE

EASY GREEK ZOODLE
SALAD

SUPPORT BWP

Message from the Board

Dear BWP Members,

We are thrilled to announce an array of exciting events planned for 2024, designed to celebrate, inspire, and empower women in our community and beyond. This year promises to be our most impactful yet, with opportunities for engagement, networking, and recognition of extraordinary achievements. Here are some highlights of what to look forward to:

1. Diamond Dinners: A Series of Inspirational Evenings

On June 4th, we launched the first Diamond Dinner, an intimate evening with members of BWP. This is the first of many dinners we will host where guests can share their journeys and insights. Each event will provide a unique opportunity for attendees to connect, share experiences, and draw inspiration from each other.

2. The Second Annual Pillar Awards: Celebrating Bravery in Action

We are excited to host the second annual Pillar Awards, a prestigious event that recognizes women who have made significant contributions to the community. The Pillar Awards honor those who have demonstrated excellence in our five E categories: Engage, Encourage, Empower, Educate, and Evolve.

3. Empowerment Workshops and Coaching Sessions

Throughout the year, we will host workshops and coaching sessions focusing on professional development, personal growth, and wellness. These events will feature expert facilitators and provide practical tools and strategies to help women thrive in all aspects of their lives.

4. Community Outreach and Volunteer Opportunities

We remain committed to giving back to our communities. In 2024, we will expand our outreach programs, providing more volunteer opportunities and initiatives to support women in need. Stay tuned for announcements on getting involved and making a positive impact.

We look forward to sharing these experiences with you and continuing to build a supportive and empowering community. Thank you for your ongoing support and dedication to the Brave Women Project. Together, we are stronger, and together, we will achieve great things in 2024.

With gratitude and warmth,

The BWP Board

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, June 19th, 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

Educating Others:

Amy Hooper Hanna will teach “Mastering Self-Advocacy: The Art of Positive Refusal” (how to readily refuse what doesn’t serve you and say yes to what does) on June 12th at Noon via Zoom for the Pittsburgh North Regional Chamber! Anyone can register here: <https://pghnorthchamber.chambermaster.com/eventregistration/register/14276>.

Welcome New Members

Heather Lambert

Abby Bolton

Megan Grocutt

BWP Holds First Diamond Dinner on June 4th



Abby S. Bolton (She/Her) • 1st
Bespoke art that delights, uplifts & inspires | Reinforce your personal in...
2h • Edited • 🗨️

Brave Women Project had their first “Diamond Dinner” an intimate group of women gathered for a delicious meal while building intentional relationships and sharing from the heart. It was also my first event as a member of this unique and amazing group. I felt at home quickly among the tales of reinvention and pivoting toward alignment with our true selves and the genuine joy of supporting other women.

What I loved most about it, I think, is the unabashed authenticity that we are invited to bring, which is luckily, my #1 personal core value, so I guess it’s meant to be. ✨

What a fantastic night of connecting, celebrating and learning. The Diamond Dinner was “*an intimate group of women in a private setting who shared many personal stories and had great conversations that filled our souls.*” According to one participant - Sunnie Fenk

We hope you will join us for our next dinner event.



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 Pillar Awards

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.

Sponsorship Opportunities Available!

Are you passionate about supporting the incredible achievements of brave women? We have creative sponsorship options tailored just for you! Elevate your brand and be part of this inspiring celebration. Follow us for more details on sponsorship opportunities. If you want to contribute to our swag bags, contact Amy at ahhacorp@gmail.com.

bwp
Brave Women Project .life

SAVE THE DATES

EARLY BIRD PILLAR AWARD TICKETS ON SALE JULY 15

JULY 15 TO AUG 16
NOMINATION PERIOD

5 E CATEGORY HONOREES ANNOUNCED SEPT 16

PILLAR AWARDS AT THE SHERATON STATION SQUARE NOV 15

BWP.LIFE

Contact Us for More Information:

For all inquiries, sponsorship details, and judge applications, please get in touch with Kelli at kelli@k2creativellc.com. We can't wait to make the 2024 Brave Women Project Pillar Awards an unforgettable celebration of courage, resilience, and empowerment!

Stay tuned for updates, and get ready to be inspired!

Almost 1/2 Way There - Time to Embrace Balance

As we reach the mid-point of 2024, it is a perfect time to reflect on the last five months and the importance of maintaining balance in our lives. The start of this year has been a whirlwind of activity and achievement for the Brave Women Project and members of our community, and we are incredibly proud of the strides we have made together.

Embracing Life Balance

It is essential to emphasize the need for balance in our lives. The pursuit of success and fulfillment should not come at the expense of our mental, emotional, or physical health. Here are a few strategies to help maintain balance as we continue to strive for greatness:

Prioritize Self-Care: Make time for activities that nourish your soul and body. Whether it's a quiet morning routine, a hobby you love, or simply a moment of mindfulness, self-care is not a luxury; it is a necessity.

Set Boundaries: Learn to say no without guilt. Setting boundaries helps prevent burnout and ensures that you have the energy and focus to devote to your most important commitments.

Stay Connected: Foster relationships that uplift and support you. Lean on your network of friends, family, and fellow Brave Women for encouragement and perspective.

Practice Gratitude: Take time to acknowledge and appreciate the positives in your life. A regular gratitude practice can boost your mood and provide a sense of balance amidst the busyness.

Seek Help When Needed: Recognizing when you need support is a strength. Whether through professional counseling, a mentor, or a support group, seeking help is a proactive step toward maintaining balance.

As we move into the latter half of 2024, let's carry forward the momentum of the past five months while keeping life balance at the forefront. We have many exciting events on the horizon, including more Diamond Dinners, our Pillar Awards nominations, and continued community outreach efforts.

We encourage you to stay engaged, take advantage of the resources and opportunities available, and, most importantly, take care of yourselves. Together, we can achieve great things while living balanced, fulfilling lives.

Thank you for being an integral part of the Brave Women Project. Here's to a balanced and inspiring journey ahead!



EASY GREEK ZOODLE SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
267 kcal
25g Fats
7g Carbs
10g Protein



WHAT YOU NEED

For the salad:

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

For the dressing:

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

WHAT YOU NEED TO DO

Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber “noodles” in 2-3 parts, to shorten them.

Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.



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.

**DID YOU KNOW YOU CAN GIVE A MEMBERSHIP AS A GIFT?
SHARE THIS EXPERIENCE WITH A BRAVE WOMAN.**

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