

AUGUST 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.

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BWP BIRTHDAY  
THANKS FOR CELEBRATING  
WITH US!

SWEET AND SOUR PORK  
STIR-FRY

SUPPORT BWP

# Message from the Board

## **Happy Birthday to us!**

*In the summer of 2020, my world was falling apart.*

*There. I've said it.*

*And speaking from the depth of sadness, shock, grief, and fear were the voices of a tribe of warrior women, whispering, "Just do one brave thing today."*

*From their whispers and my tears, a clarion call arose: Brave women, together. The women supported me in radical ways, and as a result, we created a space for women to come together, encourage each other, and share the strength to do one brave thing every day. The Brave Women Project was born as we hosted the first Brave Women Brunch on National Girlfriends Day in 2020. We now celebrate this day as our birthday!*

*We gathered 40 women in August, and I want to invite you to join the women of BWP for another year of growth, laughter and celebration as we activate our mission "To Do One Brave Thing Every Day."*

*Next week, the board will gather to continue the annual planning and spend a full day working together. We will have new professional development sessions every month, more strategic partner offerings, more diamond dinners, and more community engagement. The theme for this next year is "MORE!"*

**All the Best,**

Holly McIlwain, MS  
Founder of Brave Women Project  
Gallup Certified Strengths Coach  
Certified Professional Behavior Analyst

# Monthly Upcoming Events:

## Come As You Are



Come As  
You Are  
Conversation  
empower  
VIRTUAL  
12-1pm

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, August 21st, from 12:00 - 1:00 PM EST**

## Pause for Positivity



TAKE A PAUSE

Choose  
Positivity

FIRST WEDNESDAY OF THE  
MONTH FROM 12-1 PM



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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 - See you in September**

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](mailto:megan@lifeforcewellness.com)

## 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

Our Founder, Holly, always seeks ways to give back and serve. We appreciate her leadership at BWP. Next weekend, she is hosting her third RedChair Pittsburgh Brave Retreat for their scholarship recipients.

## Welcome New Members

Kelly Moore

## Welcome to the Board

BWP has welcomed Nicole Lerda to the board. Maxx Cole has been a significant sponsor and supporter of BWP. We are excited to have her on the leadership team, where her leadership, passion and commitment will shine for the benefit of all our members.



## Mentoring Moms

Megan Wollerton will be a panel expert at the upcoming Mom's Morning Out event, hosted by the non-profit NurturePA, on Saturday, October 19th. Megan will discuss topics like the importance of mental health and well-being for mothers.

## 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

## BWP Inspired FLOW Workshop, September 21st, 2024, 1-3 pm.

Join us at the Abby Bolton Arts studio for an Inspired Flow Workshop, a creative gathering designed by a corporate consultant turned fine artist. This workshop empowers you to create meaningful paintings that reflect and reinforce your personal aspirations.

**Learn more and sign up here:**

[https://www.abbyboltonarts.com/event-sales-warehouse/standard\\_products/BWP?product\\_gallery=377392&product\\_id=7347668](https://www.abbyboltonarts.com/event-sales-warehouse/standard_products/BWP?product_gallery=377392&product_id=7347668)



**bwp .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

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## 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.

**Hurry and get your nominations in NOW!**

**Follow BWP on Socials to stay up to date!**



# HAPPY BIRTHDAY BWP!

## Thank you for your Support

We want to extend our heartfelt thanks to each of you for your unwavering support and for joining us in celebrating our "Birthday" on National Girlfriends Day. It was a joy to spend time with our wonderful members and visitors, sharing in the spirit of friendship and community.

Your presence made the celebration truly special, and we are grateful for the energy and enthusiasm you bring to BWP. Together, we created unforgettable memories and are already looking forward to celebrating many more birthdays with you in the future.

Thank you for being a part of our journey and for making BWP such a vibrant and inspiring community.







# SWEET AND SOUR PORK STIR-FRY



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
446 kcal  
16g Fats  
52g Carbs  
22g Protein



GF DF

O

## WHAT YOU NEED

- $\frac{7}{8}$  cup (200g) basmati rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1  $\frac{1}{3}$  cup (200g) sugar snap peas
- 1  $\frac{1}{4}$  cup (250g) cherry tomatoes
- 1  $\frac{1}{4}$  cup (250g) pineapple, canned or fresh

## WHAT YOU NEED TO DO

*Cook the rice according to instructions on the packaging.*

*In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.*

*Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry for 2 minutes, then lower the heat and add in the sugar snap peas. Stir fry for another 4 minutes on low heat.*

*Next, add in tomatoes and pineapple and stir fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.*

*Once rice is cooked, divide everything onto 4 plates and serve.*

### NOTE:

*- this dish is also very tasty with chicken breast or chicken thighs*



# 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](mailto: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)**