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***Connections Professional  
Networking***  
Luncheon Friday, November 7,  
2014



***“The Daring Way™,” “Permission Slips,” and “The Myths of Vulnerability.”***

This month’s speaker will be **Frances McIntosh**, Registered Dietitian and Health Coach. She will give us ***“The Daring Way™,” “Permission Slips,” and “The Myths of Vulnerability,”*** based on research from Dr. Brené Brown.

**FRANCES MCINTOSH RDN, LDN, CLT, CPCC**

Frances is an executive, leadership and health coach. She is an experienced collaborator with international and domestic corporate clients. Her strategy is simple and effective - authenticity, vulnerability and resilience in the workplace to facilitate fierce honesty and effective

communication. She has worked in the oil field and oil service industries in Scotland and the U.S. Frances (Certified Daring Way Facilitator-Candidate) trained in *The Daring Way*™, how to *Show Up, Be Seen, Live Brave*™ based on the research of Dr. Brené Brown. She is also a registered & licensed dietitian/nutritionist, and a University of Louisiana at Lafayette Alumni.

Please join us for a wonderful networking experience!

## **Petroleum Club**

### **Lunch Buffet \$18**

**Please RSVP\* by  
Wednesday Nov. 5  
on our website [www.connectionsforwomen.net](http://www.connectionsforwomen.net)**

*To prevent Connections being charged by the Petroleum Club for no-shows, if you need to cancel your RSVP please do so by 10:00 am on the Thursday prior to the meeting. We need to confirm our numbers with Petroleum Club by 11:00 am the day before.*

To cancel, please send email to [connectionsprofnet@gmail.com](mailto:connectionsprofnet@gmail.com) or call 658-9590.

Connections accepts cash or checks. Please have your check made payable to Connections prior to arriving at the meeting to expedite registration.

# President's Message



## Be Grateful!

Thanksgiving is coming up, and it is a great time to stop and remind ourselves to be grateful. Sometimes, in the day to day rush of our lives, we focus on problems and problem solving, losing sight of the good things happening in our world.

Years ago, a friend told me that she, and her pre-school aged daughter, had a nightly ritual of each naming her favorite thing that happened that day. I thought this was a great idea, and took it up a notch...during nightly prayers, my son and I would each name the **3 things** for which we were most grateful, and thank God for them. Some days it is not easy to come up with a list, but once you move the focus off of your problems, the day really does seem better.

My son is now 15, and no longer wants to be tucked into bed or to say prayers with his Mom, but I hope that he still thinks of his own “grateful list”. When we are unhappy, it is likely we are ungrateful. Gratitude is the quickest and easiest way to change our attitude for the better.

I hope at this season of Thanksgiving, you too will stop and count your blessings... and that Connections, and the friendships you’ve made here, will be among them! Nanette

**Nanette Soileau Heggie,**  
CFP®Investment Partners of  
Acadiana 337.889.0255

# News & Announcements

NEW Connections website:  
[www.ConnectionsForWomen.net](http://www.ConnectionsForWomen.net)

Connections 2014 - 2015 Membership Directory  
will be available at the November meeting!!!

Members...Please email announcements and postings to Rebecca Taylor  
and she will share on Connections Facebook

[Rebecca@acadianaprofile.com](mailto:Rebecca@acadianaprofile.com)

*Bring your business card and at each meeting we will draw a  
name. Your business will then be "Spotlighted" in the next  
monthly newsletter.*

Mark Your Calendar!

Connections Meeting – **November 7**

Networking and business card exchange begins at 11:30 a.m.  
Meeting starts promptly at 12:00 noon at the Petroleum Club.

**Connections Monthly Board Meeting:**

**Monday, November 10**

**Rebecca Taylor's office/Acadiana Profile**

**NOON. address: 128 Demande Suite 400**

Deadline to submit articles to be included in the next Connections Newsletter –December 15.

Future Connections' Meetings

## **December 5**

### **October Meeting**

A special thank you to our guest speaker, Amy Broussard, Woman's Foundation.

[Read More](#)



Petroleum Club  
111 Heymann Boulevard (Oil Center)

**Buffet lunch \$18**

Please bring cash or **preferred method of payment check.**

Networking begins at 11:30 a.m.

Meeting begins at 12:00 Noon.

Please **RSVP\*** by noon on **Wednesday, November 5**. It is important that you let us know if you plan to attend.

**email: [connectionsprofnet@gmail.com](mailto:connectionsprofnet@gmail.com) or [RSVP on website www.connectionsforwomen.net](http://www.connectionsforwomen.net)**

*Bring a door prize! It's a GREAT way to promote YOUR business!!*



### **Door Prizes**

**Thank you to our members and guests for the many door prizes donated for the October meeting.**

Rodlyn Cochran...Bizzuka

Rose Moss...Mary Kay

June Brillhart...Postlethwaite & Netterville

Gail Wolf...retired

Nanette Heggie...Investment Partners of Acadiana

Lisa David...Delta Dental

Rebecca Taylor...Acadiana Profile

JoAnn Pugh...Community Volunteer

Pat Sonnier...Retired



**\$1000 Connections UL Lafayette Scholarship**

Connections Professional Woman's Networking Organization awards a minimum of one UL Lafayette Scholarship per year with preference given to a mature woman student between the ages of 24 and 55 - one either returning to college for a career change, or a mature first-time student. Selection is based on academic merit, cumulative GPA 2.5 or higher, and professional promise by the Connections Scholarship Committee. Should you know of a woman meeting the criteria above, please encourage her to contact the UL Lafayette Scholarship Office in Martin Hall for a Connections Scholarship Application. **You may contact JoAnn Pugh for more information at [joannpugh@hotmail.com](mailto:joannpugh@hotmail.com).**



## **Connections Officers**

Nanette Heggie- President  
Deirdre Detraz- President Elect  
Connie Marcantel – Newsletter VP  
Rebecca Taylor– Public Relations VP  
Cynthia Beslin – Membership VP  
June Brillhart – Treasurer  
Fritzie Fine- Program VP  
Vonda Broussard - Secretary  
Rodlyn Cochran– Board Member at Large  
and Career Achievement  
Joann Pugh-Scholarship Chairperson  
Renee Box - Arrangements Chair

CONNECTIONS is a monthly newsletter published by the members of CONNECTIONS. For consideration of all information and articles, contact Newsletter Vice President and Editor, Connie Marcantel at 406-2650 or [connie@acadiana.bbb.org](mailto:connie@acadiana.bbb.org). If you would like to become a member of CONNECTIONS, contact Cynthia Beslin, Membership Vice-President at 232-1737 or [cynthia.beslin@prudential.com](mailto:cynthia.beslin@prudential.com).

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## **CONNECTIONS PURPOSE AS BY OUR CONNECTIONS CONSTITUTION**

**SECTION ONE:** TO PROVIDE A PROFESSIONAL , EDUCATIONAL AND PERSONAL SUPPORT NETWORK FOR CAREER-ORIENTED WOMEN.

**SECTION TWO:** TO PROVIDE AN ARENA IN WHICH CAREER-ORIENTED WOMEN CAN MEET ONE ANOTHER.

**SECTION THREE:** TO PROMOTE PROFESSIONAL ACHIEVEMENTS OF WOMEN IN THE COMMUNITY.

**SECTION FOUR:** TO PROVIDE MODELS FOR THE COMMUNITY.

Enjoy yourself at our meeting!!