



"Talent is my top priority. I believe our value as leaders is best measured by the success of the people we have been able to help bring along in their own careers and achievements." -Beth Ford, President and CEO of Land O'Lakes

Female CEOs In the News

When Beth Ford, Land O'Lakes CEO, was appointed the top job in 2018, she made history. She was the first woman to lead the company in its 101 year history and also the first openly gay woman to become a Fortune 500 CEO. Within three years of her appointment, she led the company to record net sales totaling \$16 billion with net earnings of \$295 million for the year ending December 31, 2021, compared with net sales of \$14 billion and net earnings of \$266 million in 2020.

In [this article from Forbes](#), her tactics can provide inspiration for how small and medium-sized companies can scale through vertical integration—a strategy where a company expands its operations to control various stages of the supply chain.

Don't miss the chance to experience the transformative power of coaching!

Join us on November 16 for a dynamic panel discussion where ten expert executive coaches will delve into essential questions like maintaining a seat at the table, setting healthy boundaries, and finding your authentic voice in the professional world.

This highly interactive session offers a unique opportunity to access the wisdom of ten executive coaches. Get ready to unlock your full potential while preserving your well-being!

[Register Now!](#)



🔊 Exciting News! 🔊

This week, Beth and Dianne are flipping the script! They're not the hosts but the star interviewees on Dr. Tana M. Session's podcast, "Stop Being the Best Kept Secret." ✨

Tune in for some insightful conversations and a different perspective on professional development for women in the C-suite. You won't want to miss this episode!

[🎧 LISTEN HERE](#)

It's Halloween and while some may be celebrating with trick-or-treating and parties, we invite our community to consider a different spin from our friend, Dr. Ming Chee and her new book, *Spiritual Currency*.

Excerpt:

Why is Spiritual Currency Important?

Let's get one thing straight: Spiritual Currency isn't something you can use to tip your barista—unless, of course, they accept vibes. Instead, it's the energetic exchange that occurs when you align your inner values with your outer actions. In other words, it's your personal connection to the Divine that, in turn, connects you to the world around you.

1. Inner Peace in Outer Chaos: By focusing on your spiritual wealth, you create a sanctuary within you, a calm amidst the storm. It's your personal panic room that no external factor can penetrate. It sounds like an introvert's dream, doesn't it?

2. Balanced Perspective: Imagine juggling balls in the air—work, family, health—and then someone throws in a chainsaw named 'Global Crisis.' Spiritual currency helps you see that chainsaw as another element to navigate, rather than a looming disaster ready to slice your life apart.

3. Authentic Connections: In times when the world feels fractured, the energy you emit attracts like-minded souls, creating a community. It's like being a human magnet, except instead of attracting paperclips, you're attracting good juju.

4. Sustainable Abundance: We're not just talking about prosperity in the monetary sense, although a little extra dough never hurt anyone, right? Spiritual currency attracts abundance in love, opportunities, and yes, finances. Money comes and goes, but a rich spirit remains steadfast.

5. Personal Resilience: Picture yourself as a spiritual superhero, cloaked in an impenetrable aura. Global challenges become quests, not existential threats. Your ability to adapt and grow multiplies exponentially.

If this topic resonates with you, you can purchase it by following this [Amazon Link](#).

Wishing you eternal prosperity in your spiritual bank account,

Dr. Ming Chee

A WARM WELCOME TO OUR NEW MEMBERS!



Celine White

Celine joins our Chicago chapter and is Director of Revenue Management at The Chartis Group. She has experience in all aspects of accounting and financial management, and a solid background in the preparation of financial statements, budgeting, forecasting, revenue management, mergers and acquisitions, contracts, financial and sales reporting. Exceptional performance within sales forecasting, compliance, payroll for 300+ employees, employee benefits, cash management, revenue recognition, and accounts receivable.



Marta Harmon

Marta joins our L.A. chapter and is an Executive Coach. She is a former Media and Entertainment Executive with 20+ years of experience building, managing and leading high performing teams within consumer and b2b Marketing. ICF Certified and experienced Executive Coach dedicated to partnering with clients in developing personalized plans for achieving lasting change.



Lauren Sapato

Lauren joins our Chicago chapter and is Senior Sales Associate at Fifth Third Bank.



Michel Narganes

Michel joins our new San Francisco chapter and is Digital and Technology Transactions Partner at Manatt where she advises early-stage ventures, emerging companies, large corporations and investors in the midst of digital transformation partnerships and strategies.

A SPECIAL THANK YOU TO OUR RENEWING MEMBERS



Catherine Bindewald
CIO
USC Marshall School of Business



Tom Rosenak
Leadership Communication Strategist
DiamondMind Enterprises



Lori Ziebart
President & CEO
Energy Infrastructure Council



UPCOMING EVENTS



Business Roundtable

WISDOM AT WORK: NAVIGATING DIFFICULT CONVERSATIONS

with Serin Silva, Intuitive Executive Coach,
Serin Silva, LLC

THURSDAY | NOVEMBER 2ND
7:30 AM PT / 10:30 AM ET
COMPLIMENTARY FOR CSWEET MEMBERS



[Register Here](#)

Jump Forward Forum

Self-esteem / Self-work - Where does it come from?

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

Wednesday, November 8th
12:00 PM PT / 3:00
Register Here: www.csweet.com

Meet the Speaker



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



[Register Here](#)

In-person Event



Pathway to the Boardroom: An Exclusive C-Sweet Event at the New York Stock Exchange



Moderator
Maria Malavenda
Managing Director, Board Member and Co-Chair for C-Sweet NY Chapter



Panelist
Marty Willis
Board Member & Fortune 100 C-Level Executive



Panelist
Laura Coffey
CFO, Board Member, Audit Chair, SEC Financial Expert and Omni-Channel Retail Executive



Panelist
Jené Elzie
Business Transformation Advisor, Private & Public Company Board Director

Join us for an inspiring evening of for an evening of captivating conversation along with delicious bites and cocktails.

Tuesday, November 14th

5:00 - 8:00 PM ET

Siebert Hall, New York Stock Exchange

11 Wall St, New York, NY 10005

Register Here: www.csweet.org/Events

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NUTANIX

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National Virtual Event Art of Increasing and Maximizing Performance Without Burning Out featuring 10 Expert Executive Coaches

A complimentary event, open to all.

THURSDAY, NOVEMBER 16TH

3:00 PM ET / 12:00 NOON PT

WWW.CSWEET.ORG/EVENTS



Alison Arnoff
Executive Coach



Randi Levin
Executive Coach



Darlene Hawley
Leadership & Business Coach



Serin Silva
Intuitive Coach for Women



Jenna Dillon
Executive Coach



Tatiana Petrova
Executive Coach



Karen Clark
Executive Coach



Tom Rosenak
Leadership Communication Strategist, DiamondMind Enterprises, LLC



Marta Harmon
Executive Coach



Tracy Colahan
Executive Coach

Register Here

For more upcoming events, click [here](#).

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