



ABWA KEEN

*KANSAS EXECUTIVE
EXPRESS NETWORK*



What is KEEN?

The Kansas Executive Express Network, or KEEN, is a Topeka league of the American Business Women's Association.

ABWA's Mission:

To bring together business women of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking, support, and national recognition.

KEEN's Vision:

To create a professional female community of diverse backgrounds that offers a positive and energetic atmosphere and nurtures opportunities for leadership, education, networking support and recognition, over lunch!

Membership Benefits

KEEN Membership offers you the opportunity to network with movers and shakers in a variety of industries. ABWA Express Network provides benefits from networking to online training to enhance personal and professional development.

Benefits of KEEN include:

- Networking
- Leadership
- Education & Conferences
- Recognition
- WIN (Women's Instructional Network)



Interested in Attending?

KEEN is always looking to expand our membership. Any guest interested in joining us is invited to attend three of our monthly meetings prior to making a decision on whether she would like to join. If you are interested in joining us for a meeting, please contact our Vice President of Membership:

Amie Hoss

(785) 806-9388

amie_hoss@homedepot.com

Meeting Information

Our monthly luncheons involve guest speakers who present on a wide range of topics with the goal of providing our membership with the tools to grow both personally and professionally. On a quarterly basis, we have Member Showcase meetings, where two members share their story of personal and business experiences that got them to where they are today.

KEEN meetings are held over the lunch hour on the second Wednesday of every month, with lunch provided.

Location:

Capital Plaza Hotel & Conference Center
Pioneer Room
1717 SW Topeka Blvd
Topeka, KS 66612

Time:

Registration and networking begin at 11:30am, with lunch and the program running from noon until 1:00pm.

Cost:

The cost for lunch is \$17 by cash or check. Credit cards are also accepted with an additional \$0.50 fee.



For Further Information...

Would you like to learn more about KEEN?

- Visit our **website** at:
www.abwakeen.org
- Like us on **Facebook** at:
www.facebook.com/abwa.keentopeka 
- Contact any of our **officers**
(Names and contact information listed on the back of the brochure).



In all realms of life it takes **courage** to STRETCH your **limits**, EXPRESS your **power**, and FULFILL your **potential**.

-Suze Orman

2015-2016 KEEN Officer Board

NONI CREMER.....President

Topeka City of Character
(785) 231-9915
venonacremer@gmail.com

RISA FLANDERS.....President Elect

Easter Seals Capper Foundation
(785) 272-4060
risaf@yahoo.com

LINDSAY HALDERMAN...VP Administration

Clubhouse Inn & Suites
(785) 273-8888
lhalderman@clubhouseinn.com

JAMI NICHOLS....VP Awards & Recognition

Valeo Behavioral Health Care
(785) 969-3067
jnichols@valeocrp.org

DEB NORTH.....VP Communications

True North Consulting
(913) 255-6598
deb@truenorthkc.com

REBECCA MILLER.....VP Finance

Central National Bank
(785) 231-1409
beckym@centralnational.com

LAINIE MCPHERSON.....VP Mktg &Comm.

Silver Lake Bank
(620) 290-0643
lrmcpherson@silverlakebank.com

AMIE HOSS.....VP Membership

Home Depot Rapid Deployment Center
(785) 806-9388
amie_hoss@homedepot.com

KIM TURNER.....VP Programming

Governor's Row House/Your Special Day
(785) 409-3645
govrowhouse@gmail.com

NANCY SUMPTER.....Past President

Edward Jones
(785) 271-1624
nancy.sumpter@edwardjones.com