

Mo-Kan Connection



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***Congratulations to the
newly elected 2025-26
chapter Executive Board!***

President - Karen Cain

Vice President - Cheryl Scott

Secretary - Emma Snider

Treasurer - Karen Kvicala

**The Mo-Kan Chapter of
the American Business
Women's Association
chartered on April 27,
1980.**

Mission Statement

The mission of the American Business Women's Association is to bring together businesswomen 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.

From my Desk to Yours

It's hard to **BELIEVE** that this chapter year is coming to a close, one in which we recognized our **45th anniversary!**



Congratulations to the newly elected executive board! So excited to embark on this journey with you and see the incredible ways you'll steer our chapter forward!

As we dive into the new chapter year, it's a perfect time to reflect upon your reason to join ABWA and what fuels your commitment to stay - are you experiencing what you had hoped? Are you gaining what you need from our community? Being an ABWA member means something unique to each of us; what is your Why to **BELONG**? And how are you sharing your Why with others to inspire them to become part of our community?

Thank you for letting me serve again as your chapter president, each time I learn new things about me and about all of you! You have shared some amazing ideas, fresh perspectives, helpful thoughts, and some fun; always good to have more eyes and ears because being a leader means we all work together! To pull some wisdom from Lauren Schieffer, The Colonel's Daughter: leaders are surrounded by people who lift and build each other up!

There are so many opportunities in this organization for each of us to grow, to lead, to achieve, to improve, to learn. I hope you embrace these opportunities and see what you **BECOME!**

Cheers!

Meg Bell, 2024-25 Mo-Kan President



BELIEVE. BELONG. BECOME.
American Business Women's Association

It's Summer Fun Time!

Celebrate the end of the Chapter Year!



*Changing Women's Lives
One Woman at a Time.*

MO-KAN CHAPTER

Email ABWAMoKan@gmail.com

Website www.abwamokan.org



WEDNESDAY, JULY 9TH, 2025

O'Neill's Restaurant & Bar

9417 Mission Rd, Leawood, KS 66206

NETWORKING: 5:30pm

DINNER: 6:00pm

PROGRAM: 6:40pm

The chapter year is coming to a close so let's shake things up a bit! Put on your summer attire, casual clothes, be relaxed, and get ready for a night of FUN!

If you wish to participate in the Vacation Auction, and you will **not** want to miss out, we will collect \$20.00 in exchange for "play money" (think thousands of dollars!) to be used throughout the evening!



Fun & Games

Interactive team-building games & activities with a few unique prizes!



Vacation Auction

Bring an item (under \$20) from a fun vacation spot OR from a staycation spot! Wrap it up as a surprise!



Installation of Incoming Officers

We'll recognize our outgoing officers and committee chairs/co-chairs!

Cost includes dinner: \$25/ Members and \$27/ Guests

Reservations required with dinner choice by 6 pm Monday, July 7th. Details at www.abwamokan.org



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THE TOTAL you

THURSDAY
july 24 2025

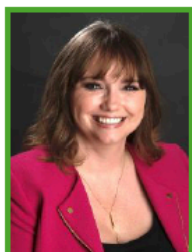
5:00PM - 7:30PM

6840 W. 105TH STREET
OVERLAND PARK, KS

\$45 PER PERSON
INCLUDES PROGRAM, REFRESHMENTS,
WELCOME BAG & VENDOR GIVEAWAYS!

Register by July 20, 2025 at
[www.abwamokan.org/
fundraising-activities.html](http://www.abwamokan.org/fundraising-activities.html)

YOUR PATH TO PERSONAL & PROFESSIONAL GROWTH



LIFE COACH
Dr. Susan Harrison
CONTROLLING STRESS
SO IT DOESN'T
CONTROL YOU



SOCIAL WORKER
Erika Helin
PRIORITIZING YOU
IN A
BUSY WORLD



CHIROPRACTOR
Dr. Kelsey Crow
ALTERNATIVE
SOLUTIONS FOR
GREATER RESULTS



TRAINER & COACH
Brit Kelly
TRAINING
YOUR
INNER MATRIX



EXECUTIVE COACH
Debra Kunz
VOICING
YOUR
VALUE

This event highlights YOU, the Total YOU!

- A panel of featured speakers sharing insight on how to be the best **YOU** that you can be!
- Fabulous vendors offering items for the total you!
- Yummy refreshments by Nick & Jake's to fuel your energy!
- All attendees receive a fun swag bag plus additional goodies from vendors!
- The opportunity to mix and mingle with the speakers and fellow attendees!
- And did we mention fabulous Door Prizes?!!



SPACE IS LIMITED - REGISTER TODAY!



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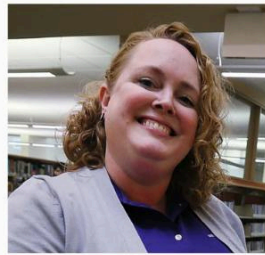
HOSTED BY THE ABWA MO-KAN CHAPTER WITH PROCEEDS
PROVIDING CONTINUING EDUCATION RESOURCES TO AREA WOMEN.

Who's ready for a road trip??

ABWA DES MOINES AREA COUNCIL
together with
ABWA KANSAS CITY AREA COUNCIL
Present

ABW Day 2025

Sara Hayden Parris
Annie's Foundation



KEYNOTE SPEAKER

Thursday, September 25th, 2025

4:15PM

(Network Vendor Tables, Silent Auction)

5:30PM - 8:00PM

(Dinner, Keynote Speaker)

The Monroe

1805 90th St. West Des Moines

Reserve Your Spot Today

Registration due by September 21st, 2025

- Venmo @DSM-Council-ABWA (please include your email and guest names)
- Or call Kathy Schooley at (515) 210 3803

\$40 in person

\$10 via zoom (link will be emailed Sept. 24th)

Interested in being an event sponsor or vendor?

Call Kathy Schooley (515) 210 3808

\$125 vendor (display table & 1 ticket)

\$250 event sponsor (display table & 2 tickets)



venmo



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News and Views

2024-25 Chapter Goals

- Install 10 new members in this league year
- Retain current members, especially first year members
- Increase member participation

Upcoming Events

- July 7 – District 3 Zoom Update
- July 9 – Monthly Chapter event, Installation of New Officers, Vacation Auction
- July 24 – The Total You Event
- July 31 – End of Chapter Year!
- September 22 – ABW Day
- September 25 – ABW Day Celebration in Des Moines
- October 18 – Holidazzle Vendor Fair
- November 12-15 – National Conference in Portland, Maine

Get Educated with ABWA Online Learning!

"Leadership is the capacity to translate a vision into reality."

- Register today for the newest courses in the new School of Leadership and save dollars!
- Develop the next set of leaders with these concise micro-learning modules ranging from 3-10 minutes. Each course provides practical strategies and insights to enhance leadership skills, foster a winning culture of continuous improvement, and equip professionals to lead efficiently and effectively in any business environment.

-Change Management

-Facilitation

-Leading Teams

-Adaptive Leadership

-Emotional Intelligence

-Self-Awareness

Login at www.myapexcampus.org under the The School of Leadership and register today! Call the ABWA National team at 913-732-5100 or email webmail@abwa.org, if you have questions.

Calling all members!

Up your skills and gain ABWA knowledge!

One of the best reasons to step into a board or committee chair/co-chair position is to increase your skills; skills that you can use in your personal and professional life. ABWA provides a safe space to develop these skills. It's also a great way to try new things!

Know that no one is left alone in any position; we help each other, we have each other's backs. Ask questions, then ask more questions.

For this coming chapter year, here is your chance to build some new skills with these committees; let the new board know your interest!



Hospitality

Membership

Program

Professional Development/Education

Fundraising

Newsletter

Publicity

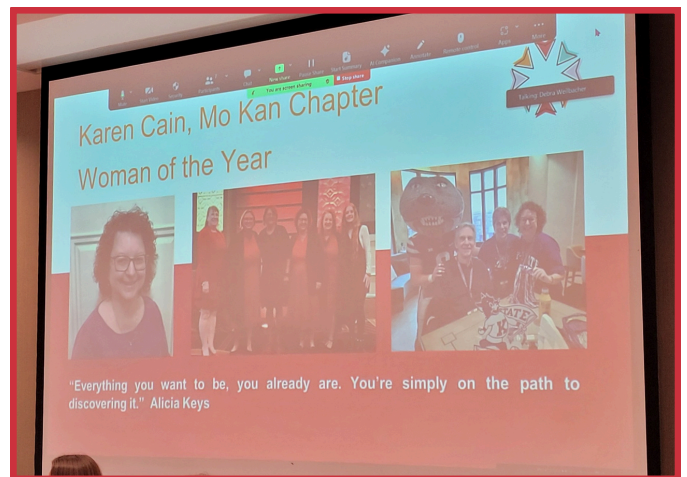
Social

Mo-Kan Members at the KCAC/DMAC Recognition Weekend

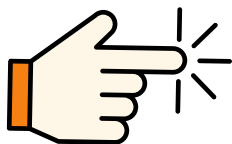
It was very exciting to spend some time with members from other chapters, other areas of the country, and the ABWA National Board of Directors when all came together June 27-28 to celebrate our District Vice President, Eileen Caspers, and the Chapter Women of the Year (including our own Karen Cain!), Top Ten Nominees, and Protege Award winners!



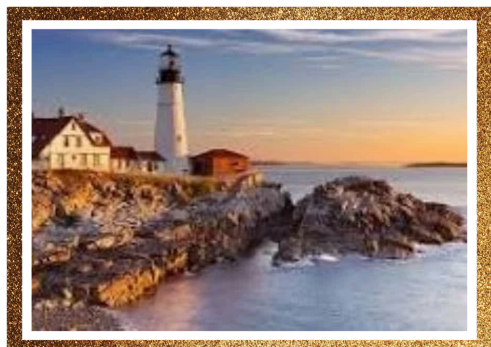
Eileen
Caspers,
DVP



Krina
Snider,
2025 Top
Ten



Register for the 2025 ABWA National Women's Leadership Conference in Portland, Maine, Nov 12-15



You can register from the ABWA membership portal, National Events Calendar. You can also register by calling the ABWA National Office at 913-732-5100, Monday through Thursday, 8:00-5:00pm.

When you register, you will choose between paying in full at the time of registration or paying half down at registration and the balance any time before August 1st. Keep in mind that if you don't pay the balance by August 1, you will forfeit your down payment.

Also, don't forget to reserve your hotel room by calling the Westin Portland Harborview, Monday through Friday at 207-517-8822. Be sure to tell them you are with the ABWA National Conference to get the \$199.00 per night room rate. The deadline for this rate is October 6, 2025, but don't wait too long!

Core Values of ABWA

Our core values are the guiding principles that shape your actions, behaviors, and decision making as an ABWA member and leader. They are reflective of the ethos for which the American Business Women's Association was founded in 1949.

1. **Selfless Leadership** – Be committed to doing the right thing, always.
Be transparent in your actions even when no one is looking!
2. **Building Community** – Be committed to creating a sustainable ABWA community where women can connect, learn, and grow together.
3. **Value and Seek Diversity** – Be committed to recruiting new members from diverse cultures, ages, work industries and experiences.
4. **Manage for Innovation and Excellence** – Be committed to original thinking and delivering excellence in everything you do.
5. **Lifelong Learning** – Be committed to enhancing your own business knowledge, skills, and acumen. Be unafraid to make mistakes, iterate, err and try again.
6. **Focus on Facts and Own Your Results** – Be committed to using “data” to drive your decisions and actions, and be accountable for your performance.
7. **Choose to Make a Difference** – Be committed to unlocking a member's potential and inspiring/motivating her to become the best version of herself.
8. **Celebrate** – Be committed to celebrating members' achievements.

Mo-Kan Chapter



2024-25 Chapter Officers

President

Meg Bell

Vice President

Krina Snider

Secretary

Carol Brown

Treasurer

Karen Cain



 abwamokan.org

 ABWAMoKan@gmail.com

Follow us on social media:



Committee Chairs

Membership

Open/Krina Snider

Program

Karen Cain

Hospitality

Kathy Richer/Gail Martinez

Fundraising

Abby Helin

Webmaster/Social Media/Newsletter

Meg Bell

Education/SBMEF

Cheryl Scott

Social

Sandy Jacobson

ABWA's Proud Code of Conduct

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
4. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
5. Members will not use their personal power to advance their personal interests. Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.

Keep this guide handy to share the many benefits of ABWA with a fellow colleague, family member, friend, or new acquaintance who might be a potential new member!



BELIEVE. BELONG. BECOME.

American Business Women's Association



What's In It For Me

Membership in ABWA affords you the opportunities to enhance your leadership skills, business acumen and network with like-minded business women that will propel you forward professionally and personally in achieving your best self.

Professional Development

- Access to ABWA's Apex Campus 24/7
- Lifelong Learning
- League Speakers
- Educational Scholarships - (sbmef.org)

Leadership Opportunities

- Campaign for league, council, and national office positions
- Lead committees and special projects

Networking Support

- Participate in league, regional & national offerings available both virtually and in person
- Build relationships to facilitate networking support

Local and National Recognition

- League awards, e.g., Woman of the Year, Protégée, and Top Ten Nominees
- National recognition, e.g., American Business Woman, Top Ten Business Woman, Inner Circle, Apex Award, and Best Practices Award

Conferences

- Attend Spring (virtual) and Fall National (in person) for personal and professional development
- Meet like-minded, career-oriented members

Member Only Portal

- Connect with members online on the Members Only portal and in social media groups
- Access to national resources

Partner Discounts

- National University (NU)
- Franklin Madison
- For partner updates, see ABWA.ORG

Publications

- Complimentary Subscription to the ABWA Achieve Newsletter published six times a year
- ABWA Blog (abwa.org) -published monthly

Exclusive Social Media

- Access to ABWA's members-only Facebook and LinkedIn Groups
- Collaborate with other ABWA members

JOIN NOW



SCAN ME

The mission of the American Business Women's Association is to bring together businesswomen 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.

www.abwa.org