

# A LIFE WITH ABWA...

EMPOWERMENT

RESPECT

FRIENDSHIP

SUCCESS

MOTIVATION

LEADERSHIP

VISION

CONNECTIONS

SKILLS

DRIVE

FUN

NETWORKING

CHANGING  
WOMEN'S LIVES...  
ONE WOMAN  
AT A TIME.

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.

For more information about the Lakeland Downtown Chapter, contact Trina Kingery, President [Lakelandabwa.President@gmail.com](mailto:Lakelandabwa.President@gmail.com) or visit our website at [www.LakelandABWA.com](http://www.LakelandABWA.com).

JOY

SELF-CONFIDENCE

LIFE-LONG  
LEARNING

VALUES



## ABWA And You!

### Our Commitment to Women

Whether you are starting a new business or looking to advance your career, the American Business Women's Association is the place to be for women who want to connect, learn and grow.

### Our Vision Statement

Without hesitation we will be bold in our actions and bravely face our challenges. We can unlock our confidence and believe in ourselves.

Be Bold, Be Brave, Be You!

**Confidence**

*"While there are many positive reasons for taking on a leadership position in ABWA, I believe the greatest benefit is expanding my network.*

– Christine Thornhill  
member since 2012

*"Besides the investment in my professional growth ABWA allows me to share daily life with a wonderful, caring and fun group of ladies.*

– Annette Miller  
member since 2017

## A Winning Combination!

*As a member of the American Business Women's Association, you will have the opportunity to:*

- **GROW** your personal and professional network.
- **BE MORE EFFECTIVE** on and off the job by learning, rehearsing and mastering the skills valued in business today.
- **STAY INFORMED** by attending monthly league meetings, registering for national conference events or webinars, and by reading Women in Business (add registration mark), ABWA's exclusive magazine publication.
- **REGISTER** for one of sixty courses available in Apex Campus, ABWA's learning portal available 24/7 to fit your busy schedule.
- **SAVE MONEY** on business products and services with member only discounts provided by ABWA's corporate sponsors.

### Monthly Meeting Schedule

Date: 2nd Wed of the month  
Time: 11:30 am – 1:00 pm  
Place: Hilton Garden Inn  
3839 Don Emerson Dr,  
Lakeland, FL 33811

Early Member RSVP \$20.00  
Member Cost: \$25.00  
Non-Member Cost: \$30.00

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Networking begins at 11:00 am

**For reservations visit:**  
[www.LakelandABWA.com](http://www.LakelandABWA.com)

## LAKELAND DOWNTOWN CHAPTER

### 2018-2019 EXECUTIVE BOARD

President - Trina Kingery  
Vice President - Laura Gaida  
Secretary - Krista Rogers  
Treasurer – Annette Miller

### ABWA MEMBERSHIP FEES - \$165.00

*National Dues.* Annual membership fees are \$115, payable each year on the month of your membership anniversary.

#### AND

*Local Dues.* The annual dues for the Lakeland Downtown Chapter are \$50. Chapter dues are payable each year on the month of your membership anniversary. (Same date as National Dues)

**Join the Lakeland Downtown  
Chapter  
of the American Business  
Women's Association TODAY!**