

Through education, opportunity, and thought leadership, we are removing barriers, building communities, and empowering women.

We've all been hearing a lot about the "Great Breakup" - more women are leaving their companies than ever before. At the Rutgers Center for Women in Business, we are working on ways to mitigate that, both at the company and individual level. From our newest group mentoring program - G.A.M.E. (generating allyship in male executives) to our latest research published in Harvard Business Review - "5 Harmful Ways Women Feel They Must Adapt in Corporate America," our Center's resources help leaders and companies build cultures that enable women to thrive — not just survive.

Additionally, be sure to check out our great in-person networking opportunities in NYC this month and we hope to see you there!

As you head into the holiday season, remember to prioritize yourself and take time to rest and recharge.

- Lisa Kaplowitz, Executive Director of CWIB

## **Latest Programs and Offerings**

### Women G.R.O.W. (Gaining and Retaining Outstanding Women)

We are excited to welcome 100 new and returning mentees to our flagship mid-career mentoring program! We are halfway through our semester programming and as we continue to gain insight on the on-aoina challenges mid-career women face in the workplace, our mentors and coaches have provided actionable advice and resources to tackle these challenges. We look forward to the accomplishments our mentees have throughout and after participating in this program!



**Contact Us** 

#### **G.A.M.E.** (Generating Allyship in Male Executives)



Are you G.A.M.E.? Our newest mentoring program for male executives is underway. Our first cohort is mid-way through this program, and engagement and participation has been incredible. We are focusing on how to build inclusive teams, give performance and career coaching for women. advocate for change and be an ally outside the office. We have had many "aha" moments and are thrilled to learn how the takeaways from this program will be implemented at our participants' companies. We will be expanding the program in January so please reach out to learn more.

Contact Us

# Mini-Certificate Program: Diversity, Equity, and Inclusion in the Workplace

Bring our mini-certificate program: DEI in the Workplace course to your company. The Rutgers Center for Women in Business has partnered with the Rutgers Center for Women & Work to create an interactive 4 course program. These sessions will integrate DEI in your company by increasing awareness of institutional disparities, implementing strategies at the individual and organizational levels, and cultivating leadership for institutional change.





**Contact Us** 

## **Upcoming Events and Webinar**

#### **Headshots & Happy Hour!**

Calling all Alumni and Friends!

The Rutgers Center for Women in Business welcomes you to Headshots and Happy Hour! A big thank you to our Associate Board for putting together this event. Come get an updated headshot from professional photographers, network and enjoy an open bar & food!



Please note this is an in-person 21+ event.

**Purchase Tickets Here** 

## How Inflation Affects Me and My Financial Future with JPMorgan Chase & Co.

You've likely heard a lot about inflation on the news and noticed the rising prices of food, gas and services. Join this virtual event to hear from a J.P. Morgan expert about what exactly inflation is, how it might affect you, and how you can utilize this knowledge to prepare for your financial future.

\*Webinar is eligible for REAL points

**Register Here** 





The Rutgers Business School
Finance Alumni Network (FAN) and
Rutgers Center for Women in
Business (CWIB) invite you to join
us for an interactive panel
discussion, followed by a
networking event. Hear from
industry veterans and experts on
how firms are changing the culture
of financial services, and why it is
necessary for retaining talent. The
discussion will be followed by a
cocktail reception hosted by
Moody's.

Please note that this event is inperson for alumni.

**RSVP Here** 

## **On-Demand Webinars**

#### **Build Your Brand: The Power of a Strong Online Presence**



How often do you Google yourself?

Watch our webinar on how taking control of your online presence can help you achieve your next professional goal – that promotion, job, new client, investor or board seat. Anouk Pappers, Brand Anthropologist, discusses why your online presence plays a significant role in how you're viewed by the rest of the world and offers tactics on how to make your online presence as strong as it can be. In addition, Anouk discusses critical mistakes that even senior executives make, and how to avoid them. You will come away from this recap knowing how to make your online presence help you achieve your next professional goal!

#### **Navigating a Multi-Generational Workforce**



Four different generations with four different workstyles are trying to figure out how to successfully work together. Multiple generations in the workforce can present challenges but it is important for companies to recognize how these nuances can serve as strengths for collaboration. Watch our webinar, "Navigating a Multi-Generational Workforce" to hear Patti Ippoliti, PhD (Boomer), Nora Shearer

(Gen X), Meghan Siripurapu, CFA (Millennial) and Mari-Elle Sudarkasa (Gen Z) discuss how they react to workplace challenges via their generational lens.

### **Latest Research**

#### **5 Harmful Ways Women Feel They Must Adapt in Corporate America**

Our Executive Director, Lisa Kaplowitz, has partnered with Deepa Purushothaman and Lisen Stromberg for a Harvard Business Review article to discuss "5 Harmful Ways Women Feel They Must Adapt in Corporate America." In this article, it is shown that many women adopt maladaptions to endure the current state of corporate America, leading to immense pressure to be perfect, taking on disproportionate workloads, and declining mental and physical health.



**Read More** 

## Viewpoint: Women Should Discuss Professional Development with Female Friends



Check out this new article from our Research director, Kyra Leigh Sutton, Ph.D., sharing her findings that women benefit from discussing professional development with their female friends. From giving recommendations to discussing how to overcome barriers, receiving support from women who are in a similar stage of life can reduce imposter syndrome and encourage self-advocacy.

**Read More** 

## **Coaching Corner**



Coaching Expertise: Leadership Development, 1:1 Consultative Coaching, Team/Group Consultative Coaching, New Manager Bootcamps, Workshops, Training & Facilitation, Hiring Strategies, Executive Roundtables & Masterminds, Keynotes/Speaking Engagements, Consultative Coaching Retainers, People Assessments, The Catalyst Collectives for BIPOC, Women & Employee Resource Groups

Consulting Expertise: Entrepreneurial Culture Blueprinting, Business Development Needs Discovery, Visioning Strategy Sessions & Innovation Labs, Talent Optimization Strategies,

#### **Kelli Wingo**

Founder/Chief Vision & Strategy
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Project Plan Development, Skills-Based/Non-Degree Employee Coaching

Coaching Availability: Accepting new clients

Coaching Method: Virtual & In-person

Coaching Language: English

**Learn More** 

## **Make an Impact**

Your contribution will support scholarships for students, programming for students, alumni, and the Rutgers community, and gender-based research benefitting all as we work to resolve challenges for women in business. Thank you!

**Support Our Center!** 









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