

## LOVE YOUR CONNECTIONS!

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Good Afternoon,

February is a time to connect even more and appreciate your network! How are you showing those you work with and care about your love and appreciation?

At B.I.G., we are hosting a special event at Grow Wellness on Valentine's Day. The purpose is to give you a chance to self reflect and tap into the power of meditation etc. to take better control of your mindset as you navigate the joys and challenges of life. This event will redefine wellness for you!

Kathleen is hosting Dana Cox who is a Vice President at Mastercard. She will talk about practices she taps into like meditation etc to achieve as a business woman and flourish personally.

You will have the opportunity to take some of these practices with you to empower yourself to be your best self.

Also, this month come network and practice your pitch in both Ridgefield and Westport as we put a spotlight on getting your business pitch down cold for the New Year.

Happy Valentine's Day! May you spread abundant love and light. ❤️

Warm Regards,



Director, B.I.G. Connecticut  
[bigconnecticutregion.com](http://bigconnecticutregion.com)

*Everything you want in life is a relationship away.*

— Unknown

# FEBRUARY EVENTS

## Pod Pitch Practice



### Pod Pitch Practice

Come away with the perfect elevator pitch!

Thursday  
February 9, 2023  
12 -1:30 pm

Eddie's Pizza & Pasta  
24 Prospect Street  
Ridgefield, CT

### Thursday, February 9th

Join us for pizza and an opportunity to pitch the women in your pod. Come away with a solid elevator pitch for the new year!

## Special Event Self Love For Business Women

### Self Love for Business Women

Experience full immersion into the world of wellness and healing and embrace self love as a super power in your business

**KATHLEEN KWESKIN**  
CEO/Founder, LMT  
407-8487  
Grow Wellness Therapy  
growwellnesstherapy.com



**DANA COX**  
Vice President  
MasterCard



Tuesday  
February 14  
11 am

Grow Wellness Therapy  
901 Ethan Allen Highway  
Suite 109  
Ridgefield, CT

### Tuesday, February 14th

Treat yourself on this special day and learn how to embrace your talents and gifts to the fullest by tapping into meditation practices and more.

Kathleen will host Dana Cox, Vice President at Mastercard who will share her experiences and best tips for focus, achievement and wellness!

## Pod Pitch Practice in Westport



### Open Mic Night: Nail Your Pitch To Increase Sales

Come away with the perfect elevator pitch!

Tuesday  
February 21, 2023  
6:30 pm

243 Post Rd West  
Westport, CT

### Tuesday, February 21st

Join us to perfect your business pitch for the new year! 🎉

[Register for February Events Here](#)

## A FEW TIPS FROM OUR MEMBERS

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### **Kathleen Kweskin**

*Owner, Grow Wellness*

Create a meditative habit of finding the gap between a stimulus and your response to the stimulus. In other words, when something happens, before responding, bathe in the space between. Allow yourself to feel and to simply be without judgment. By accessing this gap, you gain the ability to respond with clarity of mind and strategy rather than reacting through a clouded lens of emotion.



### **Mary Dougherty**

*Publisher, Ridgefield City Lifestyle Magazine*

Never underestimate the power of a handwritten note to thank someone or just give them a compliment. In a crowded digital world, the handwritten note is extra special.

## ABOUT B.I.G. CONNECTICUT

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B.I.G. Connecticut is a woman's empowerment community that provides members the inspiration, community and tools to move their personal and professional lives forward.

Please join us for an event and see what we are all about and how we can help you grow your business. Contact [bigconnecticutregion@gmail.com](mailto:bigconnecticutregion@gmail.com) to learn more!

Join B.I.G. Connecticut

Join Our Facebook Group

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