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## SOAKING IN SUMMER!

Good Afternoon,

There is a song about August slipping away that I am fond of. The best advice I can offer this month is to not let August slip away without spending time with those who mean the most to you. August.. is the perfect month for this!

My wish for you is that you fill your month with family, friends and lots of quality outdoor time. Soak up the sun, some good books and attend our August pod meeting on August 11.

Wishing you a meaningful month!

Cordially,



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

*August slipped away into a moment in time cause it was never mine!*

— Taylor Swift

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## WE WANT YOUR FEEDBACK

**Tell Us What You Think!**

Please complete our Member Survey by our August 11 pod meeting.

**[TAKE OUR SURVEY!](#)**

## AUGUST EVENTS

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### Success Without Stress



**LISA  
TANCREDI**  
Founder,  
The Feel Better Group

Friday  
August 11, 2023  
**11:30 am - 1 pm**  
Grow Wellness  
901 Ethan Allen Highway  
Ridgefield, CT

**August 11th @ Grow Wellness in Ridgefield, CT | [REGISTER NOW](#)**

Come away with strategies to get done what you want to get done without pushing, pressure or overwhelm.

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[Register for Upcoming Events Here](#)

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## SCENES FROM JULY

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We had a wonderful time exploring women and leadership last month at the Executive Pavillion. Deborah Rundlett poured into us about our journey as female leaders and the multifaceted approach we as women experience.

We all agreed that we need to dive into leadership more deeply and continue this conversation with Deborah.

## LOOKING AHEAD TO SEPTEMBER

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Save the date for **September 13** when **Dana Cox** will join us to talk about investing in ourselves. This will surely spark a dynamic debate!

### The Importance of Investing in Yourself

Define a path to personal and professional growth



**DANA  
COX, MBA, PMP**

Senior Vice President,  
Mastercard / Executive Coach

Wednesday  
September 13, 2023

**11:30 am - 1 pm**

The Executive  
Pavilion

90 Grove Street  
Ridgefield, CT

[REGISTER NOW](#)

## 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](#)

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