



AMERICAN BUSINESS WOMEN'S ASSOCIATION

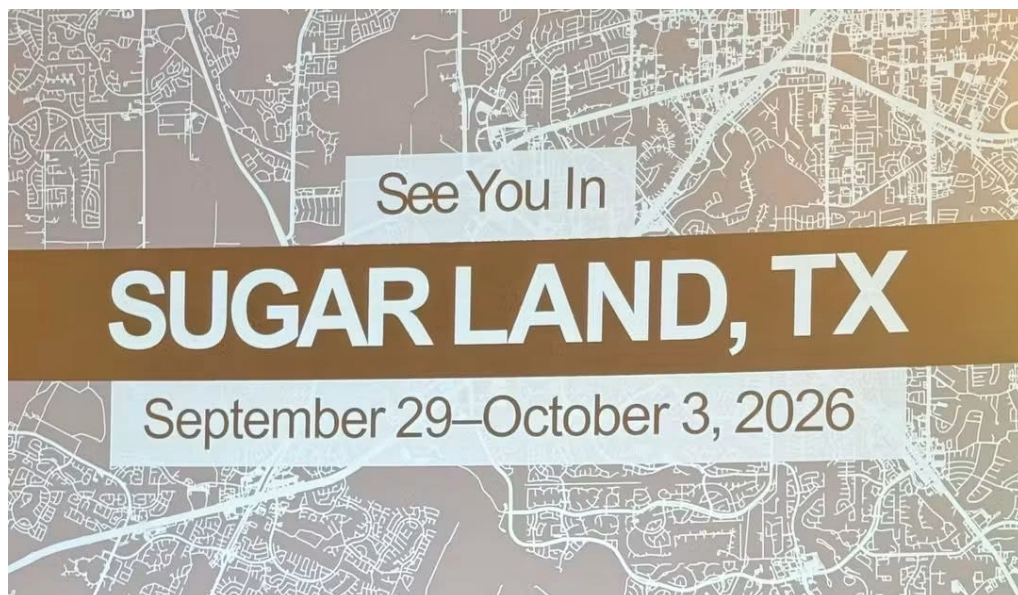
Year in Review

NEWSLETTER JULY 2026 · COLUMBIA TRIAD CHAPTER

To our remarkable members — thank you for your leadership, learning, and for lifting one another up. Here's what our chapter has been building together, and a glimpse of what comes next.

FEATURED ANNOUNCEMENT

2026 National Women's Leadership Conference



Mark your calendars and pack your bags — we're heading to Sugar Land, Texas from September 29 through October 3, 2026. Join hundreds of ABWA members for five days of

keynote speakers, professional development workshops, networking receptions, and the celebration of our annual award recipients.

Early-bird registration opens this spring. Chapter delegate scholarships will be announced at our January business meeting — don't miss your chance to represent us.

SECTION ONE

Professional Development

This year the chapter's professional development calendar included 9 workshops, with sessions centered on leadership, business strategy, fundraising, technology, homeownership, and personal confidence.

9	6	2026
WORKSHOPS HOSTED	WORKSHOPS FEATURED HERE	YEAR OF GROWTH

Featured workshop highlights

From Renter to Homeowner · January 27, 2026

Tahlisha Pearson led a money management and homebuying workshop focused on financing options, overcoming financial pitfalls, and making the path to homeownership more accessible.

Professional Development Session with Ayesha Driggers · February 24, 2026

Ayesha Driggers, Director of the City of Columbia Office of Business Opportunities, shared insight on training, technical assistance, supplier engagement, and capital support for small businesses.

League Fundraising Tips: Strategies for Success · March 16, 2026

Anna Davis facilitated a panel discussion with Tesha Crump, Peg Taylor, and Valerie Kitchen focused on practical fundraising strategies, leadership lessons, and chapter growth.

Be Fierce... Even When You Don't Feel It · March 24, 2026

Featured speaker Alexia Martin encouraged members to lead with confidence, push through self-doubt, and show up boldly in both business and life.

Clock In for Change: AI-Powered Productivity for Leaders · June 24, 2026

Dr. Deborah “Dr. DJ” Johnson-Blake presented tools and tactics for saving time with AI, managing communication more efficiently, and building smarter workflows for leadership impact.

Your Business Auntie NeNe · October 28, 2025

Shennice Cleckley spoke on digital stewardship, business strategy, and strategic planning, giving members actionable ways to strengthen their business foundation.

These sessions reflect a portion of the year's programming and support the chapter's total of nine professional development workshops.

SECTION TWO

Women's Health

This summer, prioritize your well-being with our seasonal wellness focus. From sun-safe habits to mindful movement, these topics are designed to keep you energized, healthy, and balanced during the warmer months.

Sun Safety & Skin Health

Learn how to protect your skin with SPF best practices, understand UV index risks, and spot early warning signs of sun damage. A dermatologist-led guide tailored for busy professionals.

Hydration & Nutrition for Summer Energy

Beat the heat with hydration strategies, electrolyte balance tips, and light, nutrient-dense meals that fuel long days without weighing you down.

Outdoor Fitness & Mindful Movement

Take your wellness routine outside with low-impact workouts, walking meetings, and morning stretching routines that boost mood and Vitamin D levels safely.

Mental Wellness & Seasonal Transitions

Navigate summer schedule shifts, travel stress, and family demands with practical mindfulness tools and boundary-setting strategies for a balanced season.

Summer Wellness Challenge: Join fellow members this July in a 30-day hydration and movement challenge. Track your progress and celebrate wins at our August social meeting. Stay tuned for sign-up details via email.

SECTION THREE

ABWA's Proud Code of Conduct

Our chapter proudly upholds the official ABWA Code of Conduct. Every member commits to these standards as a representative of the American Business Women's Association.

01 Goodwill Ambassadors

All members will serve as goodwill ambassadors for the American Business Women's Association.

02 Faithful Representation

Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.

03 Honor & Respect

Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.

04 Bylaw Compliance

Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.

05 Professional Excellence

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.

STAY CONNECTED

Contact Your Chapter

The Columbia Triad Chapter is a community of professional women dedicated to empowering each other through education, networking, and personal development. Reach out to connect with our leadership team or to learn more about membership.

CHAPTER

ABWA Columbia Triad Chapter

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Connect With Us

Guests are always welcome at our chapter programs, workshops, and community events. Email Ctriad2020@gmail.com for meeting details, Zoom links, and RSVP information.

columbiatriadabwa.com · abwa.org · Ctriad2020@gmail.com

Here's to the year ahead.

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