



COLUMBIA TRIAD CHAPTER · WINTER EDITION

The Triad Tribune

2025 – 2026 · A Note from Our Chapter

FEATURE

2025 National Women's Leadership Conference Highlights

A note from Genice E. Hall-Fowler, LISW-CP/S — Past President, Columbia Triad Chapter

Hello to my Chapter Presidents — thank you for supporting my attendance to the National Women's Leadership Conference in Portland, Maine. The multi-day learning experience was designed to foster new thinking for embracing change, building confidence, and balancing work and life. Sessions were delivered by subject-matter experts and educators including Kelly Swanson, former Miss USA Deshauna Barber, professors from the University of Kansas, and Franklin Covey.

Balancing Life — Deshauna Barber

Section your life into four areas — **Health, Family, Work, and the "Me Pot"** — and balance them as you would water bottles on a rod across your shoulders. When the balance is off,

the load can't stay comfortably. A powerful framework for clients and for ourselves to avoid burnout and reconnect with our values.

Setting Boundaries & Honoring Your Recharge

Identify 2-3 anchor activities — morning walks, journaling, cooking — that ground you. These habits hold you steady when emotions feel like waves.

Managing Reaction to Change

1. Pause and breathe.
2. Label what you are thinking and feeling.
3. Ask: is this reaction helping me, or preventing progress?
4. Focus on what you can control — not on what you can't.

A reminder of the Serenity Prayer — iykyk.

The Art of Listening — Types of Non-Listeners

Faker — looks like listening, but the mind is elsewhere.

Interpreter — "I know where this is going."

Intellectual — searches for patterns and logic beneath the speaker.

Fisher — fishing for where to jump into the conversation.

Rebuttal Maker — looking for debate, flaws, or a teaching moment.

Advice Giver — constantly hunting for solutions.

This is only a snapshot of a multi-day experience filled with experts and meaningful connections across the USA. For more information, simply reach out.

May you continue to grow, learn, and be inspired to be your best in your career and profession.

— Genice E. Hall-Fowler, LISW-CP/S

Founding President, Women Connecting Women of ABWA · Past President, Columbia Triad Chapter

PROFESSIONAL DEVELOPMENT

Lead with Curiosity, Not Certainty

The most respected leaders in any room are rarely the ones with the fastest answers — they are the ones who ask the sharpest questions. This quarter, try replacing one statement a day with a genuine question. Instead of "here's what we should do," try "what would success look like to you?" You'll build trust, surface better ideas, and grow your influence without raising your voice.

TRY THIS WEEK → ASK ONE EXTRA QUESTION IN EVERY MEETING.

WOMEN'S HEALTH

Move for Your Mood, Not the Mirror

Winter's shorter days can quietly drain energy and mood. Even 20 minutes of brisk walking in daylight has been shown to ease symptoms of seasonal low mood, improve sleep, and support heart health — benefits that compound over a busy season. Pair it with a glass of water and a few deep breaths before you start your day, and you've already invested in the most important asset you lead with: you.

TRY THIS WEEK → 20 MINUTES OF DAYLIGHT MOVEMENT, 4 DAYS IN A ROW.

PROFESSIONAL DEVELOPMENT

Recent Training Spotlight



October Professional Development

"Your Business Auntie NeNe"

Digital Steward.
Business strategist.
Strategic planning.

Shennice Cleckley

Business Strategist and Co-Founder of
Melanin Innovations



Join via Zoom
October 28, 2025
@ 6:30 for Networking
@ 7:00pm for Professional Development
Email: Ctriad2020@gmail.com for Link

"Your Business Auntie NeNe" — Shennice Cleckley

Digital Steward. Business strategist. Strategic planning. The Columbia Triad Chapter welcomed Shennice Cleckley, Business Strategist and Co-Founder of Melanin Innovations, for an evening of networking and practical wisdom on building a digitally-savvy business.

6:30 PM Networking · 7:00 PM Professional Development

Email Ctriad2020@gmail.com for the link to future trainings.

SAVE THE DATE

Upcoming Chapter Events



Mark your calendar and join us as we close out the year giving back to our community and celebrating together.

Columbia Triad Chapter of ABWA

Invites you to our

Holiday Celebration



DECEMBER 6 2025
9:10 AM

Tupelo Honey Southern Kitchen
2138 Pickens St, Columbia, SC 29201
RSVP Jackie : jfbrabham@gmail.com

SATURDAY · DECEMBER 6, 2025 · 9:10 AM

Tupelo Honey Southern Kitchen · 2138 Pickens St, Columbia, SC 29201

Join us for our annual Holiday Celebration brunch. RSVP to Jackie at jfbrabham@gmail.com.

JOIN US FOR

CHRISTMAS



CELEBRATE THE SEASON
OF GIVING!



How can you help?



Donate toys and gifts for kids aged 18 months -16
Help Support our
Annual Partnership with the Edgewood Foundation

DROP-OFF LOCATION

**Tueplo Honey Southern
Kitchen & Bar**



**COLUMBIA TRIAD ABWA
HOLIDAY SOCIAL**

**12/06/2025
9:10 am**

www.columbiatriad2020@gmail.com

Christmas Toy Drive

DROP OFF BY DECEMBER 6, 2025

Tupelo Honey Southern Kitchen & Bar

Donate toys and gifts for kids ages 18 months–16 to support our annual partnership with the Edgewood Foundation.

Columbia Triad Chapter of ABWA



Food Drive

9:10 AM SATURDAY
6TH DECEMBER
2025

Tupelo Honey Southern Kitchen

Food is a human right and is an immediate and tangible way to help someone. Every donation of food helps.

We accept donations of non-perishable food in jars, cans and sealed packets. We recommend sauces, soups, beans, vegetables in cans or jars, honey, peanut butter, candy, boxed juices, long-life milk, coconut cream and fish in oil.

For more details:

www.columbiatriad2020@gmail.com



SATURDAY · DECEMBER 6, 2025 · 9:10 AM

Tupelo Honey Southern Kitchen

Bring non-perishable donations — soups, beans, peanut butter, juice boxes, long-life milk, and more.

Questions? Reach the chapter at columbiatriad2020@gmail.com

ABWA · Columbia Triad Chapter

American Business Women's Association

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