



Welcome, Columbia Triad!

As the summer sun shines over the Midlands, we are thrilled to usher in a new season of growth, connection, and leadership for the Columbia Triad Chapter of the American Business Women's Association. Whether you are a long-standing member or joining us for the first time, this newsletter is your source for the latest chapter news, leadership updates, and resources to help you thrive personally and professionally.

Announcing Our New Leadership Team

We are honored to introduce the newly elected leadership team for the Columbia Triad Chapter. These dedicated women bring vision, experience, and a passion for empowering businesswomen across our community. Please join us in congratulating and supporting them in their new roles.

Role	Name
President	Linda Hough Hicks
Vice President	Melissa White
Secretary	Jacqueline & Kaitlyn Brabham
Treasurer	Jeanette Johnson

Together, this team is committed to fostering a welcoming environment where every member can connect, grow, and lead. We encourage you to reach out, get involved, and share your ideas for the year ahead.

Women's Health: Thriving This Summer

Summer is a wonderful reminder to pause, recharge, and prioritize our well-being. For women balancing careers, families, and community commitments, self-care is not a luxury—it is a necessity. Here are a few ways to make your health a priority this season:

Stay Hydrated

South Carolina summers are hot and humid. Carry a reusable water bottle and aim for at least eight glasses of water a day. Proper hydration supports energy levels, skin health, and cognitive function.

Protect Your Skin

Apply a broad-spectrum sunscreen with SPF 30 or higher daily, even on cloudy days. Reapply every two hours when outdoors, and don't forget often-missed spots like your ears, neck, and hands.

Schedule Preventive Care

Use the summer months to catch up on annual check-ups, screenings, and appointments you may have postponed. Early detection and routine care are powerful tools for long-term health.

Move Your Body

Find movement you enjoy, whether it is walking along the Three Rivers Greenway, taking a yoga class, or dancing in your kitchen. Consistency matters more than intensity.

Women's Leadership: Lead Where You Are

Leadership is not defined by a title—it is defined by influence, integrity, and the courage to take action. At ABWA, we believe every woman has the capacity to lead in her workplace, her community, and her own life. This summer, we challenge you to embrace leadership in three meaningful ways:

Lead with Authenticity

Your unique perspective is your greatest asset. Show up as your full self, share your ideas confidently, and invite others to do the same. Authentic leaders build trust and inspire loyalty.

Invest in Continuous Growth

Attend workshops, read widely, seek mentorship, and say yes to stretch opportunities. The most successful leaders never stop learning. Watch for ABWA professional development events coming this fall.

Lift As You Climb

True leadership includes opening doors for others. Mentor a younger colleague, sponsor another woman's idea, or simply offer encouragement to a member navigating a new challenge. When one of us rises, we all rise.

ABWA's Proud Code of Conduct

Our chapter is built on a foundation of respect, professionalism, and shared purpose. As members of ABWA, we commit to the following standards of conduct:

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
4. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
5. 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.

Connect With Us Online

Follow the Columbia Triad Chapter to stay up to date on events, member spotlights, and community news:

Website: www.columbiatriadabwa.com

Facebook: facebook.com/groups/111443699559317

Instagram: [@abwatriadchapter](https://www.instagram.com/abwatriadchapter)

Stay Connected

Thank you for being part of the Columbia Triad Chapter. We look forward to seeing you at our upcoming events and celebrating the incredible achievements of our members.

With gratitude and excitement,

Linda Hough Hicks

President, ABWA Columbia Triad Chapter