COVID-19 UPDATE

If you are finding yourself overwhelmed with news about the COVID-19 pandemic, you are not alone. As we struggle to get used to this new norm, we thought it was important to share vital information about how you can still network, build skills, and boost your career while doing your part to practice social distancing.

Here are a few ways to navigate life and your career while remaining sane during the Coronavirus outbreak.

**Online Networking**
Networking is still important. Here's how to do it while you're stuck inside. [LinkedIn](#)

**Personal Wellness Tips**
50 Simple Ways to Care for Yourself During the Pandemic [Forbes](#)

**Virtual Skill Building**
Finally Master That Dream Skill with One of These Virtual Learning Sites [Refinery29](#)

**Work/Life Balance**
Please Don't Be Guilted Into Being More Productive During the Coronavirus [Huffpost](#)

FWA PODCAST

_Available through April 16th_

Discovering Your Personal Productivity Style

_By popular demand the podcast is available to non-members too!_

In celebration of International Women's Day, the FWA launched its first podcast on March 9, 2020. Our first guest
speaker is Carson Tate of Working Simply, a dynamic teacher and coach who is known for igniting personal transformation through her simple, powerful and actionable strategies and tools.

"You cannot outwork your busyness using one-size-fits-all time management solutions. The latest app, prioritization tip, or email management strategy will not work if it's not personalized for you, aligned with the way you think and process information. It's time to get personal about your productivity!" - Carson Tate

Cost: Free - FWA Members | $10 Non-Members

REGIONAL EVENT

FWA-NJ: Imagine: A Career & A Life

During this interactive discussion, you will learn the common, but often overlooked, mis-takes that highly successful professionals make that disrupt life-work balance. More im-portantly, gain the insight and information necessary to course correct and begin living calmer, healthier, happier, and more productive days.

Ellen Goldman, National Board Certified Health and Wellness Coach, will present easy to implement tips to get self-care back on your daily “to-do” list, increase your energy and efficiency, leading you to a more harmonious career and life.

Date & Time: Wednesday, April 29, 2020 | 5:30 pm - 8:00 pm

Where: Resources Global Professionals | 3 Sylan Way, Suite 201 | Parsippany, NJ

Cost: $25 FWA Members | $40 Non-Members | Light refreshments included

REGISTER NOW

PROGRAM UPDATE - POSTPONED

The Back2Business™ Return to Work Program Postponed

Due to the coronavirus outbreak, the Back2Business in-person workshop
on April 2nd has been postponed.

In its 4th year, the Back2Business Program, and our sponsoring partners, are still committed to this initiative. The application period that was to start in April is now on hold. We will be communicating with our partners to see if the Back2Business cycles can be moved to the Fall.

For more information, please contact Patti Mittelman, Chair or Robin Nack, Co-Chair.

CALL FOR NOMINEES (FWA MEMBERS ONLY)

Still Time to Nominate a Member

The Nominating Committee is seeking nominations from members for Executive Officer and Standing Committee Chair roles.

Nominations from members must be received by March 24th for the annual meeting which will be held on June 22, 2020.

Any member in good standing is eligible to submit a nomination. Nominations can be sent to mindywarde@gmail.com, chair of this year's nominating committee. Please put "FWA Nomination" in the Subject line of any nomination email.

The Nominating Committee looks forward to presenting a strong slate of candidates at the June meeting to serve our members next year. Your contributions as a member to the process are encouraged and welcomed.

PRESIDENT’S CIRCLE NEWS

Our President’s Circle Members publish award-winning white papers, receive industry recognition for their innovative programs and generous community support.

The Heart of Resilient Leadership: Responding to COVID-19 – Deloitte

Prudential Donates 153K Masks and Respirators to Help Coronavirus Outbreak in N.J. – Prudential

WOMEN IN THE NEWS
Women in Finance Are Rising—at Last – **BARRONS**

How to Make the Most of the Job You Already Have – **HARVARD BUSINESS REVIEW**

Negotiating: A Toolkit for Advancing Your Interests – **LINKEDIN**

You Have a Key Advantage if You Look for a Job This Time of the Year – **THE LADDERS**

Google is Breaking into Online Banking With New Checking Accounts. Here’s What We Know – **MONEY**

Female Founder Race to Respond to the Coronavirus Pandemic – **FORTUNE**

How to Save: Money Mentors Can Help Boost Your Savings – **USA TODAY**

Companies who Adopt Remote Work will Replace Every Company who Doesn't – **LINKEDIN**

'Small jabs ': Women 89% More Likely to Experience Gender-Based 'Microaggressions' at Work – **YAHOO FINANCE**

---

**Join the FWA Today**

-- Contact Us at --

fwamembership@fwa.org

The FWA: Accelerating the Leadership and Success of Women across the financial community in all industries, by advancing careers, fostering alliances and preparing the current and next generation of professionals.

Facebook  Twitter  LinkedIn  Medium

FWA of New York, Inc. | 25 East 21st Street - Floor 6, New York, NY 10010 | fwaoffice@fwa.org | fwa.org

---