



# BankHER Bulletin

Encourage . Support . Inspire



## Empowering Women Entrepreneurs & Intrapreneurs

*The SD CEO West Women's Business Center focuses on empowering aspiring entrepreneurs and business owners in both business and life.*

The South Dakota Women's Business Center (WBC) Network is a vital partner in local, regional, and statewide economic development efforts. The WBC Network includes two independent grant-funded centers: SD CEO West WBC in Spearfish and SD CEO East WBC in Sioux Falls. Each WBC is partially funded through a cooperative agreement with the U.S. Small Business Administration, and both Centers are grant-hosted by Black Hills State University (BHSU).

Together, the West and East WBCs work to meet the needs of statewide clients. As key partners in the economic and workforce development space in South Dakota, they provide comprehensive training and business assistance for aspiring entrepreneurs and forward-thinking intrapreneurs. Each WBC offers free, confidential, 1:1 business advising, technical training to build business literacy and capabilities, networking opportunities to align women with industry connections, and timely referrals to economic development partners. Advising and some technical training include bilingual English/Spanish options.

They often leverage the expertise of their industry partners—such as bankers, lawyers, insurance professionals, attorneys, marketing, and other business-support professionals—to deliver technical training and help ensure their clients are prepared to take the next step in their business journey.

SD CEO facilitates opportunities for clients to acquire the knowledge, skills, and resources to help discover their internal entrepreneurial mindset, launch new ventures, gain business confidence, and grow personally and professionally through the WBC Network support, mentoring, and advocacy. As a resource partner of the U.S. Small Business Administration, WBC activities directly benefit South Dakota's growing economy.

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**Sign up for  
training events  
HERE!**



# SDBA Lead Strong: Women In Banking Conference

September 25-26, 2024 | Sioux Falls



So glad you could join us for another inspiring Women in Banking Conference! We were blown away by record attendance and the enthusiasm in the room was palpable! Thank you to our amazing WIB work group -- your hard work made all of this possible. If you couldn't join us last month, we'll have next year's date available shortly and you can be sure to mark your calendars. Our Women of Impact award winners this year were Jill Luque, Plains Commerce Bank and Pennie Lutz, Richland State Bank. Congratulations and well deserved!!



# Entertainment

## EAR BUDS



**Brené Brown**  
*dare to lead*  
Researcher/Author/  
Leadership Expert

Based on "Dare to Lead" book, focusing on leadership, organizational culture, and personal growth

In each episode, Brown interviews a wide range of leaders, thinkers, and change-makers from various industries. These conversations delve into topics like courage, emotional intelligence, resilience, and the challenges of leading in today's world. She emphasizes the importance of vulnerability as a key trait of strong leaders and explores how empathy, honesty, and self-awareness contribute to effective leadership.

Brown's style is both insightful and approachable, and she offers practical advice while drawing on her extensive research.

## NIGHTSTAND



**Connie Chung**  
*Connie*  
A MEMOIR

"Connie" by Connie Chung is a refreshing deep dive into the life of one of television journalism's most recognizable faces. "Connie" reads like a long conversation with someone who has been through it all.

### Key Topics

- Breaking barriers as a female Asian-American journalist
- Pioneering moments in journalism
- Challenges of balancing career and personal life
- Handling criticism and controversy
- Leadership lessons
- Advocacy for diversity in media

*"A groundbreaker in the truest sense of the word, Chung is as delightful, forthright, and candid on the page as she is on air." - Booklist*



# NEXT STEP SDBA EMERGING LEADERS SUMMIT

## October 28-29, 2024

Holiday Inn City Centre | Downtown Sioux Falls, SD

**NEXT STEP: Emerging Leaders Summit** is designed to help cultivate, connect, engage and empower South Dakota's future bank leaders. This event will encourage emerging bank leaders to find and express their voices within their organizations, communities and the banking industry and provide opportunities to network and exchange ideas with other industry professionals. It will also increase emerging bank leaders' knowledge of topics of interest to the banking industry and promote involvement and advocacy.



[sdba.com/events](https://sdba.com/events)



Educate. Advocate. Grow.



# Chicken and Broccoli

Lizzy Briskin

## INGREDIENTS

- 1/2 c. low-sodium chicken broth
- 1/3 c. reduced-sodium soy sauce
- 3 cloves garlic, finely chopped
- 3 Tbsp. honey
- 2 Tbsp. cornstarch
- 1 Tbsp. finely grated peeled ginger
- 2 tsp. toasted sesame oil
- 1 Tbsp. neutral oil
- 1 lb. boneless, skinless chicken thighs or breasts, cut into 1/2" pieces
- 2 medium heads broccoli, cut into bite-sized florets
- Cooked brown or white rice and toasted sesame seeds, for serving

## DIRECTIONS

### Step 1

In a small bowl, whisk broth, soy sauce, garlic, honey, cornstarch, ginger, and sesame oil until cornstarch is dissolved.

### Step 2

In a large skillet or wok over high heat, heat neutral oil. Cook chicken, undisturbed, until it easily releases from pan, 1 to 2 minutes. Stir and continue to cook, stirring occasionally, until golden brown on all sides and just cooked through, about 5 minutes more. Transfer to a plate.

### Step 3

In same skillet over medium-low heat, toss broccoli in broth mixture. Cover skillet and let broccoli steam until crisp-tender, 2 to 3 minutes.

### Step 4

Uncover and return chicken and any accumulated juices to skillet. Cook, stirring, until sauce is thickened and chicken and broccoli are well coated, 1 to 2 minutes more.

### Step 5

Divide rice among plates or bowls. Spoon stir-fry over. Top with sesame seeds.

<https://www.delish.com/cooking/recipe-ideas/a60204088/chicken-and-broccoli-recipe/>

## Inspiration



### QUOTE TO CONSIDER

"The most effective way to do it, is to do it."  
– Amelia Earhart

*Join the "Women in Banking" FB group and connect with fellow SD bankers!*



## Stretching into Fall



### STRETCHING CAN HAVE MANY BENEFITS, INCLUDING:

- Improved flexibility
- Reduced risk of injury
- Improved performance
- Better circulation
- Reduced stress
- Improved posture
- Relieved soreness
- Increased energy

## Contact

If you have any questions for us, or content suggestions for the next bulletin, please share!



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