



BankHER Bulletin

Encourage . Support . Inspire



Women CEO's Leading the Way

A new women CEO peer group co-hosted by ABA and Bank on Women aims to shine a spotlight on the lack of women in leadership roles in banking. - Cathy Nestrick

More than 50 percent of all U.S. bank employees are women, yet just 7.5 percent of banks are led by a woman CEO. The banking industry lags behind Fortune 500 companies, where 10.6 percent of all CEOs are women. Meet members of a new women CEO peer group on March 18 at the Women and Allies Forum held as part of ABA's Washington Summit. For more information about the work of this group, please reach out to the author at cnestric@aba.com.

A new women CEO peer group, hosted by American Bankers Association and Bank on Women, aims to shine a spotlight on the lack of women in leadership roles in banking. Having more women in board director, CEO and other leadership roles is a win/win for the industry because too often, we are not advancing the most qualified candidates. We need to re-imagine leadership, broaden our pipelines and make more bets on women who are clearly capable, ambitious and ready for more responsibility.

[Read the full ABA Banking Journal article.](#)

- Women Lead Workshops help bankers develop critical leadership skills to propel their careers and organizations to the next level. Whether you are an emerging leader or a seasoned leader looking to fine tune your skills, join us to discuss different leadership competencies to grow your skills.
- We cap registrations to the first 25 registrants to enable more discussion. Registration is free. Workshop times and registration links are below.
- We can also bring these workshops to your bank if you register at least 15 participants. Please reach out to Cathy Nestruck at cnestruck@aba.com if you have questions or for scheduling bank groups.

WORKSHOPS

How to Be an Inclusive Leader and Ally

Studies show that banks led by inclusive teams are 17% more likely to report high performance, 20% more likely to make better decisions, and 29% more likely to be collaborative. These behaviors not only improve the bottom line but also result in less turnover and more engaged teams.

Join a Women Lead Workshop to learn how to achieve these results through allyship. Workshops are free but registrants must purchase (or obtain from your library) The Better Allies Way: A Workbook For Being More Inclusive At Work by Karen Catlin. The Better Allies Workbook will be used for 3 workshops.

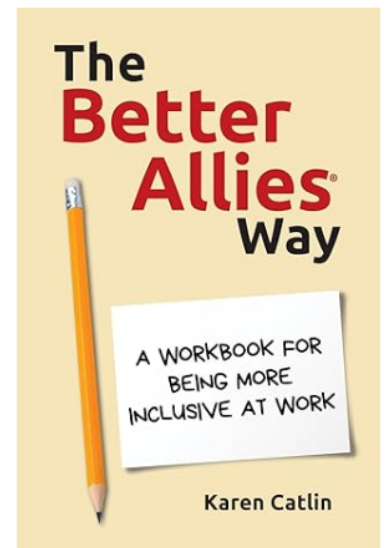
You will register for all 3 workshops by clicking on one of the links below:

Option 1: Register [here](#) for the set of dates below:

- Sponsor and Champion: April 3 at 1pm CT
- Amplifier, Advocate, and Scholar: April 17 at 1pm CT
- Confidant, Upstander, and What Now: May 1 at 1pm CT

Option 2: Register [here](#) for the set of dates below:

- Sponsor and Champion: April 11 at 1pm CT
- Amplifier, Advocate, and Scholar: April 25 at 1pm CT
- Confidant, Upstander, and What Now: May 9 at 21pm CT



Inspiration

QUOTE TO CONSIDER

"Sometimes you lie in bed at night and you don't have a single thing to worry about. That always worries me!"

—Charlie Brown

GIGGLES TO SHARE

What did one ocean say to the other?

Nothing, they just waved.

QUESTION TO PONDER

What was the moment where you felt most motivated?



Save the Date

2024 Women in Banking Event

September 25-26, 2024 | Sioux Falls

More information coming SOON

Entertainment

EAR BUDS

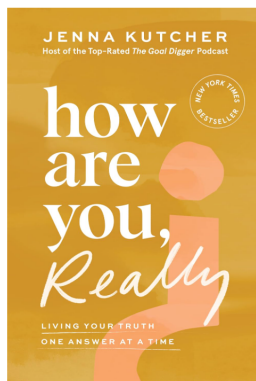


Glennon Doyle:
How to Rethink Being
“Left Out”

In this follow up to our previous episode on Being Left Out - Episode 241 Being Left Out: Navigating that Lifelong Ache - Abby, Amanda and Glennon dive into a listener question about being left out and having to leave people out: Why it hurts so much; advice for listeners on a kinder, more honest way to leave someone else out; and some of the times Glennon has felt wildly left out at big, scary, fancy events. © Glennon Doyle. All Rights Reserved.

[HTTPS://WECANDOHARDTHINGSPODCAST.COM](https://wecandohardthingspodcast.com)

NIGHTSTAND



Jenna Kutcher:
how are you, *Really*

LIVING YOUR TRUTH ONE
ANSWER AT A TIME

Have you taken the “Who are
you Really” quiz yet?

[HTTPS://JENNAKUTCHER.COM](https://jennakutcher.com)

Contact us

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



LNorton@sdba.com

Arts

SCENES OF SOUTH DAKOTA 2025 CALENDAR

Each spring, SDBA invites submissions of captivating images showcasing the beauty of our remarkable state. The submission window remains open until July 31st. Photos are judged, and top picks are placed within the layout. Start snapping those photos and share your creative side with us!



Self Care

It's always good to learn how to build resilience emotionally and mentally. Building mental resilience is important to avoid mental health issues, to live life not just to get by but to live it to the fullest. This post will discuss the importance of building mental and emotional resilience and the strategies to live by to help you become stronger and tougher as a person.

What Is Mental Health Resilience?

Resilience is defined as the capacity to recover from difficulties or be flexible even through adversities. It's also defined as the ability of an object to return to its original shape. Mental resilience is defined as an individual's ability or life skills to adapt to hardships, stress, emotional difficulties, and mental health adversities.

Tips to Build Mental Resilience

Being mentally tough begins with the conscious effort to start within yourself: mind, heart, and body. It may not be an easy journey, but it's worth it if it means being able to sleep well at night, having healthy relationships, and being the best version of yourself. Find the mental strength in all aspects of your life through these strategies.

1. Have a Positive Mindset

When you're going through a rough stage in your life, would you want to entertain negative thoughts in your mind? It would be like hiking the mountains while carrying a backpack full of rocks. The situation is already hard as it is; carrying that unwanted junk around will only weigh you down.

Sometimes, mental toughness is not about building new strength; it's working with the negative things in your life and turning them into something positive. A positive mindset attracts positivity. This is the law of attraction. Have morning affirmations like telling yourself, "I believe, trust, accept, and have confidence in myself."



Be optimistic that everything will be okay; practice meditation for at least 20 minutes a day, use mindfulness tools, pray, and do yoga if it helps. You'll be amazed how developing a positive mindset can greatly impact your mental toughness.

2. Don't Get Stuck with Self-Limiting Beliefs

Self-limiting beliefs are perceptions or assumptions about your limitations and how the world works. These self-limiting assumptions can hold you back from achieving and reaching what you desire the most. It's saying things in the back of your mind like: "This won't work out. I've done this before." "I can't do it because I'm not smart enough." "This is so hard. I don't have the skills to do this." These negative self-talks limit you from doing what you're capable of. Do not let your past mistakes define what you can be capable of in the present and the future.

Don't stay inside your comfort zone because it's convenient for you. If you think this way, you won't be able to challenge yourself to get through the hardest hurdles. Do not put limits on your abilities when you're living in a world filled with possibilities.

View these next tips in further detail [HERE](#)

3. Take Control of Your Life
 4. Make a Commitment
 5. Accept Challenges to Develop Mental Toughness
 6. Have Confidence in Your Mental Strength
 7. Find Comfort in Your Loved Ones
- Seek Help And Support From A Mental Health Professional

[HTTPS://KENTUCKYCOUNSELINGCENTER.COM](https://kentuckycounselingcenter.com)