

# FLEX FLEX Your Ideas

## FYI

brought to you by the **future leaders & entrepreneurs exchange**

Volume 8 | Issue 4 | April 2020

### Congratulations Nominees!

A group of 13 local young professionals has been put forward by community members as 2020 Young Professional of the Year nominees! These individuals exemplify what it means to be involved and invested in our community.

This year's nominees are an amazing mix of professionals including a priest, business owners, nonprofit founder, engineer, HR manager, and more. We will include full bios of them in an upcoming newsletter and online at [venangochamber.org](http://venangochamber.org). Nominees are:



**Rebecca Beach**



**Luke Braugler**



**Natalie Cubbon**



**Dan Flaherty**



**Angela Griffin**



**Jessica Hoffman**



**Bobbie Jones**



**Greg Lander**



**Joanna McElhattan**



**Laura Ordaz**



**Stephen Reinsel**



**Corey Ritchey**



**Elizabeth Yale**



FLEX Presents, originally scheduled for April 17, has been postponed and the Events & Fundraising Committee is working to reschedule for the fall.

Visit [venangochamber.org/flex-presents](http://venangochamber.org/flex-presents) for updates.

*"The Future of Venango Area Business!"*

# Professional Development Tip of the Month: Working From Home

We know many of you are working from home at the moment. It can be challenging to balance time, stay focused, and get your work done while at home. Some FLEX members shared tips to help:

## Get dressed

Every day has the potential to become “Casual Friday on steroids,” but the novelty of working in your pajamas wears off more quickly than you might think. Dress as if you are GOING to work, and you are more likely to GET to work. So put on some pants, put on some shoes (real ones), and—if it’s been a while—take a shower. No one wants to sit beside a stinky co-worker.

## Use a designated work space

This helps you get in the right mindset and stay focused. Never work from your bed, no matter how tempting.

## Have a dedicated user profile

Label this user “work” and only have apps and website bookmarks relevant and necessary to your job. Same goes for your regular user account, no work on that either. The key is to remove temptation and distractions.

## Use to-do lists and/or a planner

However you keep yourself on track - apps, post it notes, calendars, a planner, etc. Block off certain times for certain tasks. It is very easy to become “too involved” with a project or task, wasting a lot of time and resources that could have been used to complete several other tasks. Allocate the time and abide by it



## Check in with co-workers

Most people would normally be doing that throughout the day. Set up daily/weekly web conferences, even for just 15 minutes to ask/answer questions and see how everyone is doing, or share tips/info.

## Take breaks

Most people don't focus 100% for 8 solid hours at work. Once you finish a task, stand up, stretch, get the mail, have a snack.

## Set a timer for the end of the day

It's easy to keep working if it's quiet and you don't have the normal “clocking out” bustle around you.

*Thanks Corey, Kat, Saxon, and Ryan for the tips!*



**Dr. Kate Eckert**  
drkeckert@gmail.com  
www.chirodrkate.com

1047 Allegheny Avenue  
Oil City, PA 16301  
P: 814.657.1854  
F: 814.676.6200



**KING'S**  
*Landscaping*

- Landscaping
- Lawn Care
- Tree & Stump Services
- Light Excavation
- Dump Truck Service
- Snow & Ice Removal

**(814) 676-6125**

## Share Your Story

We are looking for profiles of young professionals for future FLEX Your Ideas (FYI) newsletters, and we invite you to share a little about yourself with other young professionals!

This can include information about your job, family, hobbies, community involvement, and more. Find the form to submit at:

[venangochamber.org/young-professional-profiles](http://venangochamber.org/young-professional-profiles)

## Young Professional Highlight: Ashlee Roth



Ashlee graduated from Clarion University in 2018 where she earned a bachelor's degree in Business Administration with a major in accounting, and was a member of the Beta Gamma Sigma Honor Society. Ashlee is currently pursuing her life and health insurance license in an effort to meet her clients' needs.

Ashlee's employment with Raymond James began in the summer of 2018 as an intern. She has been assisting advisors Sandi Young, Tom Ward, and Dan Fry in a full-time role for the past year.

She is a graduate of Oil City High School and plans to be an integral

part of the Oil City community in the future. She is looking forward to her wedding in September 2020 to her fiancé Branden Goodman. A new Oil City homeowner, she enjoys being outdoors, spending time with friends and family, and being mother to her new Alaskan husky Titan.

*Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC Investment advisory services offered through Raymond James Financial Services Advisors, Inc.*

Ashlee Roth, the newest addition to the Raymond James Financial Services office on East First Street in Oil City, has successfully completed her Series 7 and 66 exams. As a result, she will be moved into the role of financial advisor where she will assist clients with financial and investment services.



---

## Professional Development Resources

Places like the library are currently closed, but there are many resources that can be accessed online from your home.



The Oil Region Library Association has a variety of resources online, including eBooks, audio books, job & career accelerator, online magazines, computer skills center, language teachings, and much more. Visit [oilcitylibrary.org](http://oilcitylibrary.org) to find links to their resources.

FLEX also has a "Leadership Development Resource Drive" through Google Drive with helpful books, documents, videos, and more. Find the drive at:

[bit.ly.com/FLEXLDR](http://bit.ly.com/FLEXLDR)

If you have some free time on your hands, we encourage you to explore all these resources and expand your knowledge in different subjects, whether it's for your job or for fun!

"P.S. \*Personal Service Since 1928!"



**ROSSBACHER**  
**INSURANCE GROUP**

(814) 677-4095

[www.teamrossbacher.com](http://www.teamrossbacher.com)

7137 US 322 • Cranberry, PA

*"The Future of Venango Area Business!"*



FLEX enjoyed an evening at Grumpy Goat Distillery in March for our **St Patrick's Day Social!**



We haven't been able to meet in person, but FLEX leadership had a **virtual meeting** recently.

We can't wait to see you all again!



### OUR MISSION

FLEX represents the needs and interests of Young Professionals by positioning ourselves as leaders, entrepreneurs and advocates for the sustainability of the Venango Area through civic engagement, leadership development, and networking.

### Upcoming Events & Meetings:

In-person events and meetings have been postponed. We'll share updates about future virtual meet-ups in our weekly email and social media.

**Are you on our email list?** Click the button that says "Join the FLEX Email List" at the bottom of the page at [venangoflex.org](http://venangoflex.org) to be added.

### WELCOME NEW MEMBERS

Alisha Bidish  
Jennifer Kissell-Dudek

**Interested in joining?** Email Laura at [laura.ordaz@mining.komatsu](mailto:laura.ordaz@mining.komatsu).

CONNECT  
WITH US

