

FLEX FLEX Your Ideas

FYI

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Gaining Value and Experience with FLEX



FLEX stands out as more than just an organization. It's a practical platform that empowers young professionals to refine their skills, broaden their horizons, and create a real impact within their

communities. FLEX offers a unique mix of experiences where community development and personal growth work hand in hand, making a difference in the lives of local young professionals and leaders.

Former FLEX President Kat Thompson attests to the organization's practical approach to community and young professional development. She states, "When I joined FLEX, I didn't know the community, and the community didn't know me. Through continuing to show up and volunteer, I worked my way into the role of VP, then President, and greatly expanded my professional and personal networks. Through my time with FLEX, I've gained valuable experience, including leadership & management strategies, event planning, soliciting sponsorships, public speaking, and communication. I continue to be a champion for FLEX, as I credit substantial strides in both my personal and professional development to the organization."

Building Strong Connections:

FLEX provides an environment where young professionals can establish essential connections with peers, mentors, and potential employers. The organization hosts networking events, mixers, and workshops that allow members to expand their

professional network, opening doors to career opportunities and personal development.

Professional Development:

FLEX offers a variety of programs and initiatives designed to enhance skills and knowledge. This practical approach to professional development is crucial for career advancement, increasing competence in areas like public speaking and communication.

Community Engagement:

FLEX encourages its members to give back to the community through volunteer opportunities and participation in local initiatives. This involvement fosters a sense of responsibility and connection, allowing young professionals to contribute positively to their local community while expanding their horizons.

Leadership Opportunities:

One of FLEX's standout features is the potential for leadership roles within the organization. Young professionals can lead committees or events and gain practical experience managing and leading teams. These roles not only bolster resumes but also provide valuable experience for future career success.

FLEX, with its extensive resources and opportunities, empowers young professionals in Venango County to become confident, skilled, and actively engaged members of the workforce. It acts as a bridge, connecting emerging leaders with valuable experiences and mentors. By nurturing a community of young professionals passionate about their region, FLEX ensures that a solid and committed workforce shapes our community's future.

"The Future of Venango Area Business!"

Mental Health: Prioritizing Self-Care in Your Professional Journey

In today's fast-paced world, the demands of the professional sphere can often take a toll on our mental health and overall well-being.

Young professionals, in particular, face unique challenges as they navigate their careers, juggling work responsibilities, personal lives, and the constant pressure to excel. It's crucial for us all to recognize the importance of mental health and self-care in achieving long-term success and happiness in our professional journeys.

Mental health is not just the absence of mental illness but also the presence of well-being and resilience. It's the foundation upon which we build our careers and lives. Here's why prioritizing mental health should be at the forefront of every young professional's mind:

- Enhanced Productivity
- Improved Work Relationships
- Enhanced Resilience

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Strategies for Prioritizing Mental Health:

1. Self-Awareness

Start by recognizing your own mental health needs. Understand your stress triggers and warning signs of burnout. Self-awareness is the first step towards managing your mental well-being.

2. Work-Life Balance

Maintain a healthy work-life balance. Set clear boundaries between work and personal life, ensuring you have time for relaxation, hobbies, and spending quality time with loved ones.

3. Regular Exercise

Physical activity has been shown to have a positive impact on mental health. Incorporate regular exercise into your routine to reduce stress, improve mood, and increase overall well-being.

4. Mindfulness and Meditation

Practice mindfulness and meditation to manage stress and anxiety. These techniques can help you stay focused, reduce negative thinking patterns, and enhance emotional resilience.

5. Seek Support

Don't hesitate to seek support when needed. Whether it's through friends, family, or professional mental health services, reaching out for help is a sign of strength, not weakness.

6. Disconnect from Technology

In our hyper-connected world, it's important to unplug from technology periodically. Disconnecting from screens can reduce digital fatigue and improve mental clarity.



Member Profile: Miranda Heller



Miranda Heller is working to help people who are contemplating a return to school. As an Educational Representative for Northern Pennsylvania Regional College (NPRC), Miranda's journey from local schools to becoming an advocate for higher education in the community is both inspiring and relatable.

She attended Rocky Grove High School, and her passion for education was nurtured there. Later, at Clarion University, she earned degrees in Education and Geology, graduating in 2013 with dual majors in

Geology and Environmental Science. She was certified in Secondary Earth and Space Science in 2015.

Miranda taught at Venango Region Catholic School for three years, where she instructed students in Astronomy, Physics, and Earth Science.

Miranda's work with NPRC is more than just a job; it's a calling. "My job, really, is to not only help teach the students and let them get ahead with our dual enrollment program, but also to try to give some students in this area a super-affordable way to get an education."

Welcome to FLEX, Miranda!

Event: 2023 FLEX Annual Dinner

Join FLEX Young Professionals at the Annual Meeting



This event is held each year to get together and celebrate FLEX successes, network and have fun, and look forward to the following year.

Enjoy networking with young professionals. Get a free professional headshot taken. Throughout the evening, enjoy food and beverages.

The program consists of a brief review of the last year, including a look back at FLEX's successful socials, fundraisers, and civic engagement, a preview of future plans, and an election of new officers.

Following the meeting, all are welcome to stay for entertainment and trivia.

This event is free for young professionals, but an official RSVP is required.

To register call the Chamber at 814-676-8521 or go online at bit.ly/FLEX2023Meeting.



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"The Future of Venango Area Business!"

Event Photos: FLEX Pumpkin Carving and Trunk or Treat



November Events & Meetings:

Marketing Committee: Thursday, November 2 • 12 p.m. • Zoom

Annual Meeting: Thursday, November 9 • 237 Seneca Street • 5:30-8:30p.m. • Register [online](#) or by calling the Chamber at 814-676-8521

Events & Fundraising Committee: Monday, November 20 • 5:30 p.m. • Zoom

FLEX Monthly Meeting: Monday, November 27 • 12 p.m. • Zoom

Find more event details on our Facebook page or in our Weekly Update email.

New Member:
Elizabeth Akam

Interested in joining?
Email the FLEX Membership Committee Chair Joslyn Dechant at joslyn.dechant@gmail.com or join online: VenangoFLEX.org.

FLEX 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.

CONNECT WITH US: VenangoFLEX.org • flex@venangochamber.org

