

FLEX FLEX Your Ideas

FYI

brought to you by the future leaders & entrepreneurs exchange

Volume 11 | Issue 12 | December 2023

FLEX 2023 Annual Meeting: A Year in Review

FLEX held its annual meeting last month. The event was a gathering to celebrate the progress we've made in 2023, vote on next year's leadership, and to simply unwind with other local young professionals.

This year's meeting was held at "237" formerly known as Karma Coffee. Attendees enjoyed

networking, complimentary headshots, food and drinks, the premiere of the new FLEX video, and entertaining trivia.

A pivotal moment of the evening was the election of the new FLEX leadership team. A heartfelt thank you is extended to those stepping down from their roles: Saxon

Daugherty, Laura Ordaz, and Joslyn Dechant. Your dedication and contributions have been played an instrumental role in steering FLEX towards great heights.

Here's to a new year full of new leaders, experiences, connections, opportunities, and the continued success of FLEX and its members!



Welcome 2024 FLEX Leadership!



DEVIN ZAGAR

President



CHAD SKOCH

Vice President/
Secretary



IVY KUBERRY

Events &
Fundraising Chair



JOSEPH BROOKER

Development Chair



KATE WHITLING

Marketing &
Community
Partnerships Chair



JULIET HILBURN

Membership Chair

"The Future of Venango Area Business!"

Setting New Year Goals: A Blueprint for Young Professionals

As the year draws to a close, it's an opportune moment for young professionals to reflect on their journey and set the stage for personal and career growth in the upcoming year. Goal setting isn't just a tradition; it's a powerful tool for envisioning success and taking intentional steps toward it.

Reflect on Your Journey

Before diving into new goals, take a moment to reflect on the past year. What were your achievements, challenges, and lessons learned? Acknowledge accomplishments and areas where growth occurred, as well as moments that presented hurdles or taught valuable lessons.

Define Clear and Realistic Goals

When setting new year goals, clarity is key. Ensure your objectives are specific, measurable, achievable, relevant, and time-bound (SMART). Instead of vague goals like "get better at networking," consider specifics like "attend at least one industry networking

event per month" or "expand professional network by connecting with ten new contacts on LinkedIn each quarter."

Balance Ambition with Realism

Dream big, but also be realistic about what you can achieve in a year. Setting overly ambitious goals might lead to frustration or burnout. Break larger aspirations into smaller, manageable milestones that serve as stepping stones toward your ultimate objectives.

Prioritize Personal & Professional Development

Consider goals that encompass both personal and professional growth. Whether it's improving a skillset, pursuing further education, achieving work-life balance, or focusing on health and well-being, a holistic approach ensures a well-rounded development journey.

Create an Action Plan

Goals without a plan often remain as mere aspirations. Outline actionable steps to achieve each goal. Set deadlines, create a timeline, and identify resources or support systems needed to accomplish them. Regularly review and adjust your plan as needed.

Celebrate Milestones and Learn from Setbacks

Acknowledge and celebrate every milestone achieved along the way. They mark progress and serve as motivation to keep moving forward. Embrace setbacks as learning opportunities. Analyze what went wrong, adapt your approach, and use these experiences to fuel resilience and growth.

Embrace Continuous Improvement

Remember, setting goals isn't a once-a-year task. Continuously assess and recalibrate goals as circumstances change. Adaptability and a growth mindset are essential in navigating the dynamic landscape of professional and personal development.

As the new year beckons, let your goals serve as a roadmap toward a fulfilling and successful journey. With intention, dedication, and a clear vision, young professionals can turn aspirations into achievements, step by step. Here's to a year of growth, resilience, and seizing opportunities!



There's **Music** inside you... LET IT OUT AT PORCH MUSIC STORE!

porchmusicstore.com
Porch Music Store
pull up a chair and join in!

1253 Liberty Street
Franklin, PA 16323
814-493-7329
porchmusicstore.com

INSTRUMENT SALES, LESSONS AND WORKSHOPS.

HR doesn't have to be a puzzle.

WATKINS HR STRATEGY

HR and Management Consultant
Specializing in Organization Design, Talent Acquisition,
Management Coaching, and Training and Development
(814) 671-5652 • info@watkinshrs.com • watkinshrs.com

HOME • AUTO • BUSINESS • LIFE • MEDICARE

ROSSBACHER
INSURANCE GROUP
P.S. * Personal Service since 1928!

Contact us for a better insurance experience!

7137 US 322 • CRANBERRY
6 STATE ST • OIL CITY 814.677.4095

WWW.TEAMROSSBACHER.COM

Marketing Update: New Flex Video!

Over the past year, Devin Zagar, through his business 7 Foot Productions and Media, has captured videos of FLEX members in various settings, including events, volunteer activities, and in their workplaces.

We were thrilled to have unveiled this new video during our annual meeting last month. Stay tuned on the release of our video on the FLEX Facebook page.

We extend our heartfelt appreciation to 7 Foot Productions and Marketing for their quality work in showcasing FLEX and our members. Thank you!



Events: Holiday Happenings

We invite you to join us at one or all of these events:

- **Barrow-Civic Theatre Christmas Tree:** Stop by to see the FLEX Christmas Tree at the Barrow-Civic Theatre, and cast your vote for your favorite tree! Trees will be displayed in the theatre lobby through December 22.
- **Ugly Holiday Sweater Party:** Our Annual Holiday Party will take place Thursday, December 14, at FoxTales Pub in Franklin. Wear your best festive ugly sweater and join us for a fun evening with other young professionals. We ask each attendee to bring a nonperishable food item(s) that will be donated to the Saint Elizabeth Center in Oil City.
- **Dinner & A Show Social:** Join us on Saturday, January 13 for our annual Dinner & a Show social. We will meet at Bella Cucina for dinner and then go to the Barrow-Civic Theatre for the performance of Liberty Cabaret's *Unplugged*. The first 20 FLEX members to register will get a free ticket to the show. Dinner will be Dutch treat. This is a popular event with limited availability, so let us know as soon as possible if you are interested!

There will be more details for all of these events on our Facebook page and in our Weekly Update email.



Happy Holidays to all of our FLEX Members!

FLEX FACEBOOK GROUP



If you're a FLEX member, you have access to our Facebook group! Here you can find:

- News or updates from members
- Invitations to events
- Opportunities to volunteer & much more!

Contact us if you haven't been added!

Locally roasted coffee - Loose leaf tea - Homemade baked goods - Trail-friendly lodging

WOODS & RIVER COFFEE
2 W Front Street
Oil City, PA 16301
+1 814-493-8932
woodsandrivercoffee@gmail.com

Open Daily
6:30am - 2:00pm

7 Foot Productions & Marketing LLC

ATTRACT, ENGAGE, INSPIRE YOUR IDEAL CUSTOMERS

- Video Production
- Social Media Management
- Website Design
- 3D Virtual Tours

(814)-670-0478 | 7footproductions.com | 19 Central Ave 3rd Floor Oil City, PA 16301

@7footproductions | @7ftproductions | 7 Foot Productions & Marketing

"The Future of Venango Area Business!"

Event Photos: FLEX Annual Meeting



December: Events & Meetings

Barrow-Civic Theatre Christmas Tree: Vote for the FLEX tree! • Up now through December 22 during open hours • Barrow-Civic Theatre, Franklin

Marketing Committee: Thursday, December 7 • 12 p.m. • Zoom

FLEX Ugly Holiday Sweater Party: Thursday, December 14 • 6 p.m. • FoxTales Pub, Franklin • *Please bring nonperishable food items to donate to the Saint Elizabeth Center!*

Monthly Meeting: Monday, December 18 • 12 p.m. • Zoom

Events & Fundraising Committee: Monday, December 18 • 5:30 p.m. • Zoom

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

New Members:
Austin Frankenberger
Adam Strickland

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

