

FLEX FLEX Your Ideas

FYI

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

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Much-Deserved Recognition

Nominations Open for YP of the Year—Due March 8

Do you know a young professional who volunteers for a non-profit? Or maybe someone who serves on a board of directors for a local organization? Or perhaps a young professional who recently opened a business in our area?

We are constantly amazed by those young professionals who are making a difference in our community! There are so many young professionals who deserve recognition, and this is why we hold FLEX Presents each year. Nominees do NOT need to be a FLEX or Chamber member to be recognized.

At this annual event, we celebrate nominees (and all young professionals) and name the Young Professional of the Year. Nominees must give back to our community and show qualities of a leader (see criteria below).

We hope you'll consider nominating a young professional you see going above and beyond in our community, and help us give them much-deserved recognition.



NOW ACCEPTING NOMINATIONS
for the 2024 Young Professional of the Year

NOMINATION GUIDELINES:

Nominees must:

- Live or work in Venango County and be 40 years old or younger.
- Participate in activities outside of their career that positively impact the wellbeing of others.
- Demonstrate exceptional ethics and works to enhance and preserve the region.

The nomination process includes a form, as well as a letter stating the candidate's qualities for the award, written by the nominator. **Find a nomination form at venangochamber.org/flex-presents.**

Nominations are due by March 8.

Making the Most of LinkedIn

LinkedIn is a great way for young professionals to stay connected to the professional world around them. The social media platform is designed to allow for professionals to make connections to others in similar industries, apply for open positions and opportunities to hear others advice and experiences. LinkedIn can be one of the best tools for young professionals to develop their careers if used correctly. We've compiled some tips and tricks for making the most of your LinkedIn account:

Keep it Professional

Although LinkedIn is a social media platform, it's important to keep content posted to your account professional. Unlike other social media platforms, LinkedIn is designed specifically to grow your career and make professional connections.

Add A Profile Picture

No worries if you do not have a professional headshot, however adding a profile picture will boost



interactions with your profile. First impressions are important, so adding an image allows for connections put a face to name. Make sure your face is visible and the image is clear and well-lit.

Share Your Experience

Your LinkedIn profile's essentially your online resume. Share your experiences, inside and outside of your career, that make you the professional you are today. Showcase what makes you great!

Stay Authentic

Even though it's a professional platform, do not forget to be your authentic self! People want to get to know you and learn more about your personal journey and experiences. Your profile should reflect who you are and your goals in your professional career.

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Celebrate St. Patty's Day with FLEX

Join the FLEX Young Professionals for a fun social at Billy's in Oil City to celebrate St. Patty's Day together! FLEX is celebrating St. Patty's Day on Saturday March 16, and we invite you to join us.

Meet us at Billy's in Oil City anytime between 6 and 8 p.m. Come and go as you please and grab a bite to eat and or drink while you're there (Dutch treat). You do not have to be a member of FLEX to attend!



Throwback to our last St. Patty's Day Party in March 2023.

Member Profile: Juliet Hilburn



Juliet Hilburn, a native of Titusville, graduated from Mercyhurst University with a Bachelor of Arts in History before pursuing a Master of Science in Strategic Communications from Arkansas State University.

Currently pursuing a Certificate in Fundraising

Management from Indiana University's Lilly Family School of Philanthropy, she exemplifies a commitment to lifelong learning and professional growth.

With a diverse background in Crawford and Venango Counties, Juliet has gained valuable experience professionally and personally. Since January 2023, she has served as the Annual Giving Officer for the Northwest Hospital Foundation, the primary nonprofit

supporting UPMC Northwest hospital, finding deep fulfillment in impacting the lives of patients and staff.

Juliet's aspirations include ongoing learning, skill development, and fostering connections within her community. Actively engaged in various professional organizations such as the Oil City Rotary Club, Franklin-Oil City Zonta Club, and Northwest Chapter of the Association of Fundraising Professionals, she also serves as a board member of Titusville Renaissance, Inc. and Membership Chair of FLEX.

While she lives in Crawford County, Juliet delights in working in Venango County where she values the supportive mentorship network in the area, which fosters leadership and growth opportunities. She enjoys volunteering, exploring local establishments, and spending time with loved ones.

Thank you for all you do for the Venango area, Juliet!

Podcast Recommendation: NPR Up First

npr



NPR Network

Are you a young professional looking to stay informed and connected in today's fast-paced world? Look no further than "Up First" from NPR. In just 10-15 minutes each morning, this podcast provides a concise rundown of the day's top news stories, ensuring you start your day fully informed and ready to tackle whatever comes your way.

We understand that as young professionals, time is precious and often in short supply. That's why "Up First" is designed to be both comprehensive and efficient, delivering all the essential news without taking up too much of your valuable time. Plus, with insightful commentary and analysis from NPR journalists, you'll gain a deeper understanding of the issues shaping our world today.

Being well-informed isn't just important for personal enrichment—it's also a valuable professional asset. Whether you work in media, politics, business, or any

other field, staying abreast of current affairs enhances your credibility, informs your decision-making, and helps you communicate effectively with colleagues and clients.

Tune in regularly to start your day with a comprehensive overview of the news and gain the insights you need to succeed both personally and professionally. Stay informed, stay ahead, and stay connected with "Up First" from NPR!

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"The Future of Venango Area Business!"

Event Photos: Coffee Chat, Game Night, Annual Chamber Dinner



March: Events & Meetings

Events & Fundraising Committee: Monday, March 11 • 5:30 p.m. • Zoom • FLEX Presents Event Planning

Marketing Committee: Thursday, March 14 • Noon • Zoom

St. Patty's Day Social: Saturday, March 16 • 6 - 8 p.m. • Billy's, Oil City

FLEX Monthly Meeting: Monday, March 25 • 12 p.m. • Zoom

Contact us for meeting zoom links at flex@venangochamber.org or find links in our Weekly Update email.

New Members:

Adrianna Murdock
Rhiannon Bustillos
Justin Rodgers

Interested in joining?

Email the FLEX Membership Committee Chair
Juliet Hilburn
Juliet.hilburn@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

