

FLEX FLEX Your Ideas

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FLEX Forward: Make 2025 Your Year with FLEX!

As we step into 2025, FLEX is ready to connect, inspire, and grow with you. Whether you're a longtime member or just discovering what we're all about, this is your year to get involved and make a difference.

How will you get involved? — Getting started with FLEX is easy, and there are so many ways to jump in:

Attend Events: From casual events like coffee chats and first Friday lunches to lively networking mixers, game nights, and our professional development speaker series, FLEX events are designed for connection and fun.

Volunteer: Whether you're helping setup an event, lending a hand in the community, or pitching in behind the scenes, our "flexible" volunteering options can fit any schedule. Make an impact with some great people.

Join a Committee: Dive into planning and leadership by joining one of our committees, Events & Fundraising, Marketing & Community Partnership, or Membership. It's the perfect way to shape FLEX's future and grow personally and professionally.

"FLEX is about more than networking; it's about building a community where young professionals feel supported and inspired," says Devin Zagar, FLEX President. "This year, we're focusing on creating meaningful opportunities for members to connect, grow, and lead."

Let's Shape 2025 Together!

We're rolling out an exciting lineup of events this year, including Trivia Night, Group Hiking, a Mindfulness and Stress Management speaker series, and so much more. Have an idea or a location we should explore? We want to hear from you—your input keeps FLEX fresh and fun!

"I'm eager to work alongside our members to create a dynamic organization that truly reflects their interests and needs." shares Cassidy Calder, newly elected FLEX Vice President.

It's Your Time—Get Involved Today! Let's make 2025 a year to remember. Ready to jump in? Reach out to us on Facebook or at flex@venangochamber.org to learn more and start shaping your future with FLEX. Together, we'll connect, inspire, and lead our way into an extraordinary year!



Devin Zagar, President



Cassidy Calder, VP

Start Strong: Goal Setting for a Successful New Year

As the new year begins, it's an ideal time for young professionals to reflect, realign and set goals for the months ahead. Goal setting isn't just a resolution; it's a strategic approach to personal and professional growth. Here are some key steps to make 2025 a year of intentional progress:

Reflect on the Past Year


Before setting new goals, take time to evaluate the past year. What were your biggest accomplishments? What challenges did you face and how did you overcome them? Understanding these can provide valuable insights into what works for you and where there is room for improvement.



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Define SMART Goals

SMART goals - Specific, Measurable, Achievable, Relevant, and Time-bound - offer clarity and direction. Instead of vague aspirations like "be better at networking", try "attend one professional networking event per month and connect with at least three new people."

Prioritize and Plan

List your goals and rank them by importance. Break them down into smaller, actionable steps and schedule regular check-ins to track your progress. Tools like digital calendars or project management apps can help you stay organized.

Stay Flexible

Life is unpredictable. Goals may need to be adjusted or timelines extended. Embrace flexibility while staying committed to the overarching purpose.

Seek Support

Join groups, such as FLEX, to surround yourself with peers who can offer accountability, share resources and celebrate milestones together.

Let's transform our ambitions into achievements by setting clear goals and taking purposeful action. Here's to a fulfilling and successful 2025!



Member Profile: Nicole Burton



Nicole Burton is an Engagement Specialist with UPMC's Employee Assistance team at Workpartners Life Solutions. She focuses on employee assistance programs, behavioral health care, and connecting individuals to community resources. With over eight years of experience in behavioral health, Nicole has worked in settings such as drug and alcohol services, youth corrections, and inpatient mental health services, where she emphasized prosocial skills, mental health literacy, inclusion, and advocacy.

Nicole graduated in December with a Bachelor of Science in Psychology from Capella University. She is a member of the American Psychological Association (APA) and The National Society of Leadership and Success. She also holds a certificate in Canine

Behavioral Health and Cognition from Duke University. In 2022, she trained and certified her therapy dog, Waylon, who provided therapeutic support to inpatient units before his retirement.

Nicole has led projects that bridge mental health care with community engagement, including art shows and fundraising efforts. She remains focused on mental health and women's rights advocacy.

Nicole and her husband, Ryan, have lived in Venango County since 2012, where they are raising their three children and two dogs. They enjoy hiking, swimming, fishing, and visiting Foxtails and Two Mile Run Park.

Nicole volunteers with local Humane Societies and is our 2025 FLEX Events and Fundraising Co-Chair. She is eager to engage in events, networking, and educational opportunities to contribute to the success of Venango!

FLEX Presents—Nominations Open

Do you know an outstanding young professional making a difference in our community? Whether they volunteer, serve on a board, or recently started a business, now is the time to recognize their impact! If you know someone who has shown dedication to making a positive difference, this is a fantastic opportunity to nominate them for recognition.

FLEX Presents is an annual event that celebrates young leaders who go above and beyond in giving back to the community, demonstrating exceptional leadership qualities. Nominations are open to all young professionals, and FLEX membership is not required for nominees to be considered. The nomination deadline is February 14.

Sponsorship is also available and due by March 14. Help us support and recognize the amazing local young professional in our area celebrating what they do in Venango.



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"The Future of Venango Area Business!"

Event Photos: FLEX Ugly Sweater Party at Foxtales Pub



January Events & Meetings:

Coffee Chat: Thursday, January 2 • 7-9 am • Iron Furnace, Franklin

Events Committee: Tuesday, January 7 • 5:30 pm • Zoom

Marketing Committee: Thursday, January 9 • Noon • Zoom

Membership Committee: Tuesday, January 21 • 5:30 pm • Zoom

FLEX Monthly Meeting: Monday, January 27 • 5:30 pm • Zoom

Check out our Facebook page or contact us for meeting zoom links at flex@venangochamber.org

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

