

ACADEMY OF CAREER WOMEN OF ACHIEVEMENT

 *pearls of wisdom*

FROM PAST HONOREES

In celebration of the YWCA Career Women of Achievement's 30th Pearl Anniversary, we asked our former Honorees, our Academy of Career Women of Achievement, to share with us their own 'pearls of wisdom.' These words capture their personal philosophy, the words they live by. This is just one more way the Academy can share their personal success and promote the personal and professional growth of women in Greater Cincinnati. Thank you to the YWCA 'pearls of our community' for sharing their words.

Worry is like a rocking chair. It gives you something to do, but doesn't get you anywhere. Cast your anxieties on the Lord.

SHEILA J. ADAMS, 1988

There is always hope for a better tomorrow. Keep hope alive.

DEBORAH ALLSOP, 1991

Identify role models at every stage of your life. Find your passion and focus your energy on it, but never forget that you are most effective when you keep yourself in peak condition mentally and physically.

REBECCA BECHHOLD, M.D., 2007

If you don't believe in yourself, who else will believe in you?

THE HONORABLE SANDRA BECKWITH, 1984

Focus your attention on the things that are eternal in nature: love, beauty, your passions. They will follow you forever. All other tasks pass away.

KATHY BEECHEM, 2002

You can't control the wind, but you can adjust the sails.

PATTY BEGGS, 2006

Do not hesitate to ask, all they can do is say "no"!

ELIZABETH K. BLAKE, 1996

Life is a journey full of opportunities and possibilities. It simply takes courage, faith and determination to make the journey.

CYNTHIA BOOTH, 1999

The best job security is being the best at what you do.

DALE PATRICK BROWN, 1993

At the end of the day, all you have is your good name.

THE HONORABLE MARIANNA BROWN BETTMAN, 1994



Bicycles, like love, require trust and balance. Let's ride.

NIKKI GIOVANNI, 1983

The most powerful weapon we have is our tongue. Our words can be very hurtful if used without discretion and care; so when choosing what to say, make sure it meets three criteria — true, kind and necessary. If one of these is missing, then think twice about it.

STEPHANIE BYRD, 2000

Never allow yourself to become so busy or important that you fail to take time to reach out to someone who needs help in their career.

CHERYL CAMPBELL, 2003

In all of life, there are a series of circumstances and decisions. Choose your own path, rather than letting circumstances make your decisions for you. Make your own choices so, no matter what the outcome, you can live with no regrets. Living life with regrets is worse than bad consequences.

YVETTE CASEY-HUNTER, MD, 2004

You can't organize happiness.

CINDY COMBS, 1998

When committing to a community board, committee, task force, etc., be sure to show up.

NANCY SCHELLHOUS CONNOR, 1989

Keep true to who you are and always keep your personal goals in sight as you reach for professional opportunities!

MICHELLE DEJONGE, 2007

Invest in yourself, your friends, and in your community, and it will reap benefits for a lifetime.

DIANE DEWBREY, 2004

This 30th Anniversary milestone speaks to the sustainability of all of the YWCA programs, and to the outstanding quality and dedication of the YWCA staff and volunteers.

DEBORAH A. DISCH, 1985

Time is the most valuable commodity there is. You cannot buy or borrow any more, and it is finite.

THE HONORABLE SUSAN J. DLOTT, 1996

In each child sleeps the vision and the wisdom of the ages. Let us not fail to provide them a future filled with hope and possibility.

SHARON M. DRAPER, 1997

Be Strong, Be Healthy and Be In Charge! Smile broadly every day, embracing passion for living well. And, for heaven's sake ... giggle!

DIANNE G. DUNKLEMAN, 2001

The greatest satisfaction and most significant life contributions flow from discovering, sharing, learning, and living from your passions. Discover yours!

RENEE B. DUNN, 2004

Winning is a process, not a moment in time.

ANITA J. ELLIS, 2004

Know what you value and value what you know.

KAREN BANKSTON, 2001

Think positive, consider whether the worst thing that can happen is not really that bad, say a prayer and move forward.

SUSAN GROGAN FALLER, 1990

The secret to success in life is to live each day so that those observing you can not tell if you are working or playing. To you it is both.

CRYSTAL FAULKNER, 2008

Surround yourself with people who live their values, pursue their passions, and embrace challenges as opportunities. They will bring out the best in you.

LISA FITZGIBBON, 2002

How one thinks is everything ... every day we can choose to be positive.

S. KAY GEIGER, 1998

In leading, focus first on those who believe in you, and only later on those you expect to convince.

URMILA GHIA, 1997

Leaders think and talk about the solutions. Followers think and talk about the problems.

LINDA TRACY GILL, 1992

When you step out of the box make sure you are wearing the right kind of shoes.

THE HONORABLE CHERYL D. GRANT, 1981

From listening and learning, I've been able to understand that it is not specifically what happens in life, but how we handle what happens, that is important.

DELORES HARGROVE-YOUNG, 2003



Capture and emulate the spirit of the YWCA by helping women and children who are in need with gratitude and thanksgiving prayers.

Sr. JEAN PATRICE HARRINGTON, 1981

Focus your time, passion and energy on the things you can control and excel at those.

MELANIE HEALEY, 2007

Friends are a gift immeasurable; sometimes fragile, yet resilient, a shelter from the storm. Keep the old ones, make new ones and take the initiative to nourish them.

KAREN HENDRICKS, 1997

When asked to take on a responsibility you've never had before, say yes. The request is a vote of confidence in your ability to be successful.

JANE HENNEY, M.D., 2004

Look beyond words and appearance to capture the essence of a person in determining true friendship.

BETTI HINTON, 1990

Invest in the success of those all around you, and they in turn will drive yours.

KATY HOLLISTER, 2005

When faced with difficult choices, make the best decision you can see at that moment for you and your family — and don't look back.

KAREN HOLLEY HORRELL, 1992

Always believe that you can... and you will!
Always believe that you will... and you can!

SHARON JOHNSON, 2004

Define yourself by the choices you make each day, not by what happened to you in the past or by how others judge you in the present.

ANN KEARNEY-COOKE, 2000

Opportunity is not enough; it takes preparation and the courage to ask 'Why not?'

CANDACE KENDLE, 1998

My advice to someone starting out is to find something that they love, and success will follow naturally.

GINGER KENT, 1996

Take time to figure out what's really important in your life and focus on it. And, every so often, reassess how you can live a more meaningful life.

M. DENISE KUPRIONIS, 1999

It's not that you can't do it all; it's just that you probably can't do it all well at the same time.

DOLORIS LEARMONTH, 1988

Two rules to live by: 1) Look at obstacles as opportunities, and 2) When in a difficult situation in life, think of what you can do to help someone else. The more we focus on others, the happier we are. The most miserable people are those who focus on themselves.

JAN-MICHELE LEMON KEARNEY, 1998

The Five Fs are my guiding compass in life: Faith, Family, Friends, Freedom and Fun. Success to me is having all five.

TILLIE HIDALGO LIMA, 2007

Have passion for your work, and maintain a sense of humor. If it isn't fun, don't do it!

KAREN MAIER, 1986

Real Women Don't Fake It! Successful career women never try to "get by". They give their very best 100% of the time on each project, no matter how large or small. And they make the time to CELEBRATE their successes and the successes of their colleagues.

TRISH MANN SMITSON, 1999

Wife, Mother, Professional, Volunteer, Friend, Sister, Daughter — it's not easy being all at once, but each compliments the others and makes for a full life.

LYNN MARMER, 1999

Build your reputation on dependability. Promise everything later than you can deliver. You'll always be ahead of schedule and ahead of the pack.

PHYLLIS MARTIN, 1983

Always keep an open heart and an open mind at all times.

CAROLYN MAZLOOMI, M.D., 1999

The women of the YWCA — young and old — are working to carry out the legacy of giving and service they inherited. These women are the cornerstones, not just of the YWCA, but for the entire community.

CAROLYN MCCOY, 1993

No one expects you to have all the answers... but they do expect you to know where to find the answers.

MARY MCCULLOUGH-HUDSON, 2000

Financial decisions matter in your personal life and in the greater web of life as well. While no single financial decision is guaranteed to change the trajectory of your financial life, any single decision can.

MACKEY MCNEILL, 1995

No one achieved success on their own. Everyone received some help from someone else. So, let's lift up others as we climb the ladder of success.

CHERYL MEADOWS, 1992

Meet obstacles with optimism... they may just be God's way of opening a new door for you and others.

SANDRA P. MEYER, 2008



It is in the work of our hearts and hands that we will be able to leave this world better than we found it, if only the inspiration and commitment of what we have done remains.

LYNNE MEYERS, 2001

Create time each week for personal relationships, physical exercise, and meditation/worship. Professional excellence is built on a foundation of sound emotional, physical and spiritual well-being.

SHARON J. MITCHELL, 2005

It doesn't matter why you get knocked down or how far down you go; what matters in life, is how you get back up.

ANGELITA MORENO-JONES, 1996

Statistics may predict but only I determine. I can learn whatever I decide I want to learn.

KIMYA MOYO, 2002

Continually assess and publicize the value of your contribution. People who are promoted and retained in difficult times are the people an organization cannot do without.

JACQUELINE C. NEUMANN, 1987

Be feminine, yet strong.

VALERIE NEWELL, 1990

Love what you do ... and if you don't, change it and do what you love.

CHARLOTTE OTTO, 1993

Be yourself; reach high; better your best.

LINDA BATES PARKER, 1982

At the end of the day, it's not about me or all I haven't done ... it's about celebrating the things that did get done and my part in making those happen.

SARA L. PELLAR, 2007

A woman living in the USA can have it all, just not all at the same time.

NORA ZORICH, MD, 2006

Becoming is Superior to Being.

CELINE PIRI, 2008

There are multiple paths to success; enjoy the journey, nurture each spark of inspiration, do your best, hope for the best, and live your destiny.

MONICA POSEY, 2008

The most meaningful things in life require effort, persistence and perseverance. There's no traffic on the extra mile.

MYRTIS H. POWELL, 1984

Attitude is everything. Choose to be positive and watch what happens around you!

LEIGH PROP, 2006

Persistence. Persistence. Persistence. Systemic change only comes about by one's willingness to dedicate a lifetime if necessary.

ROXANNE QUALLS, 1994

One of the first things I always tell professionals—as tempting as it may be sometimes—*Do not burn your bridges behind you!* Try to defy the famous book *You Can't Go Home Again* by Thomas Wolfe, because you can. It may not be the same but it may be possible to return—if you don't burn your bridges!

MARIBETH RAHE, 2008

Sometimes we cannot live our lives by someone else's clock. Sometimes we have to wind our own clock and have some peace.

GWEN L. ROBINSON, 2002

Sometimes establishing a sisterhood is like a farmer tilling soil that has never been worked before. It's a process that requires time and different approaches.

ANNIE RUTH, 2005

Learn how to say no. You'll be happier for it.

CAROL SANGER, 1986

Never try to be more than you are or less than you can be.

PATRICIA DEANNA SKEES, 1996

Approach all of life's challenges with the determination that positive outcomes are available.

MARIAN A. SPENCER, 1984

Let your life be a living testimony to what you believe and practice, sharing love, kindness and prayer by doing something helpful for someone everyday.

EMILY T. SPICER, 1980

If I looked for one word to describe America it would be ACCESS. With ACCESS to the various opportunities available you can dream any dream, achieve any goal. I never asked for a hand out, just a hand up and ACCESS to the marketplace.

PAULINE STRAYHORNE, 1982

Know who you 'are'—not just what you 'do'! Remember it is never about you—good people working together do great things.

SR. FRANCIS MARIE THRAILKILL, 1994

You can have it all. You just can't have it all at the same time.

ELLEN G. VAN DER HORST, 1988

Remember that life begins and ends with girlfriends.

JUDY VAN GINKLE, 2003

Share your knowledge. You may be the fuel for someone's dream.

KATHY WADE, 1989