



### Thought Leadership Blog



Did you know you can build your career and grow as a professional by joining a Board of Directors? [Check out our most recent blog post](#) by Julie Wiles, Director, Enterprise Business Agility, FedEx Services, to learn how.

### Circle of Hope sponsors

Executive Level:

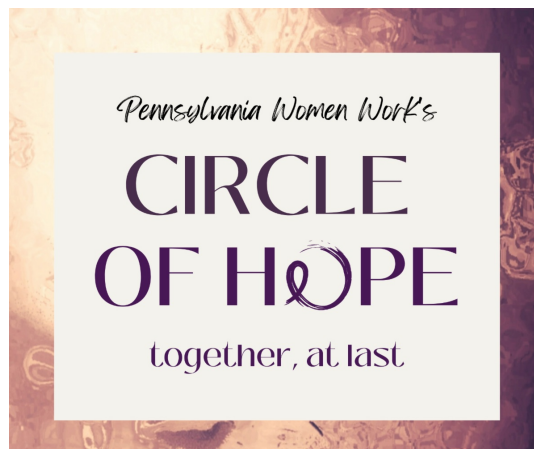


**Career Level:** CentiMark Corporation, Partners Operating Platform, UPMC and UPMC Health Plan

**Training Level:** ABARTA Coca-Cola, FirstEnergy, Heritage Wealth Advisors, JP Morgan Chase

**Employer Level:** 84 Lumber, Gateway Health Partners, Highmark Blue Cross Blue Shield,

## Join us for our Circle of Hope Awards Dinner - *Together, at last*



Join us on October 26 as we return to an in-person event for our 21<sup>st</sup> Annual Circle of Hope Awards Dinner.

During this year's celebration, we will come

together to honor our clients' successes and achievements and recognize the incredible support of our community, volunteers, employer partners and leaders. The evening will include a lively awards presentation, silent auction, games and raffles, and opportunities to network and mingle with colleagues and friends.

[Individual tickets, tables and VIP opportunities are on sale now!](#) Don't wait to buy your tickets because you can receive special early bird pricing from now through the end of September.

Additionally, enter our [Showtime Raffle](#) now for your chance to win two tickets to the highly acclaimed Broadway show, *Hadestown*, coming to the Benedum Center this November.

We are excited to gather with you under the same roof...*together, at last.*

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## Expanding RISE to the South Hills

## Special thank you!



In August, **CentiMark Corporation** generously donated 100 backpacks to PA Women Work for our clients' kids to go back to school ready for success. Thanks to help from a group of incredible **volunteers from EQT** who stuffed and delivered the backpacks, some back-to-school stress was taken off of these families' plates.

## Volunteer opportunities



Looking for a way to give back? We are currently seeking volunteers for the following opportunities. [Click here now to sign up!](#)

### Virtual Mock Interviews

Do you have experience interviewing? Help our clients practice through virtual interviews. Slots are one hour between 9 a.m. – 12 p.m. on October 6, November 3, and December 1.

### Employer Meet & Greets

Is your company hiring or looking for strong job applicants? Share your opportunities and meet with our qualified clients at an upcoming Employer Meet & Greet. Each employer slot is 30 minutes between 9 – 11 a.m. on October 19, November 16, and December 14.



Pennsylvania Women Work's **RISE** (Refugee and Immigrant Services for Employment) program will soon be expanding to better serve foreign-born residents in the South Hills of Pittsburgh, thanks to a grant from the Jefferson Regional Foundation.

RISE offers individualized and one-on-one career services for refugees and immigrants, including assistance developing a resume, support in transferring professional skills and credentials, introductions to employers and training opportunities, and advice for adjusting to the American workplace.

"For the past three years, we have been providing one-on-one, dedicated support to job-seeking refugees and immigrants in Northview Heights," said Senior Director of Programs, Naomi Tannenbaum. "Through this model, our staff member has become part of the community, and the Northview Heights residents have benefited from the impact of her work. We are excited to recreate this approach in the South Hills, to help meet the employment needs of the growing population of immigrants and refugees."

The RISE program launched in the South Hills this week; we teamed up with South Hills Interfaith Movement to host a New Choices class for their clients and community members. In the coming months, we will have a staff member dedicated to serving this community and host New Choices classes, Customer Service workshops, and one-on-one career coaching sessions.

Thank you, Jefferson Regional Foundation, for making this work possible!

*\*Pictured: Mariamo Abdi was a RISE client in 2021 and received an Empowerment Award.*

## Once a client, now a monthly donor:

### *Jane's story*



With a medical degree from Russia, Jane Updyke moved to the United States unsure of where to begin her job search. She was spending hours just trying to find places to submit her resume.

"I have an extensive work background, but I could not get a handle on the processes for applying for jobs. I had a really hard time," Jane remembered.

## Upcoming classes



### New Choices

Boost your job search with our FREE [New Choices](#) program!

### VIRTUAL CLASSES

- October 3-7, Monday to Friday, 9:30 a.m. - 12 p.m.
- October 17-21, Monday to Friday, 6-8:30 p.m.
- October 31 - November 4, Monday to Friday, 9:30 a.m. - 12 p.m.

### HYBRID CLASSES

October 10-24, Mondays and Thursdays

*Location: UPMC Health Plan Neighborhood Center in the East End*

*Monday, Oct. 10 & 17: In person, 9 a.m. - 4:30 p.m.*

*Thursday, Oct. 13 & 20: Virtual, 9 a.m. - 12:30 p.m.*

*Monday, Oct. 24: In person, 9 a.m. - 12:30 p.m.*

### Client Support Services

Already a current or former PA Women Work client? You're eligible to [participate in the following free workshops](#) to help continue on your path to success.

### Virtual Mock Interview Sessions

- Thursday, October 6, 9 a.m. - 12 p.m.
- Thursday, November 3, 9 a.m. - 12 p.m.
- Thursday, December 8, 9 a.m. - 12 p.m.

### Employer Meet & Greets

- Wednesday, October 19, 9 - 11 a.m.
- Wednesday, November 16, 9 - 11 a.m.
- Wednesday, December 14, 9 - 11 a.m.

### The Gathering Place

- Wednesday, October 12, 12 - 1 p.m.

She signed up for New Choices in 2017, where she received real-time advice, worked on her resume, and learned the ins and outs of the job search and application processes. However, her career was still stuck.

"New Choices was so helpful, all of the processes for applying to jobs were made clear, so I jumped into the Customer Service course next. Following, my networking was still lacking, so I signed up for 3 Cups of Coffee," Jane said.

Jane's mentor, a hiring manager at UPMC, helped her land a part-time position as an interpreter for pharmaceutical work with global care patients. Jane enjoyed this opportunity, but when she got pregnant, she jumped back into her job search to look for a full-time position with benefits.

"Thanks to my experience with PA Women Work, I knew my tools, I knew how to find opportunities, and I knew how to network," Jane shared.

From there, Jane's career took off. Over the past few years, Jane has climbed the ladder and is now an ENT Therapy Implementation Manager at Smith & Nephew – a job she truly loves. "PA Women Work gave me the boost I needed and helped me gain confidence. Throughout my career, I have used the tips, tricks and advice I learned from my mentor and facilitators," Jane reflected.

Now that Jane is thriving in her career, she became a monthly giver through [PA Women Work's Coffee Club](#) to allow more women to get connected with life-changing career development support. We are so honored to have Jane in our circle!

*Thank you to our 3 Cups of Coffee funders who make stories like Jane's possible:*

*3 Cups of Coffee funders: Arconic Foundation, FedEx Ground, J.Jill Compassion Fund, The Jack Buncher Foundation*

*3 Cups of Coffee GRAD funders: American Eagle Outfitters Foundation, Snee-Reinhardt Charitable Foundation*

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## Volunteer spotlight: *Ana Kay Yaghoubian*



Feeling isolated and disconnected during the early days of the COVID-19 pandemic, Ana Kay Yaghoubian, Director of Building for Success in School and Life at United Way of Southwestern PA, was questioning how to find community and meaningful interactions.

She found her answer scrolling through LinkedIn one day – Pennsylvania Women Work's 3 Cups of Coffee mentoring program.



- Thursday, October 27, 7 - 8 p.m.
- Wednesday, November 9, 12 - 1 p.m.
- Wednesday, December 14, 12 - 1 p.m.
- Thursday, December 22, 7 - 8 p.m.

#### A Closer Look Workshops

- Tuesday, October 18, 10-11:30 a.m.
- Tuesday, November 15, 10-11:30 a.m.
- Tuesday, December 13, 10-11:30 a.m.

### Help us earn a Great Nonprofits Badge



In under 3 minutes, you can help PA Women Work earn this special achievement. Whether you're a current or former client, volunteer, or friend of the organization, simply leave a short review on [GreatNonprofits.org](https://www.GreatNonprofits.org). [Post your review now.](#)

### Thank you, funders!



The Richard King Mellon Foundation recently awarded PA Women Work a \$100,000 grant to help us continue our work to provide life-changing career development services. The grant supports our organization's operations, allowing us to continue to

"The pandemic was very difficult, especially for those of us who are extroverted and used to being in an office environment and with people every day," said Ana Kay.

Ana Kay began volunteering as a 3 Cups of Coffee mentor shortly after learning about the program. Using her diverse experiences, she connected with mentees and helped transform their professional goals into achievable actions and milestones.

"As you embark on every new stage of your life, I think it's important to do it in solidarity with other women," said Ana Kay.

Looking back fondly on her own past mentors and the impact they had on her career, Ana Kay feels called to share her wisdom with young women and women transitioning in the workplace.

"I've learned a lot from the women and mentors in my life," said Ana Kay. "I feel like if there is any piece of that I can give to other women, I have a responsibility to do that."

Ana Kay continues to make a difference in the lives of job-seeking women as a 3 Cups of Coffee mentor. If you're interested in joining us as a volunteer, [sign up today.](#)

## Welcome new staff members!



### *Programs and Operations Specialist, Jeannine Neuschwander:*

A long-time Pittsburgh resident, Jeannine began her role as the Programs and Operations Specialist in July. Bringing over 16 years of business experience, she contributes to the success of operations and programs while

maximizing the organization's efficiency in programming options.

As a single mother and professional, Jeannine connects to PA Women Work's mission. "I worked hard to grow my career and financial independence. My heart has always been geared towards helping and uplifting others and this role allows me to do so," Jeannine said.



### *Communications Specialist, Sam Salopek:*

Returning to her hometown of Pittsburgh, Sam joined our team in August as the new Communications Specialist. A military veteran and with a background in photojournalism and public affairs, Sam developed a passion for workforce equity and strategic messaging. In her new role, she creates

address the rapidly evolving needs of local unemployed and under-employed women.

[Check out this recent article](#) in the Pittsburgh Business Times about our partnership!

online content for social media and supports communications and marketing efforts.

As a former stay-at-home mother reentering the workforce, Sam recognizes the struggles women often face when navigating the job market. "There are so many hurdles placed in front of professional women, from finding sustainable childcare, to locating a job that pays a livable wage with benefits. I want to use my skills to help people find professional support and financial independence through our programs," Sam said.

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