

EMPOWERMENT IN ACTION

PENNSYLVANIA WOMEN WORK | SEPTEMBER 2025



Thought Leadership Blog



On the blog now, get Christina Wortzman's [top 6 tips to build your network](#) and make it work for you.

Back to school!



Thank you, **EQT**, for joining us to pack and organize 100 backpacks filled with supplies generously funded by **CentiMark Corporation**. Their time, energy, and commitment to our mission helped set PA

The 24th Annual Circle of Hope is right around the corner!



Let's CELEBRATE! We hope you can join us for our 24th Annual [Circle of Hope](#) awards dinner on October 9. This year, we are excited to be back at The Fairmont in Downtown

Pittsburgh and hang out with over 300 of our closest friends. Won't you be one of them?

During the event, we are honored to recognize three of our past program participants with our Empowerment Awards and Full Circle Award. Also, a long-time volunteer, Mona Dine, will receive our Corporate Volunteerism Award, and our corporate partner, EQT, will be honored with our Circle of Hope Award for their long-standing impact and involvement.

Additionally, guests will have the chance to win amazing prizes through our silent auction and raffles. This year's selection will NOT disappoint...and all of the proceeds support our mission to help women thrive in and out of the workplace.

[Get your tickets and tables now!](#)

Thank you to this year's sponsors: Executive Level - PNC Bank | Career Level: UPMC and UPMC Health Plan | Training Level - Eaton, Ernst & Young LLP, Howmet Aerospace, KeyBank | Employer Level: Duolingo, RedTree Web Design

New *Mock It 'Til You Rock It* event

Women Work families up for success this back-to-school season. Thank you, EQT Corporation and CentiMark Corporation, for making such a meaningful impact!

Athena Awards



On September 5, our Executive Director, Kristin Ioannou, was honored as one of the five finalists for this year's Athena Awards hosted by our friends at the Pittsburgh Technology Council.

The Pittsburgh ATHENA Awards celebrate women leaders who demonstrate excellence in their profession, contribute to their community, and mentor other women. This year's luncheon was an inspiring afternoon highlighting the power of women uplifting one another, and we were honored to be part of it. ***Congratulations to Kristin, all the other finalists, and this year's award winner, Beth Bershok.***

PWW is a Best Place to Work



PA Women Work was recognized as one of this year's Pittsburgh Business

launches this fall



Job interviewing can be intimidating - that's no secret. That's why we've created a brand new event, Mock It 'Til You Rock It, designed to boost our participants' confidence and

sharpen their interview skills, so they feel ready for their next big interview.

"In today's job market, getting to the interview stage is a big success," said Liz Gryger, Director of Programs. "We want to help our clients be as prepared as possible, so they present their best self during interviews, and ultimately land their next job."

During the new mock interviewing event on October 17, clients will meet with three experienced interviewers (*our amazing PA Women Work volunteers*), answer common interview questions and receive feedback. Additionally, clients will participate in workshops where they will hear from experts to build their LinkedIn profile, strengthen their personal brand, and learn strategies to better engage with employers.

"Recently, we identified a strong demand for more support in interview preparation. We're thrilled to introduce this new offering as part of our commitment to holistic, client-centered support," said Lizzi Holmes, Manager of Volunteer and External Relations.

[Click here](#) to learn more about this program, as well as our entire slate of participant services.

This program is made possible through the support of The Richard King Mellon Foundation, Ameriprise Financial and the generosity of individual donors. Thank you!

From homelessness to hope: Teresa's story



When Teresa Potts (61) learned about PA Women Work, she was living in a homeless shelter and searching for a path forward. She had experienced a series of setbacks, but was looking for support to achieve stability.

"I needed consistent work, so I could get back on my feet," Teresa recalled.

Teresa connected with Kristen Tsapis, a PA Women Work

Times' Best Places to Work. The event took place Sept. 17, at PNC Park.

Upcoming classes



New Choices (virtual)

- Sept. 22-26 | 6-8:45 p.m.
- Sept. 29-Oct. 3 | 9:30 a.m.-12:15 p.m.
- Oct. 20-24 | 6-8:45 p.m.
- Nov. 3-7 | 9:30 a.m.-12:15 p.m.

Communicating for Success

- Sept. 27 | 9 a.m.-3:30 p.m.

Empowerment in the Workplace

- Nov. 1 | 9:30 a.m.-4:30 p.m.

Client Support Services

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

Mock It 'Til You Rock It

- Oct. 17 | 9 a.m. - 12 p.m.

A Closer Look

Employer Partner Spotlight: She Builds the Future

- Oct. 21 | 10 - 11:15 a.m.

Volunteer Needs



career coach, who met with her to understand her situation and see how the organization could support. "Kristen was super available and really wanted to make things happen for me," Teresa said. "She made me feel comfortable, heard, and helped me overcome the computer learning curve."

Together, they identified a role in housekeeping at Allegheny General Hospital (AGH) that fit Teresa's goal of working in a more patient-facing role. Once accepted into their paid training program, PA Women Work provided scrubs and supplies so Teresa could start with confidence.

After completing her training, Teresa started as a floater and quickly advanced to a patient advocate position — a role that allows her to connect with patients and help them feel safe.

"In just a few months, my income increased by several dollars an hour," she shared. "I wouldn't have this job at AGH without PA Women Work."

After a nine-month stay in a shelter, Teresa was able to move into her own apartment and is grateful for her fresh start. "PA Women Work helped me rebuild my life," Teresa said.

Thank you to WOMEN of Southwestern PA and The Avon Club Foundation who provide money for direct client support so that we can supply job-seekers with clothing, bus passes and other work essentials to facilitate their transition into a new job.

Volunteer Spotlight: Tammy Bey



Tammy Bey is a long-time champion of our mission. From mentoring clients, to volunteering at events, to spreading the word in the community, Tammy's commitment has made a lasting impact on PA Women Work and our participants.

"I volunteer with PA Women Work because I believe in the power of women supporting women," said Tammy.

Tammy was drawn to the mission of PA Women Work, recognizing first-hand that women juggle many roles, and that every woman deserves to be heard, seen, and wholeheartedly believed in.

"PA Women Work creates a space where women on different journeys can come together, uplift one another, and grow," said Tammy. "Being part of this community is a blessing—it allows me to walk alongside incredible women as we navigate our paths together."

Thank you, Tammy. We are so grateful for your incredible support! In addition to volunteering, Tammy also helps make our programs possible as a monthly donor through

Ready to make a difference in the lives of women across Pennsylvania?

Join us as a volunteer with PA Women Work! Reach out to Lizzi Holmes at eholmes@pawomenwork.org to get started and be part of meaningful change.

our Coffee Club. [Learn more about making a monthly commitment here.](#)

Thank you: Richard King Mellon Foundation

We are grateful to the **Richard King Mellon Foundation** for supporting PA Women Work and our mission with critical general operating dollars.

Thanks to their partnership, we can invest in priority projects, launch new initiatives to meet emerging client needs, and scale programming to meet demand. Most importantly, their support allows us to provide the individualized and holistic career coaching that is key to our clients' success.

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