

Member spotlight – Girls on the Run Northeast WI



Girls on the Run (GOTR) is a nonprofit organization dedicated to empowering young girls and helping them understand their emotions and relationships. The nonprofit has numerous locations across several counties in Northeast Wisconsin.

With different types of empowerment programs available, GOTR targets third through eighth grade girls. Hope Schaefer, executive director of Girls on the Run of Northeast Wisconsin, explains the program's goals are to provide young girls with important emotional and social skills that will last a lifetime. Just as the name suggests, the organization does this through the power of running. The girls, at the end of two of the programs, participate in a celebration 5k run with other girls from around the region.

However, the programs are not just for those who enjoy running and being active; the program is meant for all girls as a way to learn more about themselves and learn important social and emotional skills. Core lessons revolve around learning emotional vocabulary, how to express emotions, build relationships with others and how to be a good

teammate. Middle school girls take the lessons further by discussing bullying and how to deal with gossip, social media and body image.

Using its name, the core program of the nonprofit is "Girls on the Run" which covers a 10-week period during which girls meet twice a week for 90-minute practices after school to gain emotional intelligence. This program is meant for third to fifth graders and has been consistently the most popular of the three programs the organization offers. The other program targeted to this age group is "Camp GOTR." The camp is a weeklong and focuses on coping with stress, promoting creativity and building friendships while staying active with running and games.

Designed for middle school girls, the 'Heart & Sole' program features smaller groups, motivating girls to value themselves and focus on what makes them unique. This is another 10-week period that encourages running and the importance of physical and emotional health.

Both 10-week programs celebrate the end with a non-competitive 5k.

"Running is really secondary to the important lessons the girls are learning; [they] don't have to be a runner or even run at the practices," Schaefer offers. This is especially true as the programs overcome obstacles the COVID-19 pandemic has created. Typically, practices are held after school hours at local schools, churches and community centers. Practices are now done virtually through Google Meet or Zoom, and any in-person meetings require social distancing and that masks be worn.

GOTR is volunteer led, with many of the volunteers and mentors being former program participants. Mentors have a chance to make a real impact with the girls by not only sharing the programs' curriculum, but by offering their perspectives and knowledge as well.

In answering the most rewarding aspect of her job, Schaefer says that, "seeing the girls grow in emotional strength, developing into a girl who's not afraid to speak and finds her voice" is what she loves most about GOTR.

For more information on GOTR and registering for a program, visit www.girlsontherunnew.org/.

CHAMBER EVENTS AT A GLANCE

Tuesday, Feb. 2, 7:30 to 9 a.m.
Virtual Power Networking Breakfast
FREE for members

Showcase your products/services/company to small and large business peers in this round-robin networking opportunity.

Wednesday, Feb. 3, 4:30 to 6:30 p.m.
Business After Hours: Virtual Tailgate Party
FREE for members

Last call for the virtual component of this football-fanatic's dream-come-true Business After Hours.

Thursday, Feb. 4, 8 to 9 a.m.
Virtual Workshop: New Pandemic Legislation – How Will It Impact You?

SEE AD IN THIS SPREAD

Thursday, Feb. 11, 5 to 7 p.m.
Current Young Professionals After Five with Give BIG Green Bay

Join us for a virtual event to learn more about several nonprofits chosen for the Give BIG Green Bay event including Current Young Professionals. We will have a speaker, play trivia and have raffle prizes. Make sure to tune into our four mini presentations from Feb. 8 to Feb. 11 leading up to the After 5 event to learn more about the featured nonprofits.

Give BIG Green Bay is from 12 p.m. on Feb. 16 to 12 p.m. on Feb. 17. This 24-hour online giving event is designed to rally our community around local nonprofits. A grant from the Green Bay Packers Foundation will help every dollar donated to go further. Let's Give BIG, Green Bay!

Friday, Feb. 26, 9 to 10 a.m.
Get Your Local Business on Google Search and Maps

Showing up when customers are searching online is more important than ever. Ensure customers can find accurate, updated information about your local business on Google Search and Google Maps, no matter which device they use. In this workshop, you will learn how to create and manage a Google business profile from start to finish.

In this session we'll show you how to create or claim your business profile on Google, manage your business info across Google Search and Maps and use Google My Business to connect with potential customers.

This workshop is held in conjunction with SCORE Fox Cities and SCORE Green Bay.

Learn more about all events at events.greatergbc.org



FUTURE 15 & YOUNG PROFESSIONAL Awards

Current recognizes the accomplishments of talented young professionals who make a Greater Green Bay community impact with its annual Future 15 & Young Professional Awards, presented by the Schneider MBA program at St. Norbert College.



2021 Young Entrepreneur of the Year finalists:

This award is presented to a local business owner who exemplifies and holds true a commitment to Greater Green Bay through their demonstrated business entrepreneurial accomplishments.

Presented by:



Sadey Broecker,
Lux Life Chiropractic

Katrina Magnuson,
LedgeStone Vineyards

Trevor Folker,
MVMT Performance & Rehabilitation, LLC

Rachael Phillips,
RP Photography

Julie Gile,
Julie M. Gile Photography

2021 Next Generation Best Place to Work finalists:

This award is presented to a business that demonstrates a commitment to the development of young professionals, adapts work-life friendly policies, values generational differences and institutes attraction and retention initiatives for young talent.

Presented by:



American Tent

KerberRose

United Healthcare

2021 Future 15 recipients and Young Professional of the Year finalists:

One individual from the Future 15 Award recipients will be selected and named as the Young Professional of the Year at the 2021 Future 15 & Young Professional Awards.

Presented by:



Ashley Bethke, community engagement program officer, Greater Green Bay Community Foundation

Billy Korinko, director of the Cassandra Voss Center, St. Norbert College

Brad LaPierre, production manager, Infinity Machine and Engineering Corp.

Bryan J. Carr, associate professor, University of Wisconsin-Green Bay

Cameron Teske, visitor center director, Greater Green Bay Convention & Visitors Bureau

Cassandra Erickson, Green Bay Rights for All organizer, American Civil Liberties Union

Cathryn Siolka, human resources generalist, KerberRose

Chelsea Kocken, director of sales and marketing, Thornberry Creek at Oneida

Diana Delbecchi, community schools resource coordinator, Green Bay Area Public School District

Joshua Kohnhorst, wealth operations associate, Nicolet National Bank

Joshua Loritz, senior community relations coordinator, Familia Dental

Kathryn A. Trulley, academic advisor, Northeast Wisconsin Technical College

Kim Westover, external vendor/brand coordinator, Belmark, Inc.

Marissa Heim, grants and outreach manager, Golden House, Inc.

Meredith Hansen, campus education and prevention project coordinator, St. Norbert College

The 2021 Future 15 & Young Professional Awards event will be hosted on **March 25, 2021.**

Registration is available at greatergbc.org/future15

Virtual Workshop: New Pandemic Legislation – How Will It Impact You? | Thursday, Feb. 4, 8 to 9 a.m.

Presented by:
KerberRose

At the end of 2020, Congress passed, and the President signed into legislation a new bill which provides additional relief related to the coronavirus (COVID-19) pandemic. The Consolidated Appropriations Act, 2021 (CAA, 2021), is the long-awaited counterpart to the CARES Act of 2020 and includes several provisions to supply individuals and businesses much needed relief during the pandemic that is sweeping our nation.

But what do you need to know about this new pandemic relief? How will it affect you directly? Your business? Your employees?

Here's your chance to get the specific answers you need to feel confident taking on the second year of this pandemic. KerberRose accountants, Chris Olson, CPA, and Nick Hammer, CPA, will review the provisions of the new bill, the latest updates to the Paycheck Protection Program and if you are eligible to receive more aid in this one hour presentation.

FREE for members, \$20 for all others. Register at events.greatergbc.org.

