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You are receiving this quarterly newsletter because you expressed an interest in receiving details on the FPSA Women's Council.

## WHAT IS THE WOMEN'S COUNCIL?

The newly formed FPSA Women's Council is a fresh initiative provided by the Food Processing Suppliers Association (FPSA). This initiative is designed to aid in the advancement of women in the food and beverage industry.

Learn more about the organization, council, and its leaders in this webinar: FPSA Women's Council 101. [PDF](#); [Audio + Video](#).

Have you signed up to join the FPSA Women's Council? Membership is FREE and here are some of the benefits:

- Quarterly E-Newsletter
- Access to Women's Council Events
- Participate in any Women's Council Committees
- Events Calendar
- Invitation to Members-only Meet-Ups
- Monthly Motivational Mantras
- Special Rates at FPSA events for Women's Council Members
- And More!

[Register Online](#) today.

## PROFESSIONAL DEVELOPMENT



**Mindfulness @ Work: From Scattered to Accomplished and Happy**  
**Thursday, January 25**  
**11:30AM-12:30PM ET**

FREE Webinar open to all FPSA Members! Information overload, social media, mobile apps, constant interruptions, competing priorities, you name it! Our day has become so fragmented and so inefficient. Fulfillment and satisfaction have become rare commodities! However, it doesn't have to be this way.

This webinar will teach you about the benefits of mindfulness and will equip you with ways to become more mindful, more purposeful, and more effective at work and beyond.

For full details click [here](#).

Register [online](#) for FREE today and share with anyone who is interested in joining. If you have any questions, please contact Grace or Alaina at 703.761.2600.

See you on January 25!

## UPCOMING EVENTS

### **You're Invited to the 2018 Women's Council Annual Meeting, March 21**

**\*\*\*Special Rate for Women's Council Members!\*\*\***

The Women's Council will be holding our first annual meeting on-site at the 2018 [FPSA Annual Conference](#). The 1-hour meeting will take place on Wednesday, March 21 from 5:00-6pm and serve as a strategic planning meeting for 2018-2019. A special rate of \$395 has been approved for first time Women's Council members who have not attended the Annual Conference in the past (Normal full-conference rate is \$850). It appears on the registration page as: First Time Women's Council Members. Members will have full access to all of the educational and networking functions. In addition, the Women's Council is hosting a 2-hour fun-filled Scavenger Hunt on March 21 from 1:30pm - 3:30pm. The Scavenger Hunt is open to all Annual Conference attendees. If you are interested in helping us organize the Scavenger Hunt or if you'd like to sign-up, give us a call for more details.

Also, once you receive approval, please [register](#) and [reserve your hotel room](#) to secure your place in our group block.

If you need a justification letter or need further details in order to attend the FPSA Annual Conference, please contact Grace or Alaina or give us a call at 703-761-2600. We hope everyone can join us in Tucson in March!

### **Women's Council Meet-up at IPPE**

Are you attending IPPE 2018 in Atlanta at the end of the month? Join us for a casual meet-up to network with other Women's Council members.

- January 30 at 2:30pm @ Starbuck's (Street Level)
- January 31 at 2:30pm @ Starbuck's (Street Level)

## GET INVOLVED



**WOMEN**  
INSPIRE YOU. INSPIRE US.

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The FPSA Women's Council is dedicated to the advancement of women in all areas of the food and beverage industry. Join our committees to influence change. All are welcome.

-  Events committee plans and promotes activities and meet-ups at FPSA functions and industry events.
-  Professional Development is charged with webinars, workshops, mentoring
-  Recruitment strategizes ways to grow, promote, and maintain membership.
-  Fundraising is planning initiatives to support the future of the industry.

## NEWS & INSPIRATION

### [The Center of My Plate #MeToo](#)

Opportunities for female professionals in the food and beverage industry are increasing. Is your company aware?

### [Stick to Your Goals](#)

Want to keep your New Year's Resolutions? Ask for what you want. Great post to help you stick to your goals!





I'm always perptually out of my comfort zone.

**TORY BURCH**