



**Mission Statement: The Carlisle Area Chamber of Commerce exists to promote the economic vitality of its members, encourage economic development and to enhance its quality of life.**

Warren County Chambers  
Women's Mentoring  
"InspireHER"  
September 28, 2023  
Make Your Reservaitons

WARREN COUNTY CHAMBERS BRING YOU



# InspireHER

## Women's Event

### Breaking Barriers, Building Bridges

**Thursday, Sept. 28 | 8 – 11 am**

**Red Acre Barn** | 4053 Kirkwood St, Prole

**\$20 PER PERSON**

*Optional: Mindful Movement class by  
Begin Again Yoga at 7:00 a.m.*

**BREAKFAST PROVIDED**

**Inspiring  
Speakers**

**Roundtable  
Collaborations**

**Mentoring &  
Networking**

**SPEAKERS**



**From Paralysis to Progress:  
Breaking Barriers and  
Embracing the Possibilities**

**Amanda Zwanziger**

Indianola Chamber Leader, Speaker,  
Author, Coach



**Shine Spots  
& Blind Spots**

**Barb Rank**

Speaker, Enneagram-certified  
Coach, Facilitator, Norwalk

**EVENT SPONSORS**



**BROUGHT TO YOU BY WARREN COUNTY CHAMBERS**



**REGISTRATION & MORE INFO AT**  
[www.indianolachamber.com/womensevent](http://www.indianolachamber.com/womensevent)

# InspireHER

Breaking Barriers,  
Building Bridges

## ABOUT THE EVENT

Join us at the InspireHER Women's Event – "Breaking Barriers, Building Bridges" – a dynamic and empowering gathering aimed at helping women overcome career and business barriers and make the connections to find success.

If you've ever felt paralyzed by challenges in your job or business, struggled to enact change, or encountered hurdles erected by others, this event is tailor-made for you. Designed to connect women from diverse backgrounds, this event offers a platform to learn strategies for personal and professional growth, forge connections with like-minded peers, and gain access to mentorship opportunities. Join us in unlocking the tools you need to break through barriers and build bridges to success.

## AGENDA

- 7:00AM** **Join Bethany with Begin Again Yoga** for Mindful Movement as she leads you through a guided meditation with awakening movement to start your day. Come as you are.
- 7:30AM** Check-in, Breakfast and Networking
- 8:00AM** **Welcome & Introductions** by Presenting Sponsor
- 8:15 AM** **From Paralysis to Progress: Breaking Barriers and Embracing the Possibilities**  
**Amanda Zwanziger, Indianola** Indianola Chamber Leader, Speaker, Author, Coach  
Inspired by her husband's miraculous healing from physical paralysis, Amanda will lead participants through a collaborative process of overcoming the limiting beliefs and barriers that have us paralyzed in our careers and business and keep us from the living fulfilling and connected lives we desire. **TABLE BREAKOUTS**
- 9:45 AM** **Break Barriers and Building Bridges: Shine Spots and Blind Spots**  
**Barb Ranck, Norwalk** Speaker, Enneagram-certified Coach, Facilitator  
Prepare to conquer the ultimate challenge - navigating conflict and fostering deep connections to find success. Through her insightful message and table breakout activities, Barb will help us explore more about how relationships natural form, and where we organically build bridges and break barriers, through the 9 lenses of the Enneagram model. **TABLE BREAKOUTS**
- 11:15 AM** Wrap-up and Adjourn

Do you have a dream but you can't find the people to help make it happen?

Have you felt paralyzed in your job or business?

Does your business face continuous challenges that you just can't seem to change?

Are there challenges with other people that are impeding your success?

BROUGHT TO YOU BY  
WARREN COUNTY  
CHAMBERS

INDIANOLA  
CHAMBER



Please Register By September 22nd!

The Warren County Women's Mentoring "InspireHER" annual event is scheduled for Thursday September 28th, hosted by the Indianola Chamber.

This is event for anyone wanting some great inspirational collaboration and networking opportunities.

Please make your reservations as soon as possible with payment to the Indianola Chamber.

**Questions feel free to contact the Carlisle Chamber at  
515-989-4216  
or Indianola Chamber at 515-961-6269  
Thank You  
Morning Glory Coffee, etc.graphics,inc. & Sisters Place  
for sponsorships.**

## **Mark Your Calendars Upcoming Events**

**September 16  
Last Carlisle "Bike Night" of the Year  
Entertainment by Adam Whitehead**

**September 26  
Women's Mentoring  
InspireHER  
Hosted by Indianola Chamber  
Invitation Included**

**October  
City Council Forum  
(date yet to be confirmed)**

**October 19  
Pub Crawl**

**October 21  
Pumpkinfest**

**December 3  
Light Up Carlisle**

**Put these dates on your calendars. More information to follow**

\*\*\*\*\*

# 2023 Carlisle Chamber Board of Directors

## EXECUTIVE BOARD

President, Tracy Rector ([Sisters Place](#))  
Sara Davis, Vice President ([The Carlisle Citizen](#))  
Alicia Benson, Secretary ([AB Coaching](#))  
Lynn Schattner, Treasurer ([Cyber Solutions](#))  
Past President, Dr. Mathew Wanderscheid ([21st Century Rehab](#))

## DIRECTORS

Linda Freese ([55 MANE on Main](#))  
Dr. Pamela Goode PharmD ([Medicap Pharmacy](#))  
Andrea Hoekstra ([Carlisle Community Schools](#))  
Adam Lande ([Fareway Food & Groceries](#))  
Paige Smothers ([Sprouts Early Learning Academy](#))  
Dr. Tyler Villiard ([Des Moines River Dental Care](#))

Liaison - [City of Carlisle](#)

## STAFF

Shar Pardubsky, Executive Director



## Chamber Contact Information

### Carlisle Chamber of Commerce

Shar Pardubsky, Executive Director

27 School St; PO Box 487

Carlisle, IA 50047

(515) 989-4216

By Appointment