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Welcome to the South Atlantic Region 2019 Annual Fall Conference and thank you for joining us. I would like to extend a HUGE thank you to the Palmetto Chapter #385 for all of their hard work in planning this conference. It is encouraging to see you all here, investing in yourselves and your careers. This conference will give you the opportunity to learn more about our industry, our association and its benefits, our regional leadership team, and the vision for our region over the course of the current leadership.

The during first day of the conference we will have an opportunity to attend different educational workshops, relax and relieve some stress with yoga on the beach, learn more about committees during speed dating - NAWIC style, and even have some fun during lunch with a game of Guess my Trade. There will be a First Timers orientation presented by our past region directors. These ladies are very experienced and have something exciting planned. Then, we will have the opportunity for some fun networking poolside at our Flip Floppin' Luau.

On Saturday, during the General Session, we will vote on the South Atlantic Region Guidelines, South Atlantic Region Event Fund Guidelines, and the South Atlantic Region Director Fund Guidelines. For those who have not seen these before, we have made some changes to these guidelines. The main change was the decision to move the Region Awards from the Region Director Fund to the Region Event Fund. Everything else was just housekeeping changes. Our Past Region Director will be available for any questions you may have regarding the guidelines. You will also hear from our National Secretary who will present the NAWIC National Strategic Plan. She can also answer any questions you may have about the Pre- and Post-Con Summary of Actions. We have two keynote speakers; first Jennet Alterman, who is an advocate for women's rights, then LB Adams, who will teach you to show up and speak up! All current Chapter Presidents will join me for lunch so that we get to know each other and discuss what is going on in our chapters and what we all have planned for the upcoming year. It is always nice to hear what others are doing. And don't forget to get your professional headshots done while you are here!

My theme for our region this year is: **CONNECT-GROW-SHARE**. I know that we can incorporate these three initiatives into our organization, work, and personal life.

- **CONNECT** with others, whether it is a NAWIC sister, your family, friends, co-workers, or strangers. Find something that connects you. I believe we are all connected in one way or another.
- **GROW** your knowledge, by getting involved in something different, challenge yourself and be open to new things.
- **SHARE** your passion. If you love something and believe in it; share it, so that others know who you are and what gets you motivated.

Lastly, start thinking about WIC Week; it's not too early. NAWIC is Paving New Roads to Construction and we can all help make sure these roads are open and available to everyone as we embark on The Dawn of a New Era.

I hope you all will find that this experience adds value to your professional development thus helping you to continue to enhance your success. Again, *thank you* for taking time out of your busy schedule to attend this years' South Atlantic Region Fall Conference. Have a fantastic time and then safe travels back home.

Wendy McQuiggan

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NAWIC South Atlantic Region Director, 2019 - 2021