

**bizwomen**

MINNEAPOLIS/ST. PAUL BUSINESS JOURNAL

**MENTORING**  
**MONDAY**

Monday, April 3, 2017

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A speed coaching and networking event  
powered by bizwomen.

**MINNEAPOLIS/ST. PAUL  
BUSINESS JOURNAL**

# Mentors



**1 | Chris Albrecht | Senior Vice President Director SBA Lending, Sunrise Banks**  
Chris is a Vice President at Sunrise Banks focusing on Commercial and SBA lending. She manages and develops a portfolio of loan customers who represent nearly all business sectors and lifecycles from start up to growth to sale. She has over 20 years of community banking experience and is an active community volunteer. Areas of expertise include: Financial Services, the importance of establishing a business banking relationships, financial information all business owners should have and understand, how to apply for a business loan, how to maintain a business banking relationship, and why are budgets and projections important to a business bank.



**2 | Sylvia Bartley | Global Director: Early Physician Training/Program Director Medtronic Philanthropy, Medtronic Plc.**  
In both her work and volunteer service, Sylvia Bartley is known for bringing people together and making things happen. In her last 15 years with Medtronic, she convened cross-functional teams across the globe to develop, improve and disseminate neurosurgical techniques and best practices, primarily for Deep Brain Stimulation therapy. In every position she has held, Sylvia has exceeded strategic goals and developed high-value, replicable business, education and training models that benefit the company, its patients and physician customers.



**3 | Anne Behrendt | Chief Operating Officer, Doran Companies**  
As Chief Operating Officer of Doran Companies, Anne is responsible for monitoring company goals and executing strategies to sustain company-wide growth and profitability in addition to providing strategic direction and leadership for managers within Doran Companies. A graduate of the University of Wisconsin-Madison and a Cum Laude graduate of the University of Minnesota Law School, Anne is a certified real property specialist and came to Doran Companies as General Counsel in 2011. In 2015 she assumed the role of Chief Operating Officer. Anne also serves on the Board of Hiawatha Academies, a college preparatory charter school serving low income families in Minneapolis.



**4 | Barbara Butts Williams | Executive Dean, External Relations & Partnerships, Dean Emeritus of Business, Capella Education Company**  
Barbara Butts Williams was recognized as the Minneapolis St. Paul Business Journal's 2016 Career Achievement Honoree for her lifetime of dedication to business, education, leadership development and community service. Barbara's professional experience spans over four decades, including executive and leadership roles within public, private, and higher education sectors.



**5 | Gina Dingman | President, NAI Everest**  
Gina Dingman, CCIM founded Everest Real Estate Advisors in 2010, which became NAI Everest in June 2012. The boutique firm focuses on multifamily and office investment sales, urban infill land/site sales and equity placement. Dingman has more than 25 years of experience in commercial real estate providing solutions to a broad range of clients including local, regional and national, developers, institutions and private equity firms. Dingman serves on the Board of Directors for the National Multifamily Housing Council as well as NAI Global's Board of Directors. Dingman is a nationally-recognized expert in the multifamily housing industry and a sought-after speaker for industry conferences.



**6 | Angie Dusold | Marketing Director, Mintahoe Catering & Events**  
Angie Dusold is Marketing Director for Mintahoe Catering & Events, the largest pure catering company in Minnesota. With four catering divisions and eight signature venues, Mintahoe caters over 5,000 events each year. Angie joined Mintahoe in 2008. As Marketing Director, Angie is responsible for overall marketing strategy. Under her direction, Mintahoe redesigned the customer journey resulting in a 151% lead generation growth rate. During Angie's tenure, Mintahoe has been awarded 22 local and national accolades.



**7 | Megan Effertz | President & Owner, Agency 128**  
Megan Effertz, owner and president of Agency 128, was recognized by the Minneapolis St. Paul Business Journal as a 2016 Top Women in Business honoree. Her thriving business was established 40 years ago and offers B2B clients traditional and digital marketing strategy, planning and execution support. At an entrepreneur and community leader, Megan has spent her entire career leading sales and marketing teams in the corporate and agency environments. Two years ago, Megan purchased Agency 128 as a way to continue to drive her professional leadership philosophy: "leading with passion, purpose and the right amount of preparation so any team can be effective, engaged and successful."

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## Mentors



### 8 | Michele Engdahl | Director, Government Affairs, Thomson Reuters

Michele Engdahl is the director of government affairs for Thomson Reuters Legal. She works to educate federal, state, and local officials about the issues important to Thomson Reuters. She manages public policy concerns to ensure Thomson Reuters' markets remain open. Michele engages regularly in the workforce development arena, partnering with local school districts and higher education institutions to prepare the next generation of technology talent. She has worked at Thomson Reuters for 10 years and before that she worked at State Farm Insurance leading their public affairs and strategic communications efforts.



### 9 | Kristi Gloppen | Vice President of Marketing, Nerderly

A versatile communications professional with strong B-to-B marketing experience, Kristi joined The Nerderly in 2014 after two decades in the high-tech electronics industry focused on generating sales and creating marketing campaigns targeted to engineers. Her areas of expertise include sales enablement, advertising, social media, web marketing and lead management. Kristi earned degrees in both Communications and Business from Concordia College in Moorhead, MN. Minneapolis/St. Paul Business Journal honored Kristi in 2016 with its Women in Business Awards. Kristi is the first of two women to serve on The Nerderly's Executive Committee. Before joining The Nerderly, Gloppen led the social media program for Xilinx, a \$2.3 billion technology company.



### 10 | Megan Helling | Chief Financial Officer, Vice President Finance and Administration, Energy Management Collaborative (EMC)

An entrepreneur not afraid to take risks and a skilled leader who embraces the challenges of a high growth company, Megan guides EMC's financial success by managing EMC's finance, sourcing and administration departments while overseeing its information technology efforts, including implementing an Enterprise Resource Planning system. Prior to EMC, Megan worked in the retail/wholesale industry in procurement, personnel management and new store build outs while working for L.S. Distributing.



### 11 | Lisa Helminiak | CEO, Azul Seven

Lisa is the co-founder and CEO of Azul Seven, a human-centered design consultancy. Lisa started Azul Seven with the goal of improving people's lives by helping technologists, designers and business leaders work together to solve problems and improve outcomes for those they serve. Lisa works with the Azul Seven team to ensure the organization evolves to meet the needs of clients and emerging industries. Her background as a strategist, her interest in innovation and her desire to help people keep her focused on technology's impact on human behavior and the economy and how it can improve lives. She has taught and lectured widely about technology's impact on business and organizations, and has taught graduate level coursework at the University of St. Thomas.



### 12 | Jill Henderson | Producer, Morsekode

I've worn all the shoes. From a talent agent representing models and actors in print, radio, film and tv to a radio/tv/print producer to a music and production company owner to a photo studio manager to a rock and roll singer to a now senior level video producer, I love the advertising and music business and am so lucky and passionate about what I do. Morsekode believes in creating brands that groove...that advertising is like music...we create content for web, video, brand and social campaigns to elevate our client's brands. I'm lucky enough to have found something that I'm really good at that I also love. I'm grateful every day to be in this place in my career!!



### 13 | Kalyn Hove | VP, Comcast Business

Kalyn Hove serves as vice president of Comcast Business for the company's Twin Cities Region. She is responsible for providing strategic leadership for all Comcast Business operations in Minnesota, Wisconsin, Kansas and Missouri. A veteran technology leader, Hove is responsible for a high growth, cutting edge commercial telecommunications organization serving large and small business customers and government entities across a wide spectrum of disciplines. Before Comcast, Hove served as a global vice president at Level 3 Communications and in executive leadership roles with Global Crossing.



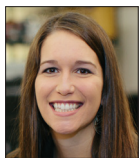
### 14 | Tami Kozikowski | EVP/President, Retired (most recently from Life Time Fitness)

Tami is a versatile operations executive and creative thought leader who has driven enterprise-wide transformation in service/retail companies ranging in size \$1B to over \$40B. Throughout her 30-year career, she has been called on to solve complex problems that cross multiple disciplines. Most recently, Ms. Kozikowski was an EVP/President at Life Time Fitness responsible first for the growth and development of new Life Time facilities and later for the P/L of the spa business. Prior to that, Ms. Kozikowski was the EVP of Development for Advance Auto Parts in Roanoke, VA. In this role, she led multiple functions including Real Estate, Human Resources and Labor.

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## Mentors

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### 15 | Amanda LaGrange | CEO, Tech Dump/Tech Discounts

After six years with General Mills in Corporate Finance, Amanda joined Tech Dump as the Director of Marketing in 2013. Amanda, passionate about the dignity and hope jobs provide for adults facing barriers to employment, was a founding board member in 2010. The Minneapolis/St Paul Business Journal recognized her as a 2014 Top 50 Women in Business, and she stepped into the CEO position in September 2015, excited to continue to grow Tech Dump's social and environmental impact. Amanda views business as a solution for poverty and injustice and was first exposed to the idea of social enterprise and corporate social responsibility during her time at Indiana University. She is an Indiana native and often shows her "corn and college basketball" roots.



### 16 | Lisa Lavin | CEO, Anser Innovation

Lisa Lavin is co-founder and CEO of Anser Innovation located in Minneapolis, MN. Lisa has over 20 years of experience in business as a senior leader and entrepreneur building new business within the healthcare, animal care and consumer product sectors. Lisa is active in local and national organizations that support entrepreneurialism and women in business. Lisa is a Minnesota Cup Division winner, Eureka Award winner for Innovation, was recognized by Minneapolis / St. Paul Business Journal as one of 25 Woman to Watch, and was featured in Entrepreneur Magazine and the New York Times. Lisa holds a bachelor's degree in psychology from Metropolitan State University and a Masters in Business Administration from the University of St. Thomas Executive MBA Program.



### 17 | Yvonne Lerew | Development Director, Children's Defense Fund-Minnesota

Yvonne has over 25 years' experience working with non-profit organizations to promote equity and overcome opportunity gaps. Currently, as Development Director at Children's Defense Fund-MN, she leads fundraising efforts that support CDF's mission to "Leave No Child Behind." Previously, as Senior Development Officer at CLUES (Comunidades Latinas Unidas En Servicio), she focused on growing and sustaining the organization's Economic Vitality and Education programs. Yvonne has worked as a teacher and managed programs focused on refugee, immigrant, Latino and American Indian adults, youth and children. She is also active in the community and currently serves as co-chair of the board for West Side Summit charter school.



### 18 | Nicole Middendorf | CEO, Prosperwell Financial

I love being a Wealth Advisor. I love to help people live and enjoy their life today but also to enjoy life in the future. I love the thank you notes I receive in the mail, establishing a personal relationship with my clients, attending their weddings or retirement parties but most of all I love watching my clients live their lives to the fullest with true happiness.



### 19 | Lori Moen | President, Viking Trophies

Lori Moen is the owner of Vikings Trophies Awards & Recognition. She bought the company in 2003 after 20+ years in the media/advertising world. Now she and her staff celebrate the accomplishments of their customers, staff and clients through the creation and production of great looking awards. She loves the smiles and joy that her company can bring to their customers. Recognizing the positive accomplishments of those around her is the foundation of her leadership style. Having great employees makes owning Viking Trophies a dream job! Lori's philosophy is love what you do and where you do it as life is short!



### 20 | Britt Morque | Partner/Owner, Spinnaker Air

Britt Morque is a small business owner who has recently returned to her childhood city: Minneapolis. Ms. Morque and her business partner own a private aviation company called Spinnaker Air. Spinnaker Air provides full-service private jet charter and Concierge services, and also aircraft acquisition and owner services. Ms. Morque became a partner in Spinnaker Air in 2014. Prior to that, she worked in various areas in the private aviation industry including sales, marketing, advertising and ad design, and management. She got her BA from the W.P. Carey School of Business from Arizona State University and continued to live in Arizona until August of 2016. She is very happy to be back in Minneapolis and looking forward to embracing the local community of businesswomen.



### 21 | Kathleen Motzenbecker | Senior Vice President, The Medical Alley Association

Kathleen Motzenbecker was recently appointed as Senior Vice President at The Medical Alley Association. She previously served for four years as the Executive Director of the Minnesota Trade Office, responsible for the state's export education programs, foreign direct investment and trade mission management for Governor Mark Dayton. She has 25 years of experience working at the intersection of government, business and global affairs. She was named one of the Top 50 Women in Business for Minnesota in 2015 and as a Global Leader for Tomorrow by the World Economic Forum in 2003. She is a Fellow at both the British American Project and the US Japan Leadership Program.

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## Mentors



### 22 | Mary Nutting | Owner & President, CorTalent

Mary Nutting, Owner & President of CorTalent, a national recruitment and retention consulting firm located in Bloomington, MN. Mary helps growing companies find, select and retain top talent with an emphasis on culture and values fit. CorTalent's expertise is in working with highly entrepreneurial organizations. CorTalent's services include search, hourly recruitment support, talent assessments, and retention strategies. Mary has 30+ years of business experience with the first half spent in a variety of management roles in Information Technology and Financial Services. She worked for a Global Human Capital company and helped create a new Executive Search practice there.



### 23 | Marnie Ochs-Raleigh | CEO, Evolve Systems

Marnie Ochs-Raleigh, CEO of Evolve Systems; Evolve Systems is an award winning design and website development company specializing in content management website development, digital marketing and merchant card processing. These verticals mesh while working on e-commerce development and Level 3 merchant card processing for B to B transactions. Founded in September 2002, Evolve Systems is certified through the Women's Business Development Center. Marnie is a 6th generation entrepreneur and is passionate about helping people follow their dreams. She has spoken at a variety of venues and has grown her business by developing strategic partnerships, and earning referral business.



### 24 | Heather Olson | Founder & Chief Marketing Officer, Soladay Olson | Marketing for Creatives

First and foremost, Heather Olson is a design industry advocate. From practicing graphic designer to marketer of creative services, her career has crossed the thresholds of design firms, ad agencies, corporate in-house groups, and sole proprietorships. This passion extends beyond the workday to contributing as a design leader and mentor to the local and national creative community. A motivated, accomplished marketing professional, Heather's purpose is to build business relationships for creative entities. She is eager, ambitious, and driven to activate connections and make ideas happen.



### 25 | Heide Olson | Founder & CEO, All In One Accounting, Inc.

Heide Olson, a relational and inventive financial strategist, has spent 15 years building an unrivaled method to everything financial for busy leaders. Whether you need a CFO for the day or a steady accountant, Heide delivers expert financial oversight and higher returns, but more importantly peace of mind. Peace of mind that allows every business owner to focus on what they do best - grow their business. Olson As founder and CEO of All In One Accounting, Inc. Heide has mastered the art of financial connections. Her passionate pursuit of long-term relationships is what drives the customized, hands-on implementation planning she is known for.



### 26 | Krista O'Malley | Principal & CEO, cmdnd+m

Known for her fiery enthusiasm, straight talk, and obsessive attention to detail. A proven entrepreneur having started a half-dozen active companies since 2005. Krista is the Principal & CEO of cmdnd+m, an experiential design studio focused on best-in-class consumer experiences that bring brands to life in the real world. In 2011, Krista co-founded cmdnd+m. The company was immediately successful; not only did its inaugural project bring Google into the world of retail, but it also received an RDI International Design Award. Under Krista's leadership, the company experienced phenomenal growth, going from an unknown start-up to an internationally-operating company in less than 3 years.



### 27 | Tolá Oyewole | Director, Cargill, Inc.

Tolá Oyewole is the Director of the Cargill Foundation in Cargill's Minneapolis headquarters community. She leads the program strategy and execution for the Foundation's core education and new early childhood nutrition focus area in the Twin Cities. She is responsible for managing relationships with key non-profit organizations, community stakeholders, and facilitating Cargill business leader involvement in activities funded by Cargill. She also serves as the director of Education for Cargill's Corporate Contributions area.



### 28 | Rachel Polson | Partner, Baker Tilly Virchow Krause, LLP

Audit partner working in public accounting for 20 years. Working with the C-suite of clients most of them are males. Being confident and trusted advisor for these clients is my main focus. I am involved with our firm women's initiative and local leader for our Minneapolis office. I enjoy listening to the staff and managers and hearing about their challenges with their career, advancement, managing home and work integration, and seeing them grow, thrive and be successful. For five years, I have been a Board member for TeamWomenMN and lead the mentoring program they offer. I am also firm campus representative recruiting at SCSU for new accounting hires and interns.



## Mentors



### 29 | Anne Pryor | Meaningful Connections

Anne has over 25 years of experience in facilitating meaningful connections as a certified Online Visibility Strategist; she specializes in creating and coaching LinkedIn strategies and branded profiles for business owners, c-level executives, human resource leaders, recruiters, sales and marketing executives and job seekers for success. With her diverse network, Anne helped generate millions in dollars in sales for employers leveraging LinkedIn. As a former executive at Carlson Marketing, she served as Sr. Director of Wellness and Innovation where she designed revolutionary solutions for Fortune 500 clients.



### 30 | Rachel Rice | CFO, Pinnaca

With more than twenty years of experience in the finance industry, Rachel oversees all financial control and planning activities. She served as the longtime CFO of Video Guidance and became CFO of Pinnaca, holding a key role in the merger of the two companies. She previously was the assistant controller for Nova Consulting Group. Rachel earned her MBA in Finance from Opus Business College at the University of St. Thomas, St. Paul, Minn. She serves as treasurer of the board of directors for Riverton Community Housing in Minneapolis.



### 31 | Kathy Robideau | Publisher & President, Minneapolis/St. Paul Business Journal

Kathy Robideau was promoted to market president and publisher in February 2016 at the Minneapolis/St. Paul Business Journal. Robideau led the Business Journal's advertising team since 2010. Before that, she was chief operating officer of Winter Park, Fla.-based Nurse Staffing. She is a member of The Itasca Project and serves on the Saint Paul Area Chamber of Commerce board. She attended the University of Cincinnati and is a graduate of Capella University.



### 32 | Amy Ronneberg | Chief Financial Officer, Be the Match

CFO of Be the Match since 2013. Be the Match is a \$400 million international nonprofit focused on matching bone marrow donors with patients and research for blood cancers. Currently have leadership over Finance, Facilities, Marketing & Communications, Product Development, New Business Development and Enterprise Project Management Office. Currently a board member and officer of the World Marrow Donor Association and Women's Healthcare Leadership Trust (WHLT). Part of the initial mentoring program with the WHLT. Previously worked at Capella Education Company in various senior leadership roles in Finance and Operations. Key role in completing Capella's initial public offering in 2005.



### 33 | Christina Sandok | Founder and Creative Director, Style-Architects

Christina caught the creativity bug at a young age. And now she has more than 400 pages of published lifestyle editorial work and over 11 years of creative marketing experience. She is the 2013 winner of the National Association of Women Business Owners (NAWBO) "Under 40 Woman Business Owner of the Year" award. Christina leads the vision and direction of Style-Architects with her pioneer spirit, igniting passion and inspiration within her team and clients. With a consistent 75%+ growth rate, Christina retains clients and garners new ones, mostly through client referrals. She was instrumental in the successful grand opening of Mayo Clinic Square, a major coup for Minneapolis.



### 34 | Dina Simon | CEO, Simon Says Lead

Dina B Simon: Executive Coach. Author. Speaker. Forbes Coaches Council. C-Suite Advisor. Working 1:1 with a C-Level Leader and his/her Executive Team to coach and hold them accountable to accomplish personal and professional goals is Dina's passion. As the author of Make Unstoppable Simple, Creative Problem Solving in Life and Leadership, she is often called upon to speak or facilitate sessions using the methods from the book. With a diverse leadership background from sitting at the leadership table of multi-billion dollar companies to an entrepreneur of two successful start-ups, she provides thought leadership to Forbes Coaches Council and the C-Suite Network.



### 35 | Katie Simpson | Market Executive of Global Commercial Bank, Bank of America Merrill Lynch

Katie leads a team of Middle Market professionals who leverage the product breadth, industry expertise, and global presence of the bank to deliver integrated financial solutions to mid-sized companies and institutions across Minnesota, Wisconsin and North Dakota. Katie joined Bank of America Merrill Lynch in 2007 in New York City through the M.B.A. Leadership and Development program. From 2007 to now, Katie has worked in various lines of business supporting the financial needs of commercial clients and high net work individuals. Ms. Simpson earned her B.A. in political science from Trinity College and earned an M.B.A. in finance from the University of North Carolina.

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## Mentors



**36 | Linda Sloan | Director, Career Development, University of St. Thomas**  
Linda received her Bachelors of Science degree in Marketing from the University of Illinois and her MBA in Marketing and Strategic Management from Purdue University. She has an Executive Coach certificate from the University of St. Thomas and is a Certified Professional Project Manager. Linda has worked for several premier Fortune 500 companies including IBM, 3M and Target Corporation to name a few. Her work experience runs the gamut. She produced award winning television commercials, managed a CART and Indy car racing program and recruited exceptional candidates at various levels.



**37 | Jennifer Smith | CEO, Innovative Office Solutions**  
With an entrepreneurial spirit, Jennifer also served as President of Medcare Products, Inc. from 1998-2001. Prior to her involvement in Medcare, Jennifer took on roles such as Vice-President of Operations for US Office Products and owner and President of Town & Country Business Products. Jennifer's progressive thinking extends beyond her own business as a member of the Forum for the Women's Business Enterprise National Council (WBENC), serves on the Board for the Committee of 200 as their Membership Co-chair along with being on the Dealer Advisory Board of Essendant, and aids in the leadership of the InSports Foundation, the charitable arm of Innovative Office Solutions.



**38 | Lois Sonstegard | President, LJL Incorporated**  
Lois Sonstegard is president of an international business. She has extensive experience in assembling, directing, and managing teams of people towards a common goal. She has a strong commitment to growth and continuous improvement in her business, for her employees and the vendors with whom she works through strategic planning, organizational leadership, product innovation, brand development. Her specialties include the following: multichannel and direct consumer, distribution, global supply chain and sales Expertise in the retail, wholesale, and manufacturing; brand positioning, expansion, and brand strategies; cross divisional experience; new business development; and multiple new product development.



**39 | Becky Studt | Business Development Manager, Oggi Professional Services**  
With 13+ years of recruiting experience, Becky has established a broad network of professional relationships, and boasts an impressive roster of clients. During her tenure at Oggi she is the top producing female and holds the 2016 record for the most consecutive months as top business development manager. A natural collaborator, Becky enjoys connecting people and is dedicated to building deep-rooted relationships. She draws from her own professional experiences to share insight and advice, serving more as a professional career coach than a recruiter to clients and candidates.



**40 | Sarah Swenty | Public Affairs Specialist, U.S. Small Business Administration**  
Sarah Swenty is a seasoned leader with 13 years of experience creating and managing successful education and outreach efforts locally and internationally. An expert in government public engagement, Swenty has 10 years experience leading communications efforts for highly controversial conservation issues at the U.S. Fish and Wildlife Service in California and more recently helping business owners access resources and tell their stories at the U.S. Small Business Administration in Minnesota. She is skilled in building partnerships, planning hi-profile events; and using diverse media to reach audiences locally and nationally.



**41 | Camille Thomas | Pres/CEO, JMC Retail Group**  
JMC works with Major Brands from around the world, guiding their partners in strategic planning and placement with major mass merchant retailers. We help define the right product, packaging, merchandising and inventory needed to meet the retail demands of their consumer. Camille Thomas, President and CEO, is a former Target Merchant and Director with a degree in Retailing/Business and Design from South Dakota State University and The Fashion Institute of Technology. Camille is a member of C200 and Women's Presidents Organization. She is also a MN Cup Mentor, a recipient of the Women In Business Award from MSP/St. Paul Business Journal and 2015 Enterprising Woman of the Year.



**42 | Marilyn Williams | Sr. Project Manager, UnitedHealthcare**  
Marilyn Williams is a connector of people or data to improve communication, build collaborative teams and partnerships. Marilyn currently works as a Sr. Project Manager at Unitedhealthcare in the E&I division working on product development. Prior to UHC she worked as Executive Aide to Commissioner Schowalter at MN Management & Budget. She served at Best Buy for 20 years in roles in the New Business Solutions team, Executive Assistant to Bradbury Anderson the now retired CEO, Public Affairs, and Real Estate. Marilyn also held leadership roles in the Interfaith, Military and Women's Leadership Forum Employee Business Network groups at Best Buy.

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## Mentors

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**43 | Heather Worthington | Deputy County Manager, Ramsey County**

I lead the County's Economic Growth and Community Investment service team, comprised of Public Works, Parks and Rec, Libraries, Workforce, Property Management, Regional Rail and Housing and Redevelopment. In my role, I also lead the redevelopment of the Riverfront Properties (formerly West Publishing) and Rice Creek Commons (formerly TCAAP). I have a 20+ year career in local government management, and have been a mentor (and been mentored!) for many years, so I understand the deep value of an event such as this. I have organized and led networking and mentoring events at the County and with my professional organizations. I have a BA from Michigan State University, and MPA from Hamline University.



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