

SPWP News



This month's meeting will be held on October 8th, 2020 virtually at 7:30 a.m.

For future meetings, please respond to the Teams Invitation letting us know if you will be joining us or not. Regrets and RSVPs should be sent to Suzanne Short via email.

Breakfast fees are currently waived due to the online format but donations toward our scholarship fund in lieu of the fee can be made through our website at www.spwp.org.

Please remember to turn cell phones off or to silent during meetings.

Information about next month's breakfast meeting will be announced once confirmed.



PRESIDENT'S NOTE

Hello Ladies,

I will start by echoing the sentiments I shared last month: I hope you and your loved ones remain safe and healthy, especially as we all start returning to the office.

As with the past few months, SPWP's October Breakfast Meeting will be held virtually instead of in person, at our usual time of 7:30 am. Upon accepting the Punchbowl invitation you should have then received a Microsoft Teams invitation from Second Vice President Veronica Rhodes with a link to connect to the meeting. Please contact me if you do not receive this invitation.

As I've mentioned in the past, although we are waiving our traditional breakfast meeting fee for our virtual meetings, I invite you to consider making a donation toward our scholarship fund in lieu of the fee. Please know that there is absolutely no obligation and any amount is appreciated. If you would like to donate, you will find a link on the home page of our website.

I know it is hard to look ahead with everything going on in the world right now, but as of 2021, there will be several vacancies on SPWP's Board of Directors. We've had a few candidates step forward, but we are still looking for people to run for Secretary and Member at Large. Neither role requires previous board experience. This is a fantastic way to become more involved in SPWP and have an impact on our organization! If you are interested in any of these positions, please reach out to me and I will arrange for you to shadow the current board member to better understand the responsibilities. Elections will be held in November at our members-only meeting.

We are in need of 2 volunteers to assist with the API Golf Tournament on Monday, October 12th at Kingwood Country Club. We will receive a portion of the funds raised at this event, which will go toward our scholarship program. Please let me know if you can help out.

As always, please connect with us on Facebook at the "Society of Professional Women in Petroleum, Houston" as well as on LinkedIn at "Society of Professional Women in Petroleum".

Sincerely,

Erin Stroud

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JUNE MINUTES

Submitted by Suzette Olivan

President Erin Stroud called the meeting to order at 7:36 am on June 11th, 2020 via Microsoft Teams for a modified virtual meeting. Erin welcomed all members and introduced the 2020 Board Members.

Erin turned the meeting over to 2nd Vice President Veronica Rhodes to introduce the June speaker, Grace Howley with Noble Energy, to speak on Deepwater Completions Operations.

Erin mentioned that Scholarship interviews took place on May 2nd, 2020 and 5 were awarded. We are looking forward to introducing them at the July Breakfast meeting whether via virtual meeting or a normal Breakfast meeting.

Erin recognized the Volunteers of the month as the Scholarship Committee, especially Co-Chairs Ingrid Cooper and Erin Williams for all of their hard work throughout the entire scholarship process from start to finish. She also recognized Suzanne Short for all her efforts in handling meeting cancellations with the Norris Westchase Conference Center.

Erin wished a happy birthday to all members born in June.

Erin wished a happy anniversary to all members that joined SPWP in the month of June.

Erin opened the floor to announcements and there were none.

Erin reminded the organization that the next meeting will be taking place on July 9th, 2020 and to please connect with SPWP on social media.

The meeting was adjourned at 8:10 am.

JULY MINUTES

Submitted by Suzette Olivan

President Erin Stroud called the meeting to order at 7:30 am on July 9th, 2020 via Microsoft Teams for a modified virtual meeting. Erin welcomed all members and introduced the 2020 Board Members.

Erin then turned the meeting over to Scholarship Committee Chair Erin Williams to introduce the 2020 Scholarship Recipients. Erin thanked everyone involved in the selection process. The 5 winners are Iman Ahmed, Sanemi Jain, Gabrielle Kostecki, Ashley Lane, and Thu-Thanh Tran.

Erin turned the meeting over to 2nd Vice President Veronica Rhodes to introduce this month's speaker, past SPWP Scholarship Recipient Leen Basharat.

Erin mentioned that the Board has made the decision to cancel the 2020 Golf Tournament. A formal communication will go out to sponsors in August in case the pandemic situation turns around within the next month.

Erin wished a happy birthday to all members born in July.

Erin wished a happy anniversary to all members that joined SPWP in the month of July.

Erin opened the floor to announcements. There was a question in regard to the donations for Golf Tournament prizes. Sponsors will be contacted to see if they would prefer their donations or prizes returned or if they would like to contribute the donations for next year's tournament. Erin also mentioned she is trying to add a donation button on our website for members to make any scholarship donations if they wish. With breakfast meetings taking place virtually at no cost, and with the potential to continue in this mode for the near future, we wanted to give the membership an option to donate.

Erin reminded the organization that the next meeting will be taking place on August 13th, 2020 and to please connect with SPWP on social media.

The meeting was adjourned at 8:22 am.

AUGUST MINUTES

Submitted by Suzette Olivan

President Erin Stroud called the meeting to order at 7:31 am on August 13th, 2020 via Microsoft Teams for a modified virtual meeting. Erin welcomed all members of SPWP and AADE. She introduced SPWP's 2020 Board Members and AADE introduced their Board members.

Erin turned the meeting over to 2nd Vice President Veronica Rhodes to introduce this month's speaker, John M. Dilorio, with the topic "Post Macondo, Improved Polymers, and New Fuels Technology".

Erin wished a happy birthday to all members born in August.

Erin wished a happy anniversary to all members that joined SPWP in the month of August.

Erin mentioned AADE will host their golf tournament on September 1st at the Blackhorse Golf Club. We will need 4 volunteers from SPWP to help monitor holes that day.

Erin opened the floor to announcements and there were none.

Erin reminded the organization that the next meeting will be taking place on September 10th, 2020 and to please connect with SPWP on social media.

The meeting was adjourned at 8:12 am.

SEPTEMBER MINUTES

Submitted by Suzette Olivan

President Erin Stroud called the meeting to order at 7:32am on September 10th, 2020 via Microsoft Teams for a modified virtual meeting. Erin welcomed all members of SPWP and introduced the 2020 Board Members.

Erin turned the meeting over to 2nd Vice President Veronica Rhodes to introduce this month's speaker, Jim Chatham, with the topic "Drilling Site Safety".

Erin mentioned that the SPWP Golf Tournament has been cancelled for this year, and it is tentatively scheduled for the Spring of 2021. The majority of the Sponsors have let us keep their donations for next year.

Scholarship applications will open in November, stay tuned if you would like to participate in the Scholarship Committee next year.

Erin recognized Tania Rezanka, Suzette Olivan, and Suzanne Short as Volunteers of the Month for their efforts in volunteering at the AADE Golf Tournament. SPWP raised just over \$1,000 in mulligan sales for the scholarship fund.

Erin mentioned SPWP Board member elections will be coming up in November. We are currently looking for candidates for the positions of Secretary and Member at Large. Please contact Erin if interested in these positions or any others. We are also looking for 2 volunteers for the Nominating Committee to help with the election.

Erin mentioned a list of potential Christmas charities for SPWP to sponsor will be sent out soon. If members have any charities they would like to nominate, please contact Erin.

Erin mentioned the possibility of having a virtual happy hour soon to give the opportunity to members to catch up and network.

Erin wished a happy birthday to all members born in September.

Erin opened the floor to announcements, and there were none.

Erin reminded the organization that the next meeting will be taking place on October 8th, 2020 and to please connect with SPWP on social media.

The meeting was adjourned at 8:27am.

SUMMER FEATURED MEMBER

Tania Patricia Rezanka



1. How did you get started in the Oil & Gas Industry?

I was inspired by my father. When we lived in Mexico my father worked for PEMEX as a refining laborer. However, my interest didn't really begin until May 2008 when I officially started my first official graduate career as a Sales Engineer for WIKA Instruments LP. I graduated from the University of Houston with a B.S. in Mechanical Engineering Technology. I took many manufacturing courses including programming and working with 3D printers, and I learned about manufacturing processes such as working with lathes, plastic molding, CNC machining, Sharpie material testing, and more. I also took electives such as corrosive materials for the subsea industry, which were taught by industry professionals. This all got me extremely interested in the Petroleum / Oil & Gas Industry. I completed my first engineering internship during my senior year with a company called HSI, which builds centrifugal blowers. This is where I learned about refineries and instrumentation, which led me to pursue a career within that arena. The oil and gas market crashed in 2008 which unfortunately led to me being laid off from WIKA. I then obtained a Mechanical Engineering Internship with PEMEX in Mexico for three months. Afterward, I returned to the US with my family and was offered a Technical Sales position with GAYESCO. Soon after, I left the refining industry and moved to Oceaneering International, where I have been for the past 9 years and where I hold a Sales Engineer role. I love the petroleum industry and am proud to represent it. I wish more women would have the courage to enter Oil & Gas and engineering.

2. Area of Specialty (i.e. Sales, Engineering, Accounting, etc.)?

Interestingly enough, I love engineering and I love sales. This is why I've remained a Sales Engineer for so long. Most engineers are introverts and most sales personnel are extroverts. I am an extrovert and I enjoy designing and creating solutions for customers all over the world. I have great interpersonal skills, which allows me to work well with my sales team, engineering, quality, manufacturing, and procurement teams. I understand hands-on work and have worked with machinists, welders, buyers, quality engineers, designers, and programmers. I can relate to and get along great with those on the shop floor. However, I can also speak to the CEO without a single problem. This is a very unique position and it takes quite the skill, but I enjoy every bit of it. Not everyone can be in sales and an engineer at the same time. Therefore, I love what I do as a Sr. Sales Engineer.

3. When people come to you for help, what do they usually want help with?

Typically for tribal knowledge that I've gained over the last 9 years in my division/department. Many in the company have either retired or moved on into other industries due to struggles within the economy or because they're seeking a new journey. In addition to tribal knowledge, I have learned to listen to their struggles and extend a hand where needed. I love to teach, train, and welcome new and existing employees so they don't struggle like I did when I came into a subsea company without knowing the culture. I am a very understanding and approachable person. People also come to me because they know that if they are looking for an answer, even though I may not have it then, I will help always them find a solution. I am a very dedicated individual/employee and I make things happen. I have survived over 11 layoffs so far since 2014 when Oil & Gas took a downturn again. I am one of two left in my team when at one point we were twelve, and I was always the only woman engineer. I love helping others and I always ask questions when I do not know the answer. I am glad to still be in this company during this pandemic and I continue to do my best every day.

4. Most influential person in your career and why?

I've had many influential people in my life. However, one that really inspired me to become whom I am now is Ms. Ellen Moore. She was my Sales Manager in 2014 at Oceaneering and was my outstanding mentor. When I started in this industry, I always felt belittled by men and never given the chance to prove my self-worth. She inspired me to understand my self-worth and that in order to get to the top you must continue to strive with a purpose. I learned to set goals for myself and earn self-respect, even though I was a woman and a minority at that. For the first time, I was uplifted and felt challenged that year to become a Program Sales Engineer for the Brazil market. She taught me the right techniques and tools to get my hard work recognized and understood. Thanks to her constant push and her trust in my work and ethic, I began to show everyone I was more than just a Sales Engineer. Still to this day, I keep in touch with her and always listen to her recommendations. Thanks to people like Ellen, I am here today as a member of SPWP. You ladies inspire me and I am so grateful to be part of a community of women who strive and help others.

SUMMER FEATURED MEMBER (continued)

5. Best career advice you've received?

The best career advice I've ever received was to never give up. Life isn't always perfect, and in my career I've failed many times to obtain positions I thought I was worthy of. This industry is tough and although society is more acceptable of women leaders, there are still struggles we go through. Many times I have contemplated leaving the Oil & Gas industry because I could never get promoted due to my gender or ethnicity. At times, I would seek other women for advice and it was all the same, never give up. Although I truly enjoy my job, I believe I could do more if I was given the opportunity, but I have yet to give up. Last year I made a few goals for myself: 1) to join this organization and network with others in my same industry, 2) to take a PMP course, which I am currently taking and expecting to take the exam this summer, and 3) to be more involved with our community and help others (such as participating in the scholarship program as an interviewer, which was so much fun!). Due to this advice, I have become a stronger professional and I continuously work to improve myself as a career woman in order to achieve my personal and family goals.

6. Were you born in Houston? If not, what brought you here?

No I was not. I became a citizen in 1998, when both of my parents became citizens of this country. I was born in Monterrey, Nuevo Leon, MX on December 28, 1982. I was born a preemie baby to a young couple named Maria, who was 18, and Jose, who was 21. My mother had been a temporary labor worker in Texas since the age of 15 along with my grandmother Celia (who unfortunately passed away unfortunately in 2014, and whom I miss dearly). When my mother and father got married, my mother wanted to continue to come to the US and my father had never been. Therefore, soon after I turned 3, my parents became labor workers and drove all the way to Maryland to pick apples in the fields while I stayed with farmer nannies. They came in and out of the US for the next 3 years until my sister was born in 1988 in the city we lived in at that time (Cadereyta, NL Mexico—a small town 45 minutes from Monterrey, NL). After my sister's birth my parents continued to be labor workers but now in McAllen, TX picking asparagus. It was then that my mother filed for citizenship, and she became a US citizen a few years later. My dad became a US citizen in 1998. My sister and I automatically became citizens since we were minors. In between those years my brother was born in 1991 on my dad's 30th birthday. He was a citizen by birth since we had already been living in Houston since 1990. Long story short, my parents are now self-employed and my father owns his own company as a subcontractor for construction companies. They saw all three children successfully graduate from the University of Houston, two of whom are engineers (my baby brother and I) and the other who is a teacher (my sister, who is now in real estate). I am very proud to be Mexican-American and thanks to our parents' hard-work we are here today.

7. Favorite place in the world?

Although my travels to-date have only been to the US, Mexico, and Canada, so far my favorite is Niagara Falls. About two years ago in August 2018, I visited Niagara Falls in Canada with my husband's family from Michigan. We drove a few hours out to Canada and it was an amazing place to visit. We were able to ride on the Niagara Cruise with our 7 year old son, and we came out soaked. I will tell you it is an unforgettable experience. We've visited many amazing places in the US like Sedona, AZ, Sandia Park, NM, and Florida... you name it. However, Niagara Falls was very special, especially at night when we ate at a restaurant nearby where you could see the lights shining through the falls. Amazing, and I highly recommend it.

8. Favorite book or movie?

I love reading, don't get me wrong, but I am more of a movie fan just because I read so much at work through RFQs / RFPs / Customer Specifications. My favorite movie of all time is Armageddon, and you may be asking why? Believe it or not, I love anything SPACE really. I am a huge believer that we have been visited by many extraterrestrials from other planets and that one day we will get to visit space without having to become an astronaut. Armageddon is my favorite movie as I love that it is based on sending a few Oil & Gas men up to space, and the resulting challenges. Needless to say I am a huge fan of Bruce Willis! Love all of his movies. This movie is very touching in the sense that I work with many people from the Oil & Gas industry and I can relate to their struggles. I also love that there is a love story behind it all, which I can relate to with my wonderful husband as we met working in the same company. Also, Bruce Willis' last moments with his daughter and their strong relationship reminds me of the one I have with my own father. I love this movie because it teaches us about teamwork and how anything is possible when we work together.

9. What hobby would you get into if time and money weren't an issue?

I have a few hobbies but I do own a photography business and I love photographing nature, life events, and portraits. If I could do that full-time I would. If money wasn't an issue, I would travel the world photographing people of different countries, nature at its best, and macros of anything that would be of interest. My other hobbies are painting and beekeeping.

10. How did you become involved with SPWP?

Last December 2019, Mrs. Terri Wadley reached out to me through LinkedIn and sent me an invitation to attend SPWP's Christmas Party and meet her in person. I invited two other girls from Oceaneering to join me, Hilda and Mariela, and we had a blast. I loved it so much that I contacted Terri back to learn more about SPWP. I also continued to join the meetings and decided to be a member this past February 2020. I was very grateful for Ms. Lellany Conaway who sponsored me and has become my mentor. Since then, I have truly enjoyed being a member of such a great organization and working with Erin Stroud, Erin Williams, Ingrid Cooper, and Amber Vrabel as part of the scholarship program, which has been an amazing adventure. I love what every member does for the community and I am looking forward to many more opportunities. I hope this pandemic is over soon, so we can all sit in a room again listening to great speakers and continuing to network.

SPWP SUMMER SPEAKERS

June Speaker

Grace Howley - Drilling Engineer, Noble Energy

Grace graduated with a BS in Petroleum Engineering in May 2017 from the University of Texas at Austin and began working at Noble Energy in July 2017.

Noble has a rotational engineering program where college hires move through 3 different roles within their first three years at the company. Grace started in the Operations Excellence group, and then moved over to the Permian drilling team in December 2017 to work as a field engineer on a rotation out of Pecos, TX. In January 2019, Grace moved to the global deepwater completions team to take part in the execution of a new well off the coast of Equatorial Guinea. She spent 8 weeks in West Africa executing the project. In January 2020, Grace moved to her current role in the global offshore drilling group, where she is on the planning team for an extended reach well in Equatorial Guinea.

In her free time, Grace enjoys running marathons and traveling to new places.



July Speaker

Leen Basharat - Legal Assistant, King & Spalding LLP (2015 scholarship recipient)

Leen is a 2015 SPWP Scholarship Recipient and a first-generation graduate of the University of Houston where she obtained a Liberal Studies triple minor degree in Journalism, Political Science and Law, Values and Policy.

While at the University of Houston, Leen was instrumental in creating the first mentorship program within her college in the university's 91 years of inception to aid college retention while improving a student's academic success and social experience. Leen notably also served as one of seven student representatives upon the Student Fees Advisory Committee representing all 42,000+ UH students in the allocation of all \$26 million student fees among various departments and organizations.

During her term at UH, Leen was involved in the campus newspaper as the Assistant News Editor and youngest editor on staff. She also served as an ambassador for her college, a CLASS senator and Speaker Pro Tempore of the Student Government Association, Chair of the Student Media Advisory Committee, and in the Psi Zeta chapter of the largest women's organization in the nation – Chi Omega as the New Member Educator and a Recruitment Officer.

Outside of campus, Leen has worked for the Harris County District Clerk's Office, Harris County Attorney's Office and Baylor College of Medicine. Finally, Leen was accepted into Stanford University's MBA Future Leaders Program and the University of Houston Law Center's Pre-Law Pipeline Program –both of which have motivated her to continue her educational pursuits toward a JD/MBA joint degree. While preparing for graduate school, Leen works as a Legal Assistant for the Trial & Global Disputes and the Marketing & Business Development departments at King & Spalding LLP, an internationally recognized and awarded corporate law firm here in Houston.



August Speaker

John M. Dilorio - Consultant

Mr. Dilorio has a Mechanical Engineering degree in power, propulsion, and energy plus a diploma in Quality and Reliability Engineering. He has made three presentations for the NASA Annual Technology Symposium (ATS) in Space Operations and Astrodynamics, a total of six presentations for professional societies (ASQ, NOMADS, and NSS), two NASA Lunch and Learns at JCS, and five years of presentations at comic and space events (GRB convention center and NRG center). As a consultant, he provides analyses for large U.S. oil businesses for economic viability and sustainability. Finally, he derives base mathematical equations to support the astrophysics components of complex space operations and works with patent teams (environmental) to assure the U. S. oil and gas industry World dominance. This presentation for SPWP is his first.



September Speaker

Jim Chatham - Zurich Services Corporation, Senior Risk Engineering Consultant - Energy

Senior Risk Engineering Consultant Jim Chatham, within the Energy Group is considered an expert to oil & gas energy clients. Jim assists his customers in reducing losses and improving their overall safety record by helping manage their safety programs through proactive safety leadership. He is often contacted by his customers' safety professionals to clarify and offer opinions regarding policies and procedures. He actively participates in industry organizations and promotes oilfield safety through speaking on "Safety Leadership" at local safety conferences. He is also a valued adjunct instructor in the occupational safety and health program of a local university where he is called upon to teach "Safety Management", "Guidance in Oilfield Safety", and "Introduction to Safety". Jim's consultations and experience have allowed him to assist with several oilfield contractors' development sites and job specific safety plans, allowing for successful onsite risk assessments by the operating companies for whom they work. Jim has over 30 years as an oilfield safety professional.



October Speaker

Brad Chatham - Director of Solutions Consulting, Appian

Brad Chatham is the Director of Solutions Consulting in the Southwest Region of the U.S. for Appian, where he works on the presales engineering team in the Oil and Gas practice.

Prior to Appian, Brad worked in Sales Engineering for Metastorm/OpenText in the Business Process Management practice, in the same capacity at Cognos, and IBM within their Business Intelligence group. Originally from Oklahoma, his family moved to the Permian Basin when he was 12, and he graduated high school under the Friday Night Lights in Midland, TX. He resides in Dallas and holds a BBA in Management Information Systems and International Business from the University of Oklahoma.



SPWP ANNOUNCEMENTS



Over the past fifteen years, the Women's Global Leadership Conference in Energy (WGLC) has grown to be the largest women's event in the energy industry. This year's event is evolving into WGLC+, a unique online virtual event, focusing on the industry's key environmental, economic, professional development, and human capital issues.

WGLC+ will be held November 3–6, 2020. The four-day, online leadership week will reach thousands and provide a platform for knowledge-sharing, networking, and making business connections with industry leaders—all from the security of your home or office.

This year, registration to WGLC+ is free! Take advantage of this amazing opportunity to connect with key decision-makers at WGLC+ and register now!

<https://web.cvent.com/event/aed14a8e-27bf-4b34-acb2-f2d19e201b5b/websitePage:0e3335d6-62ec-4bfd-b8c9-a603384a948b>



SPWP HAPPY HOUR

SPWP will be hosting a virtual happy hour on December 3rd at 5:30 pm. to 7:30 pm. for our group to get together and have an opportunity to get back to socializing and networking! We will be sending out the contact information soon to connect.

SCHOLARSHIP UPDATE



SCHOLARSHIP
RECIPIENTS
2020

OVER \$1 MILLION
AWARDED SINCE 1980



Iman Ahmed
University of Texas at Austin



Sanemi Jain
University of Texas at Austin



Gabrielle Kostecki
University of Houston



Ashley Lane
Texas A&M University



Thu-Thanh Tran
University of Houston

ALL PROCEEDS RAISED BY SPWP FUNDRAISING EVENTS ARE USED
FOR SCHOLARSHIPS FOR HOUSTON AREA GRADUATING FEMALES
ATTENDING TEXAS UNIVERSITIES OR COLLEGES.

SPWP SCOOP

So what is going on with you?

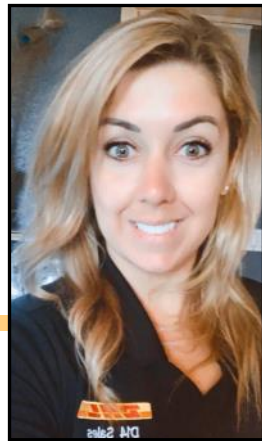


Hats off to our amazing scholarship committee!

It was definitely a challenging year. However, with the efforts of our Co-Chairs Erin Williams and Ingrid Cooper, along with the assistance of our interview committee Erin Stroud, Amber Vrabel, and Tania Rezanka, SPWP was able to award scholarships to five impressive young women.

Becky Lamson is relocating to Dallas. She has accepted a position with DHL Express as an Account Executive starting this fall.

Congratulations!



On May 6th, the Blue Angels flew over Houston as they honored our COVID-19 frontline workers.



Becky Lamson also sold her home, and took a trip to Cabo!



Erin Stroud took an art class from a local artist to learn how to paint with Encaustics.

Erin also got a promotion to Director of Proposals with her company!

Congratulations!

H A P P Y
Birthday



May

May 12 **Lellany Conaway**

May 29 **Michelle Muse**

June

June 13 **Suzette Olivan**

June 22 **Ingrid Cooper**

July

July 17 **Kelsey Hulett**

July 18 **Tricia Hill**

July 24 **Maria French**

August

August 2 **Kimberly Sayre**

August 9 **Terri Wadley**

August 12 **Reneé Brown**

September

September 12 **Brenda Myers**

October

October 18 **Sherry Adams**

October 19 **Sylvia Garcia**

October 23 **Rebecca Lamson**

October 24 **Maria Lehner**



Happy *Membership!* Anniversary!

May

Audra Seanghok 1 year

August

Maria Marquez 8 years
Suzette Olivan 2 years
Ingrid Cooper 1 year
Erin Williams 1 year

June

Lellany Conaway 39 years
Margaret Hare 39 years
Kelsey Hulett 13 years
Reneé Brown 7 years
Suzanne Short 2 years

October

Rebecca Lamson 5 years
Brenda Myers 2 years
Michelle Muse 2 years

July

Sylvia Garcia 12 years
Erin Stroud 5 years



CAREER CORNER

12 Career Books You Should Add To Your Reading List

Whether you struggle with a career transition, doubt the quality of your work and your creative ideas, or you're looking to develop more productive habits, there is a book that will help! Here is a roundup of reads that have helped professionals across industries overcome obstacles in their career.

1. **Big Magic by Elizabeth Gilbert**

For creatives who often experience dry spells or period of inspiration blocks, this book offers an interesting perspective about creativity. From offering interesting insights on the nature of inspiration, Elizabeth invites her readers on a personal journey of exploration while sharing the habits, tips and approaches we need in order to live our most creative lives.

2. **The Seven Habits of Highly Effective People by Stephen Covey**

With science-based research and actionable advice, it's an effective guide to forming life-changing habits. It's definitely worth the read!

3. **Pitch Anything by Oren Klaff**

Who else gets nervous about sharing their ideas for approval? It's always good to be open to advice that will boost confidence and improve the way we communicate ideas.

4. **You Are A Badass by Jen Sincero**

Many of the beliefs that hold us back are internal. This kind of self-introspection is exactly what Jen Sincero invites you to do in this book, to really work on the deep-seated, limiting beliefs that stunt your growth.

5. **The Only Move that Matters is your Next One by Jenny Blake**

There is nothing wrong with wanting a career transition. As you might have, success is not linear. Everyone has their own unique trajectory, and in this book, Jenny Blake invites you to not only accept where you are, but to embrace the journey leading to where you want to be.

6. **The Power of Now by Eckhart Tolle**

As humans, we have a natural tendency to over-plan our lives. We write out what we'd like to happen in the next few weeks, months, and even years—only to discover detours down the road. These can often leave us unhappy, like we aren't in control. Far from this, the book offers a challenging, yet rewarding exercise in being in the moment. The author's message is simple: living in the present is the truest path to happiness and progress.

7. **The Startup of You by Reid Hoffman**

No matter what profession you're in, you are a business. We have a responsibility to maintain, preserve, and expand our assets (your professional skills, your gifts, your knowledge etc.) Following this line of thought, the book offers an interesting take on growing both personally and professionally, by learning how to properly manage the business of you.

8. **Drop the Ball by Tiffany Dufu**

For women who also deal with a second shift after work when they come home from the office, Tiffany offers straightforward advice on how to work smarter. She does so by sharing practical tips on how they can negotiate in their personal lives, and create solid domestic partnerships that can help prevent professional burnout.

9. **Fit Matters: How to Love Your Job by Moe Carrick and Cammie Dunaway**

How can you really find a job that checks off all the boxes for you? A job that adds meaning to your life? Fit Matters is for job hunters or employees in any career stage, packed with useful tools, advice and exercises designed to reveal the job they love.

10. **Lean In by Sheryl Sandberg**

Sheryl draws from her own experience working at some of the world's most successful businesses to show women how they can make small changes in their personal lives, that can have a positive ripple effect on their career.

11. **Orbiting the Giant Hairball: A Corporate Fool's Guide to Surviving with Grace by Gordon MacKenzie**

This book is an exercise in going above and beyond, rising above the norm and traditional employee mindset to unlock levels of enlightenment and creative genius. It is a must-read for managers looking to engage their employees, or employees who want to achieve their best work.

12. **The Third Door by Alex Banayan**

The successful people we know now like Bill Gates, Jessica Alba or Maya Angelou once got rejected and had to go through many doors before making it. This book shows us that failure is an inevitable step of the process, but that seeing the opportunity and lesson it can turn any situation around. It's an interesting perspective as the "third door" is metaphorical for the road less traveled, one that few of us take because we tend to only focus on the conventional way of doing things.

This information has been adapted from an article by Shelcy V. Joseph

<https://www.forbes.com/sites/shelcyvoseph/2018/10/25/12-career-books-you-should-add-to-your-reading-list/#5ac18a1519a1>

CAREER CORNER (continued)

10 Little Things That'll Have a Big Impact on Your Career

When you think of the phrase “career-changing impact,” your first thought is that serious projects lead to serious results. And sure, some people can brag of big wins like working overtime for three months and then scoring a competitive promotion. But it's just as important to remember that to accomplish anything, much smaller (and simpler) tasks add up and also lead to big change over time. In fact, here are 10 of our favorite “little” things that will ultimately have a huge impact on your career. The best part? None of them take too much time or effort.

1. Invite a Higher-up Out for Coffee

It's no secret that the senior leaders at your company are incredibly accomplished. It should also be no surprise that you can learn a thing or two from their experiences. Looking for a promotion, or need some guidance on how to get to your next step? Ask a higher-up at your company if you can pick their brain for a few minutes.

2. Document Your Wins

You might be thinking, “No need, I'll remember everything.” But you won't! Even if you're not currently job searching, documenting your accomplishments gives you a clearer idea of what you bring to the table in your role. This is especially important to know (and be able to articulate) when you're looking for promotions, raises, or even new responsibilities at work.

3. Make it a Point to Get to Know Other Teams

Becoming friendly with other teams might open up opportunities to work on different projects, learn new skills, or develop new passions. It's as easy as asking someone on another team out for lunch, following up on something you heard in a company-wide meeting with the person involved, or even asking if you can attend one of their team's meetings.

4. Spend More Time Working on Your Writing

Even if your job isn't to write, honing your writing skills can help you take the next step in your career. No matter what your job is, it'll make you more comfortable sending sensitive emails, creating presentations, and drafting more compelling reports. And when people at your company start noticing the improvement in your work, they'll start trusting you with even more urgent tasks. Hate writing? That's totally OK. These tools and apps to sharpen your writing skills were made just for you.

5. Speak Up More in Meetings

Speaking up feels hard. In fact, it can feel next to impossible when you worry that your ideas just aren't up to snuff. But here's the thing—the chances are that if you're thinking something, there are a few other people in the room who are thinking the same thing. If you're willing to speak up more often at work, you'll grow your confidence and show your colleagues that you really care about what's being discussed. If you do have a good idea, it'll be remembered.

6. Use Your Time in Between Meetings to Learn

Have 10 minutes to kill in between meetings? You can check social media, but you can also take a different approach and work on learning something new. From watching a TED Talk, to reading industry news, to scrolling through LinkedIn and seeing what people are saying—you can pick up a lot fast, if you want to. Keep a running list of ways to learn when you have a few minutes and it'll be a no-brainer to check it out when you have a chance.

7. Create Challenges for Yourself

One of the most common reasons for looking for career growth is boredom. If this resonates with you, create little challenges for yourself, such as reaching out to one new person in your industry every week. Or forcing yourself to change one part of your weekly routine to see if it improves your productivity. Or, you can even spend time creating a list of problems and brainstorming solutions. You never know what you'll come up with, but at the very least, you'll stimulate your brain in ways that will ultimately lead to personal growth.

8. Learn How to Compliment Someone (and Mean It)

Learning how to interact with other people is key to your career growth at any stage. Also, another one of the toughest things about working with other people is knowing how to pay compliments without sounding like a suck-up. It's a little uncomfortable to get into the habit at first, but it pays off big time once you start hearing those compliments come back your way. Let's talk about some specific scenarios:

- Your Boss: Be specific about the thing they helped you with and what you learned.
- Your Teammate: Share specific results you saw from the advice they gave you.
- Your Direct Reports: Single out an accomplishment or positive changes you've noticed.
- Networking Contact: Add a few bullet points about the value their work added to your life.

9. Assess Yourself

Getting to know yourself sounds simpler than it is. One fast way to get up to speed is by taking a personality test. You might be surprised by some of the results. And then you might be motivated to make a few changes depending on what you learned. For example, I took a quiz recently and found out that I'm not great at paying attention to details. It didn't feel awesome to learn this, but it made an growth blindingly obvious (in a good way)!

10. Research Your Own Company

You might know a lot about your organization, especially if you've worked there for a few years. But it's likely always evolving. Spend a few minutes catching up on what your company's working on and what it offers. Start by taking another look at your company's website, specifically the About Us or Products pages. Then, identify areas that you don't know much about and find people at your company who do know more. Invite those people out for coffee, or even just a quick in-office meeting, to ask questions.



The **Society of Professional Women in Petroleum** was formed in early 1981 to support professional career women in the Petroleum Industry through networking, education and the distribution of technology and information. SPWP is incorporated as a 501(c)(3) tax exempt non-profit organization.

All aspects of drilling and production operations are covered through topical monthly breakfast meetings and industry speakers and we constantly seek to further expand the knowledge of our members. We also feature professional development speakers and hold roundtable discussions on a rotating basis.

SPWP's membership consists of women who have active careers in the Oil & Gas Industry in fields including Engineering, Geology, Sales, Research, Finance, Law, Quality Assurance, Purchasing, Advertising and Marketing.

SPWP is dedicated to furthering the careers of women in the Oil & Gas Industry and as part of our mission, we have a merit-based scholarship program that provides financial assistance to female Houston-area high school seniors entering a Texas college. Our annual fundraisers on behalf of this program are made possible through the tremendous support of companies within the industry, as well as through the tireless dedication of our members.

Mission Statement

Supporting career women in the petroleum industry through technology and information.



October Breakfast Meeting 10/08

November Breakfast Meeting 11/12

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