

## Women in Business Networking



Angela Lewis, Council Director, Girls on the Run



**WiBN:** What is your position at **Girls on the Run**?

**Angela:** Executive Director

**WiBN:** What is the one thing that you want our readers to know about **Girls on the Run**?

**Angela:** We are a unique program in the Dayton area which educates and prepares girls for a lifetime of self-respect and healthy living.

**WiBN:** What are some personal skills that have helped you become who you are today?

**Angela:** Throughout my corporate career (NCR) I always found that my success was due largely in part to my analytical skills and sense of organization. When I made the rather large jump to starting a non-profit, those are the skills that helped me grow the organization.

**WiBN:** At any time during your life have you had a mentor?

**Angela:** I have always sought out mentors, as I believe they are critical to one's success. I am blessed today to work with an amazing partner who is a great mentor, and to have the support of a fellow Director who serves as a mentor.

**WiBN:** In your opinion, how can, or how does, networking benefit women in business?

**Angela:** Networking is key – in professional and personal lives. Women face different challenges in professional capacities and networking with other women serves as a great way to overcome those challenges. I think finding a supportive networking group of women can only make things better!

**WiBN:** What has been the biggest challenge in your position at Girls on the Run?

**Angela:** I spent over fifteen years in human resources, with the last eight at NCR corporation. It's safe to say that my brain was "corporate" focused. When I found the Girls on the Run program and decided to bring it to Dayton, my biggest struggle was my lack of non-profit background. I have volunteered for various non-profits, but running a one is another thing entirely. I'm pleased to say that it's been two years in the making and I have grown tremendously through this challenge.

**WiBN:** What inspires you the most?

**Angela:** The look on the girls' faces when they cross our finish line. Imagine being a young girl in today's society – never feeling pretty enough, good enough or smart enough. When an adult tells you that you're going to run a 5K, you simply shrug it off. Over the course of 12 weeks our girls learn so much about themselves and their community. When they cross that finish line that they previously thought impossible, that smile and jubilation is nothing short of inspirational.

**WiBN:** Share with us how you balance your work life and family life?

**Angela:** My family comes first, period. Through my corporate career I didn't feel like I could make that bold of a statement. I have since reprioritized my life and even though things are still chaotic (running a non-profit, working part-time as an HR consultant, being a wife, mom and still finding time to run), I won't let myself lose sight of what's important.

**WiBN:** What is your favorite thing to do in "taking care of you"?

**Angela:** Running. It's my "me" time. I'm currently training for a half-marathon for this fall which is nice because it forces me to get out on those days that the to-do list would tell me to do otherwise.

**WiBN:** What leadership skills do you have that you feel contributes to the success of your position with Girls on the Run?

**Angela:** I don't know that I had really strong leadership skills going into this. I know that I had some, but this experience with Girls on the Run has truly helped me to grow. The strongest skills I have really come with my ability to relate to people. I think the greatest leaders are those who know their teams well.

**WiBN:** How did you hear about WiBN?

**Angela:** Various networking contacts

**WiBN:** What motivated you to join WiBN?

**Angela:** I wanted a chance to be a part of a wonderful group of professional women!

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