

# NEWSLETTER

*HAPPY SUMMER! We think this year, more than most, has us ready to be outdoors and relaxing. We hope each of you has a summer filled with fresh air, outdoor dining and plenty of sunshine. For us here, we are so excited to share our first Annual Summer of Health and Wellness with you. While we all should practice a little self-love daily, we cannot think of a better time to focus on ourselves. We hope to see you at some of our summer events and please feel free to share your tips for daily self-indulgence! We'd love to provide the members with as many ideas as we can throughout the summer months.*

*~ The NSSTA Women's Caucus*

## *Spotlight : Rebecca Howe – Prudential*

*Rebecca Howe, a relationship manager, has worked for Prudential since May 2018. Rebecca was eager to speak with us and looks forward to learning more about her fellow caucus members. Read on below and feel free to drop Rebecca an email at [Rebecca.Howe@Prudential.com](mailto:Rebecca.Howe@Prudential.com).*



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### *Contact Us:*

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**With 3 years' experience in this industry, what would you say is the single most useful thing you have learned?**

In my prior career I was mainly working on the retail side of the financial services industry providing wholesale support to financial advisors on managed money, variable annuities, mutual funds, ETF's, etc so I've had very limited experience when it comes to dealing with court systems, legal proceedings, and catastrophic injuries. I'd say the biggest thing I've learned is the importance of providing the end claimant/client

with an all encompassing financial plan aimed at helping him/her recover from a life changing event. The majority of my prior work was centered around retirement so learning about care plans and Medicare set aside accounts has truly helped me to see the importance of involving a structured settlement consultant on personal injury/workers' comp settlements.

**In the future, what changes might you like to see within the industry?**

I would love to see the consultant

force grow. We have such a great group of professional and knowledgeable consultants that I believe could mentor younger, inexperienced, newer consultants. I'd love to see representation at college job fairs as a recruiting method to obtain new talent and subsequently have a training program aimed at setting them up for success. We need to increase awareness of structured settlements and this is one way for us to do that.

**As we kick off our NSSTA Women's Caucus summer of health and wellness, tell us, how do you find the time for self-care? Any tips or**

### **best practices?**

I am very much into working out and doing crossfit style workouts. It makes me feel good and gives me the opportunity to see how far I can push myself and my body. After I had my son there just was no time for me to get myself to the gym so I built a home gym in my garage. Now I work out for one hour a day usually on my lunch break. I also use Sundays to prep as many meals as I can for the upcoming week. This helps me to stay on track with eating healthy meals without having to spend time each day preparing them.

### **Speaking of Summer, now that it is here, what do you have planned?**

I'm so excited for summer! It's my favorite time of the year. I have an inground pool in my backyard now so I plan on spending the majority of my time out there trying to get a nice suntan. Although I have a feeling I will be chasing my 16 month old around in lieu of lounging on a comfy lounge chair with a margarita in hand! I've also booked a mini kid-free vacation to Ocean City, Maryland in August with just my husband. Aside from that, I am very much looking forward to enjoying the beautiful weather with family and friends. 🌸

## *Book Nook*

The first Women's Caucus Book Club was a huge success with over 10 actively engaged participants! Burnout: The Secret to Unlocking the Stress Cycle gave us lots of information about how our body responds to stress and the best ways to deal with that stress. If you weren't able to join us in April, definitely check out the book on your own. You won't be disappointed!

Join us on June 24th to talk about our next book, The Confidence Code: The Science and Art of Self-Assurance – What Women Should Know. This book is full of great insight on how to boost our confidence in the workplace!

Participating in the Book Club is easy. Pick up your copy of The Confidence Code and add the next meeting to your calendar. Here are the meeting details:

What: NSSTA Women's Caucus Book Club meeting  
When: Thursday, June 24th at 7pm Eastern/4pm Pacific  
Where: Zoom Meeting Link | Meeting ID: 890 2418 7078 | Passcode: NSSTA

We look forward to reading with you!  
NSSTA Women's Caucus Book Club



## *Keeper of Secrets*

Ladies! We need your help! We are looking to expand our leadership team. Currently comprised of Paula Rubinstein, Christine Logan, Stefanie Jacobson Petit and Erin Eddy, we need an organized individual who is proficient in Microsoft Word, Google Docs and Excel, can take minutes during leadership zoom calls (approximately 2x per month) and the hardest part, keeping track and assisting to prioritize the countless new initiatives the caucus is planning to take on!

For additional information, please contact us at [womenscaucus@nssta.com](mailto:womenscaucus@nssta.com).



## *Who Runs the World?*

GIRLS! We would be remiss if we did not acknowledge the NSSTA annual meeting and the pride we felt when NSSTA's president, Michael Goodman, presented the President's Award to our very own Michelle Caine from Prudential. As Michelle was our board liaison and was instrumental in getting the Women's Caucus up and running, we wholeheartedly agree that Michelle was the right choice.

In addition, we want to thank each of YOU for your encouragement this year. The Women's Caucus leadership team was humbled and honored to receive this year's NSSTA BOD Leadership Award. It is because of your enthusiasm and support that we have been hard at work to provide content that is useful to you.

A HUGE thanks to NSSTA for supporting women in the workplace and for their support as we continue to build upon our foundation. Our goal is to continue to make the Women's Caucus a safe place where women can come to share ideas, learn, and lift each other up.

## *Update: NSSTA Board of Directors Liaison*

We are delighted to have Kerri Poe as our NSSTA BOD liaison. Kerri has been instrumental in supporting the Caucus as a member, a great facilitator for our Book Club, and a terrific resource for our health and wellness initiatives. With her assistance, you can bet there will be more great things in store for the Women's Caucus! 🌸



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## *Check it Out: Inspiration*

Love yourself first, and everything else falls in line.  
You really have to love yourself to get anything done in this world.

- Lucille Ball –  
American comedian, actress, model, studio executive and producer.

# *Summer of Wellness*

with the **NSSTA Women's Caucus**



### *Looking Ahead*

- **June 24th:** Book Club: *The Confidence Code: The Science and Art of Self-Assurance – What Women Should Know.*
- **June 29th:** Strength Finders Analysis
- **July 14th:** Meditation with Solnce Vera Ostrova
- **July 28th:** Meditation with Solnce Vera Ostrova
- **August:** Yoga for Everyone  
Book Club - Summer Edition



### *Get Involved*

- Book Club
- Mentorship Program
- Leadership Team