

15 years **of POLISHED**

2008
2023



POLISHED



**POLISHED GIVES WORKING WOMEN THE CONNECTION
THEY CRAVE, THE LEADERSHIP DEVELOPMENT THEY
DESERVE, AND THE GOSPEL THEY NEED.**

Beloved Polished Supporter,

It is with full hearts that we reach out to you in celebration of 15 extraordinary years of the Polished Network. Over these years, our mission to empower working women, nurture their leadership potential, and provide spiritual guidance has remained steadfast. And it is because of your unwavering support and active involvement that we have been able to create such a significant impact.

In honor of this milestone, we wanted to express our deepest gratitude by presenting you with a special gift. This thoughtfully curated collection is a reflection of our appreciation for your continued support and commitment to Polished. Within its pages, you will find uplifting articles, nostalgic Polished throwbacks, and special features that are sure to bring a smile to your face. It is through dedicated individuals like yourself that we are able to continue our mission of empowering, uplifting, and celebrating working women around the world. As we reflect on these remarkable 15 years, we are filled with excitement and anticipation for the future, and the positive impact we can create together.

With love,

THE POLISHED NETWORK TEAM



OUR MISSION

Polished *emboldens* women in their *faith* and *work*.

15

years ago,

just four years after Facebook launched (and many people were still using palm pilots), my friend Stephanie and I started to meet and pray. We were ambitious working women who loved Jesus more than anything. And we were desperate to find spaces in our full schedules to process the highs and lows of our jobs. And our personal lives. Both working full-time and attending seminary part-time, we had access to leadership training, Biblical training, and sound counseling. You know what was missing? Connections with our peers. Friendships that would stand the test of industry and position changes.



Relationships forged in the stress of busyness, but wouldn't become sorority-ish or exclusive and elitist. The relationships, the conversations we needed most needed to be dual-focused on Jesus, and our jobs. That's why we co-founded Polished; a place where working women are emboldened. A decade and a half later, I'm slack-jawed at God's faithfulness. His tender care for the women of Polished. The enduring ways he's made sacred space for us to meet, unite, and thrive.

I knew full well that Jesus loved women when we started Polished. The Scriptures were clear, women have always been working, contributing to Kingdom-work. But now, with some inevitable bumps in our journey as an organization, there's not one thing you could say that could persuade me otherwise: **Jesus emboldens working women.**

He ignites our passion for our marketplace goals. He's the one inspiring our initiatives at the office. He's the reason we give it all we've got. Why? He loves us. We are his dream come true. And so, in response to his ever-apparent love, Polished keeps reaching more women with the gospel. Keeps stirring affection for Christ's teachings. And we won't stop. We can't. To our core, we are Jesus-loving-mission-focused-get-stuff-done women. And we just got started.

There's more organizations and networks like Polished now and we couldn't be more pleased to see more resources to support working women. That's why we are linking arms, locking shields, and standing firm in our faith. All the while, we are doing so with a zealous passion to see Jesus lifted high.

I cannot predict the future. But I know without a shadow of a doubt, more women will experience the love of Christ and the joy of vocation because of Polished. Our future is bright because we are trailing the Light of the World.

Love,

Kat Armstrong

POLISHED CO-FOUNDER



Contributors



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Polished Network.



Felecia Wilson
2022 Boldly
Conference
Emcee & CEO of
ZoeComm

20
08

August 27, 2008
First meeting to establish a non-profit that would support working women of faith (original name "Merge").

October 2008
Name changed to "Polish"

20
10

April 27, 2010
First fundraiser at California Pizza Kitchen

September 23, 2010
First fashion show at Barney's New York at Northpark Mall in Dallas

Polished Through the Years



January 16-17, 2009
First Polish leadership retreat

February 3, 2009
First official board meeting/Bylaws signed.

May 13, 2009
First Polish Luncheon

June 2009
Polish website goes live

20
15

April 8, 2015
Launch of Austin Chapter

20
09

20
12

September 26, 2012
Launch of North Dallas Chapter

20
20

May 8, 2020
Officially changed name
from "Polish" to
"Polished"

20
16

September 28, 2016
Launch of the Fort Worth
Chapter

20
23

February 14, 2023
Launch of the Northwest
Arkansas Chapter

February 22, 2023
Launch of the Castle
Hills Chapter



March 5, 2019
Launch of Oklahoma
City Chapter – The first
chapter outside of Texas!

20
19

November 5, 2019
Launch of Lubbock
Chapter

September 14, 2021
Launch of Milwaukee
Chapter

20
18

November 3, 2018
Launch of Southern
Dallas Chapter

20
21

October 8, 2021
First Boldly Conference

are you polished?

AMY CEDRONE
POLISHED NETWORK
EXECUTIVE DIRECTOR

ARE YOU POLISHED? When you think about that word, what comes to mind? For me, I used to think about things that are shiny... my nails, precious stones, men's dress shoes. As far as polished women, I thought it meant perfect hair, designer clothes, a sister who seemingly had it all together. But, during my time on staff at the Polished Network, I've begun to think about the word, *polished*, differently.

The Polished Network emboldens women in their faith and work. It is bigger than simply empowering, equipping, or encouraging working women. Emboldening implies growing in our strengths and refining our rough spots. Have you ever polished a silver platter? When you do the polishing work, the silver reflects its true beauty, and damaging tarnish is removed. The silver is emboldened through the act of polishing to be what it was created for in the first place.

At Polished, that's what we do. We point working women to the Lord so that He can strengthen and refine us in our faith and work. He does that through His sanctifying, (or polishing), power, so that we can be who He created us to be as female leaders, creators, entrepreneurs, and team members. Being sanctified is being polished by God.

**Being *sanctified* is
being *polished*
by God.**



In John 17:15-18, Jesus says it this way, "My prayer is not that you take them out of the world but that you protect them from the evil one. They are not of the world, even as I am not of it. Sanctify them by the truth; your word is truth. As you sent me into the world, I have sent them into the world." Working women who know and love Jesus are sanctified by Him and then sent into the world, to their workplaces, to represent Christ in the way they live their lives and do their work.

And just as Jesus prayed, our focus is not just on believers, but on those who do not yet know the love of Jesus. In that same passage, Jesus goes on to say, "My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you." (John 17:20-21a). It's why we share the gospel at each and every Polished event. In our 15 years, we've estimated that the Polished Network has made over 15,000 gospel impressions to those who have visited our chapters!

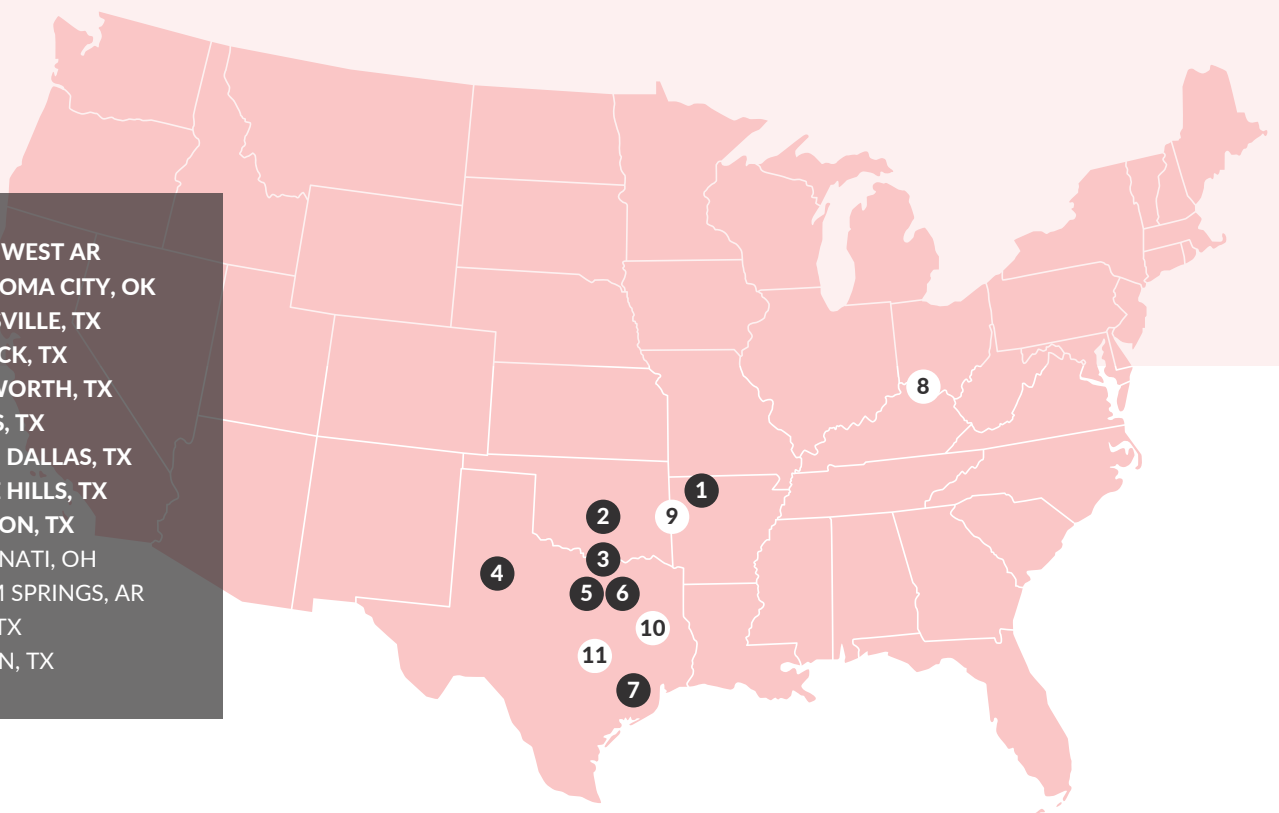
As God has polished our organization over these 15 years, we have grown a heart for collaboration. Professional women have been joining together, finding support in community, and growing their work and friendship networks. Not only that, but Polished has been able to join forces with other organizations serving working women to make an even greater impact for His kingdom. Women aren't just growing in their faith and work, they are growing in their faith and work together.

A polished woman is one who is being refined and strengthened, (or rather, emboldened), in her faith and work so that God can use her to do His redemptive and unifying work in His world. So, are you polished?

Our Chapters

(AND CHAPTERS COMING SOON!)

- 1 NORTHWEST AR
- 2 OKLAHOMA CITY, OK
- 3 GAINESVILLE, TX
- 4 LUBBOCK, TX
- 5 FORT WORTH, TX
- 6 DALLAS, TX
- 6 NORTH DALLAS, TX
- 6 CASTLE HILLS, TX
- 7 HOUSTON, TX
- 8 CINCINNATI, OH
- 9 SILOAM SPRINGS, AR
- 10 EAST TX
- 11 AUSTIN, TX



TIFFANIE N. LIMBRICK
NORTH DALLAS
CHAPTER DIRECTOR



Mentorship: Part of God's Community



HAVE YOU EVER NOTICED how rare it is to see a wildflower blooming alone? They grow in fields, sharing resources with one another and the surrounding ecosystem. Like wildflowers, God designed us to be in community, so we can build one another up and grow into a better likeness of his image. One form of intentional community is mentorship, which the apostle Paul modeled beautifully as he led the early Church. He was purposeful about nurturing his relationships with all the communities of believers he served. His letters to the churches exemplify mentorship in our careers, ministry, parenthood, and even marriage. Finding your own “Paul” may seem like a daunting task, but with some planning and intentionality, it can be done.

When seeking out a mentor, first ask yourself, “In what area of life am I seeking growth?” Finding an expert in all areas of life is rare, so don’t be afraid to seek more than one mentor. Take time to crystallize your goals for mentorship. If you seek a career mentor, in what area of your professional life do you most need direction – general growth, networking, changing fields? Knowing your specific goals will help you identify the best mentor for you. Once you know what you are looking for, you will be able to search in the right places. Mentors can be found among friends, colleagues,

professional acquaintances, and more. Do your research on potential mentors' experiences and skills to see if they align with your goals, and consider people from different ethnicities, genders, and backgrounds who will challenge your thinking and enrich the experience. Once you have someone in mind, it is time to make the ask!

Mentorships that develop organically are a gift - even these require intentionality to thrive - but few mentorships begin this way. Be courageous, even if it's someone you do not know, and reach out! Remember that most people love helping others. Make it easy for a potential mentor to say yes to a conversation by being clear about your intentions, giving them specific date and time options, and offering to coordinate logistics.

Once they say yes, follow through - make reservations, send a calendar invite, confirm the meeting, and come prepared. When it is time to meet, have an agenda: why you chose them, goals for the relationship, and questions about what they would want from the relationship will help you both determine if you are a good fit for one another. Take notes and remember to **MAKE IT OFFICIAL** by setting up the next meeting or even a regular schedule!

After the meeting, follow up with a thank you note and stay in touch! In addition to one-on-ones, find other ways to connect, such as sending interesting industry articles or attending networking events together.

Finally, and perhaps most importantly, pay it forward! Just as you need others to learn and grow, they need you and your gifts. **Become a mentor and help others bloom!**





sacred work secular workplace

PEGGY BODDE WRITER & LEADER

I RUN A FOUNDATION CALLED Sacred Work that equips Christian women in the marketplace for free. A podcast host recently asked me, “Given the name of your foundation, how can we show up as sacred if we don’t feel comfortable openly sharing our faith in secular workplaces?”

First, let’s talk about what openly sharing our faith may not include. It may not include praying with someone, making sure we mention “church” as a weekend activity, or quoting the Bible to a co-worker. Sometimes we put more effort into professing our faith than living it. God doesn’t live in a compartment labeled “sacred.” He lives in us, and we carry the sacredness that comes from Him everywhere we go, including the workplace. We openly share our faith in the workplace with every decision we make, the quality of work we produce, the words we speak, and how we treat our coworkers.

All of this is true because we’re followers of Christ. When we embody Him at work, we’re giving everyone around us a glimpse of who He is.

So, what does this look like on a typical workday? Here are three suggestions:

SHOW EXCELLENCE

Regardless of their beliefs, coworkers and employees will respect you if you're skilled at what you do. By maintaining a strong work ethic and a positive attitude, you build trust. When we bring our best to the table, we glorify God and—the respect we earn from the people we work with creates a solid foundation for relationship. Relationships open the door for us to share our faith.

BROKER HOPE

When a crisis hits the workplace, like COVID-19, it threatens the company's stability and distresses employees. As Christians, our responsibility is to face crises in a way that inspires hope and dispels fear. I guarantee your clients and co-workers will ask questions: "How are you staying so calm?" "Why aren't you upset?" "Why aren't you afraid?" These questions lead to meaningful conversations, which will inevitably point to the source of your hope.


LOVE FULLY

I realize there aren't a lot of career-development and business books that say, "Show your boss and co-workers you love them," but God clearly places a top priority on love. If a co-worker loses a loved one, pay your respects. Be mindful to welcome and help new employees. As you interact with others, offer encouragement, express gratitude, and listen. Champion and mentor other women. Love will set you apart.

Whatever work we do, wherever God has placed us, our Creator and spiritual identity moves with us, unchanged. I pray we would embrace the sacred inside us and allow it to shape how we act, speak, and engage with those God has entrusted us with in the workplace. The average person will spend over 90,000 hours at work over a lifetime. Let's use that time to make a difference.

**"In the same way, let your light
shine before others, that they
may see your good deeds and
glorify your Father in heaven."**

MATTHEW 5:16



**"The basis of
good mental
health is living
in *alignment*
with how God
created us."**

PHOEBE BARRON
OKLAHOMA CITY
CHAPTER

Laying Down *the* Mental Load

I CAN'T WATCH DISNEY'S ENCANTO WITHOUT CRYING. Different parts catch my attention each time, and I'm never fully prepared for how deeply it will speak to me. On a recent rewatch what I noticed the most was how busy all of the family was. Especially for those with the most "helpful" gifts. Louisa needs to help the village with their heavy lifting—always. Julieta (Mirabel's mom) is there to help others heal through her cooking—always. Dolores must have noise and secrets buzzing in her ears—always.

I think ambitious women might feel the same pressure Louisa sings about to always be available to help. I think ambitious Christian women might feel the pressure even more. The basis of good mental health is living in alignment with how God created us. One truth of how God created humans is that he made us with limits. When we try to live like we don't have limits on our time, energy, money, and mental bandwidth, our bodies and our emotions will revolt against our ambition to be like God in a way that only he can be: limitless.

Fatigue, anxiety, depression, and irritability can all feel like our bodies and emotions are betraying our life's mission. But what if they're really alerting us to our attempts to accomplish that mission in our own strength? What if instead of "overcoming" the symptoms listed above we listened to them? What if we took our bodies seriously when they remind us of our natural human limits?

Moving from "doing all the things" to living within my limits doesn't typically happen overnight. If you have the freedom to make huge cuts, do it! But for most of us, slow shifts are the lifeboat that will bring us back into alignment with our God-given design. **Here are some starting points:**



DON'T NEGLECT THE BASICS

Seriously!!! Good sleep, enough food, and hydration are the non-negotiable foundations to good mental health.



SILENCE & SOLITUDE

What moments can you start to reclaim for silence and solitude? Driving home without a podcast or music? Make your bedroom and bathroom a phone-free zone? Eat lunch by yourself a few times per week?

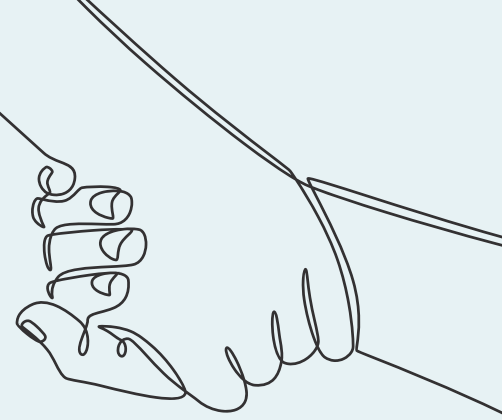


JUST SAY NO

The D.A.R.E. campaign of the '90's taught me to say no to drugs. What I didn't know as a teenager was that saying no to bad things is pretty easy. Saying no to the good, but not for right now, things is H.A.R.D. What are just a few things you keep saying yes to that don't actually align with your true priorities?

Don't let the whole house collapse before you start taking baby steps to align your life more with your design and your values. Lay down your load (a little at a time), live in the freedom of human limits, and **let God handle what was always, only his to take on.**

big news!



Women in the Marketplace has merged with the Polished Network!

Women in the Marketplace has joined forces with the Polished Network! Together, we are bolstering our efforts to embolden women in their *faith* and *work*.

After partnering in the execution of the Boldly Conference in 2022, it became clear that our vision for serving and supporting working women is distinctly aligned. Through a period of discernment, we settled into a shared confidence and excitement about the merging of our organizations. This means everyone we collectively serve now has access to a wider range of resources and support! As a unified, and now more robust, team, we remain committed to giving women the community they crave, the professional development they deserve, and the gospel they need.

CATHERINE GATES VICE PRESIDENT OF BUSINESS PARTNERSHIPS

As part of this merger, we joyfully welcome Catherine Gates to our team. She now serves as our Vice President of Business Partnerships. In this new role, Catherine is using her diverse business background and her strong network to connect us with new markets, businesses, and leaders. Under her direction, we are offering new partnerships and services to more working women. If you are a business leader who wants to see how you can partner with The Polished Network, we encourage you to reach out to her!





New partnership means more offerings!

Through our collaboration with Women in the Marketplace, Polished is now emboldening women in more ways than ever before! Offerings for working women:

- **Chapters** across the country
- **Online Resources**, including a library of Bible Studies and Professional Development Webinars
- **Collaboratories (new!)** – Modeled after highly effective executive peer groups, these cohorts are a powerful way for women to grow in leadership alongside other like-minded women with a faith-forward perspective. **(new!) Business Services** - We now offer training, content, and connections directly to businesses. We can customize a workshop for your team, connect you with potential employees who have a strong faith and work ethic, and provide guidance and content for creating and facilitating small groups in your workplace.
- **The Polished Podcast (coming soon!)** – We are relaunching our podcast! Get all the authentic conversation you love about Polished Chapters, plus the professional development you value from our webinars with the convenience of a podcast.

A FEW OF OUR

favorite things



AS FEATURED IN THE
POLISHED NEWSLETTER!



SHOP
HERE!

Dear Mushka

This beautiful, female-led brand pairs jewelry and accessories with Scripture so that God's words are always at the front of your mind and heart. Their pieces make incredible gifts! www.dearmushka.com

Buckner Intl. Period Poverty Campaign

It's difficult to fathom that many girls around the world don't have access to sanitary products. In some countries it's common for girls to stop going to school after starting their periods, because of lack of access to sanitary products. On International Women's Day, we join the efforts of Buckner International to support the education of girls in Kenya with the simple purchase of period products. pages.buckner.org/periodpoverty

GoodR Sunglasses

They're lightweight, they're polarized, they come in all the best designs, and best of all, they're only \$25. Get the perfect sunglasses for all your outdoor activities! www.goodr.com



The Storyline Project Bible Studies

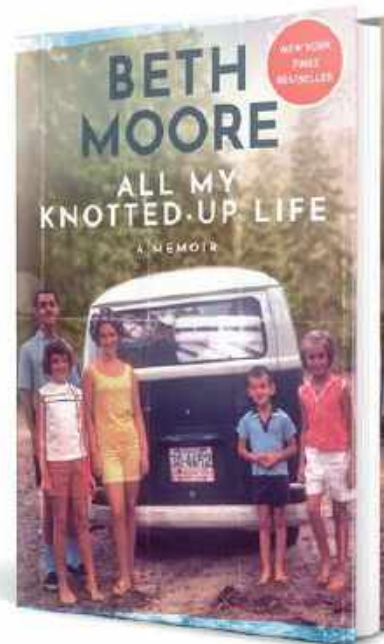
Our dear friend, Kat Armstrong, has released 6 Bible studies this year within her Storyline Project series. Together, *Mountains*, *Valleys*, *Sticks*, *Stones*, *Sinners*, and *Saints* create months of deep and encouraging content for an individual, church, or small group study.

www.thestorylineproject.com/studies

Beth Moore's Memoir

**ALL MY KNOTTED-UP LIFE
BY BETH MOORE**

If you've ever done one of her Bible studies, then you know she's a phenomenal teacher and storyteller. And if you follow her on social media, then you know she's hilarious. This beautiful memoir is made even better by her own narration on audiobook! Five Stars from The Polished Team!



If you loved these favorites, be sure to subscribe to our mailing list to have our fun, encouraging, and thought-provoking newsletter delivered to your email inbox once a month! We are always sure to include our favs, while also including articles from women like you in addition to fun facts, brief highlights, and more! We pack a lot into this easy and quick-to-read update. You might even say it's a favorite itself!

SIGN UP!



hope

LINDSEY WRIGHT
FREELANCE WRITER &
CONTRIBUTOR AT POLISHED

compels us

"Wait, *what?*"
"How did I
***not know this?*"**
"This wasn't even
***that long ago.*"**



My heart beats faster with each page I turn. Historical fiction, written by women, unveiling unspeakable realities from just 100 years ago. My blood boils as I read a detailed account of a woman who was forced into an asylum for expressing views that differed from her husband. An outspoken wife didn't fit his professional agenda, so he had her committed. Which was unquestioned, because at that time, women could be detained in insane asylums without investigation, a trial, or even a diagnosis.

I swivel slightly in my chair as I chat with my friend who sits in the matching seat next to me. We sip on coffee and peel back the layers of questions, doubts, and curiosity related to our faith. It feels good to be heard without judgment. It feels good to hear her vocalize things in a way I hadn't considered. I feel grateful for a friend who offers safety, depth, and openness. But it's not just her. This conversation is ongoing with my husband, too. And he offers not just acceptance, but engagement. The sharing of our thoughts – even when different – connects us, challenges us, and causes us to practice understanding differing perspectives. With him, I am free to be my whole self, uncovering and emerging with each passing year.

My heart rate speeds up again as I fold laundry while the audiobook streaming through my Beats tells me the story of a black woman whose cervical cancer cells were harvested without her consent. She died without the dignity of knowing her full diagnosis. Without knowing that cells from her body had been taken and would be replicated in labs a million times over. Without recognition as the person from whom the cells, which the global medical community has come to know simply as HeLa Cells, first originated. And while their mother's cells were used to advance medical research, her own children did not even have health insurance.

I show up to the gynecologist 15 minutes early for my annual exam. I fill out the same forms I complete every year, giving consent without hesitation. I'm kindly led back to the exam room where I'm informed of exactly what will happen. As much as is possible at an annual cervical exam, my comfort is considered. When a small tissue mass is found, my doctor sits with me to share the research, her thoughts, and answer the onslaught of questions I nervously ask before I give consent to remove what turns out to be a benign polyp. I leave the appointment feeling a little unnerved, but also reassured and empowered in my own agency.

I've recently read a handful of books that have textured my understanding of women's rights throughout history. *The Woman They Could Not Silence* showed me the terror of living in an era where women had almost no rights – just over 100 years ago. *The House of Eve* showed me behind the curtain of forced, closed adoptions – just 70 years ago. *The Immortal Life of Henrietta Lacks* showed me the lack of informed consent and the dehumanization of POC – just 70 years ago. And *Take My Hand* showed me the horrific trauma of the eugenic sterilization of minor girls of color – just 50 years ago.

At times I see the inequity, the blatant sexism, and the unspoken gender roles that still exist and feel ... hopeless. I wonder how – or if – anything will ever change. But this year, the conglomeration of these books has invited me to look back and see how far we've come. And while painful, it's also shown me that we **have** made progress. And logic tells me that if we've made progress over the last 100 years, then we can continue to make progress over the next 100.

Our history, however long or short, doesn't just tell a story. It shows us that things can change. It offers hope. And hope is what compels us to keep going. So we continue on, believing that each step of emboldened faith is a step in this long journey towards the new Kingdom that we are co-creating with God every day.

#create

FELECEIA WILSON

2022 BOLDLY CONFERENCE
EMCEE & CEO OF ZOECOMM

CREATIVES GET A BAD RAP. I have identified with the right side of my brain since the time I picked up a French horn when I was about 11 years old. It was love at the first buzz of the lips. My mom would assert my artistic claim to fame from my first Easter speech at St. Paul Missionary Baptist Church in Sunny South Dallas. I was 6-years-old when I so eloquently recited not just John 3:16, but also verse 17.

"For God sent not His son into the world to condemn the world, but that the world thru Him might be saved."



See. I still got it. That, ladies and gentlemen, was apparently life shifting. Almost 30 years later and my mom still gets a solid giggle from that memory. Surely she knew long before I did that I'd be clumped with the people that would never quite fit in; that would either be among the mega famous or land amongst the band of right brainers who wander the world aimlessly searching for meaning thru art and aesthetics, emotion and expression, verses 16 and 17.

In an effort to curb my inevitable fate, my dad, during the first semester of college, not only encouraged me, but flat out TOLD me to get some additional, more stable, education. "You can do musical theater," he said. "But do something else, too." It was a wise move. Though only just a little over a decade ago, accepting 'creatives' as active, contributing members of society was not a norm outside of a stage or a movie screen or a classroom. My options, if only a degreed performer, were Broadway, teach, or die. That's a little dramatic, but I can't help myself. Obviously.

I made it my duty, against my intuition, to meld into the normalcy of expectations while still being often called upon to do a jig [yes a jig, not a gig] every once in a while.

**I can *sing*. I can *dance*.
I can *act*. I can *design*.
I can shoot a solid picture.
I make stuff *look pretty* and
make people *feel happy*.
I'm a straight up,
natural-born *entertainer*.**

You see, for a long time, people have assumed that creatives were put on the planet for their enjoyment and entertainment, not for their ability to look outside the square to find abstract solutions to complicated problems. Nor for their ability to craft a meaningful, connected narrative off the top of their head at 3am. Nor for their ability to transport the soul outside the complications of life's difficulties thru song and movement. Nor for their ability to communicate the heart of a person thru fabric and garment. Nor for their ability to problem solve and translate human emotion thru a painting or digital design. Nor for their ability to see, acknowledge, and build the layers necessary to create a complicated masterpiece on canvas or thru conversation.

No. We tap dance for you – because what is abstract is uncomfortable, what is layered is complicated, what is foreign is awkward to the point of abandonment. The very place we thrive is the same place most folks dare not enter. And for that reason, we are often not even invited to the table.

The master Creator himself gave us two sides of the brain for great reason, and He gave the world creatives to see beyond what is right in front of us. During these very complicated times in our nation's history, invite a 'creative' to the table. They were made for more than the stage. They were created to find and communicate beauty in the chaos. And couldn't we all use a little more of that right now?



Change Your Self-Talk

PAMELA FLORES
EXECUTIVE COACH &
BOLDLY SPEAKER

YOU'RE AT THE OFFICE and you just got an email from your boss saying there is a mistake in a report you sent in. You'd checked it twice, but somehow missed it...what do you say to yourself? (After the cuss words if there were any) Maybe something like... "You idiot! How could you miss such an easy thing!" (I like to call these the "oh cr*p" moments).

The way we talk to ourselves matters so much. It's the voice we listen to the most and tends to be a reflection of what we believe to be true about ourselves. Most leaders have an overly critical judge that has been riding them hard for years.



It's helped them succeed by pushing them relentlessly and not giving any grace. Fortunately or unfortunately, it's not sustainable long term and it leads to burnout. However, you can help change the voice in your head to be much kinder and still be a rockstar. Imagine if you treated yourself as well as you treated your best client. How much more performance would you get out of yourself?

Changing the voice of the judge (or gremlins, as Brene Brown calls them) requires repeated vulnerable connections with safe/trusted people. When you share your self-judgment with others, you give them an opportunity to share their love and acceptance and "same here" stories. The more you do this, the more you'll internalize these new messages of acceptance and the easier it will be to recall them.

What I've seen in my own life is that as I've intentionally worked on this, whenever my "oh cr*p" moments activate my judge, soon after, I start recalling the accepting and grace-filled messages from my coach, husband, and tribe. The first time this happened, I was pleasantly shocked! I am now able to get back to whatever I was working on much faster and with a clear mind, and not let those moments derail my whole day or even week. Listen to your self-talk next time you have one of those moments, and treat yourself like the valuable asset you are.

BOLDLY

FAITH + WORK FOR WOMEN



CINDY MONROE



DENISE LEE YOHN



DR. HANNAH STOLZE



JENN JETT BARRETT



JO SAXTON



DR. JOANN HUMMEL



KAT ARMSTRONG



MEGAN ALEXANDER



MINDY LAWHORNE



TRACY MATHEWS

**PLUS
MANY
MORE
BREAKOUT
SPEAKERS!**

OCTOBER 20, 2023 IN DALLAS, TX

You've been to work conferences. You've been to women's conferences. But you've never been to Boldly. Boldly is the conference for women who are driven in work and anchored in faith. At this annual gathering, the divide between sacred and secular is fiercely dismantled and women are encouraged to see their work as a vital part of God's story. Because your work matters. And we believe that when faithful, working women unite, the result is a generation of women boldly partnering with God to see His Kingdom come.

SCAN ME AND



REGISTER TODAY!

www.boldlyconference.com

Thank you.

DR. GLENN KREIDER

We've never met a more committed champion of women. A respected DTS professor, Dr. Kreider has a heart for everyone to know the love of God. He constantly tells us that he sees Polished as his own daughter – and it shows. Dr. Kreider has faithfully supported Polished as a donor and board member since the very beginning. We couldn't be more grateful for your support, Glenn! Brothers like you give us hope that our work, as women, really does matter.

KAT ARMSTRONG

What can we say? We truly would not be here if it weren't for this wonder woman. Co-founder of Polished, she's never left her role as visionary, advocate, and participant in all things Polished. Thank you, Kat, for your unrelenting belief in our vision to embolden women in faith and work. You continue to not only co-labor alongside us, but also blaze the trail for a bold, humble, and profound Kingdom impact.

FORMER & CURRENT BOARD MEMBERS

As an organization, we truly rely on the input, perspective, and advocacy of our board members. To all who have served on our board over the past 15 years, THANK YOU. Every email, every meeting, every dollar, every connection, every consultation – it's all helped us to get to where we are today and we are beyond grateful.

DONORS & SPONSORS

As a 501(c)3, we are dependent upon the generosity of our sponsors and donors. To all the individuals, businesses, and churches who have commissioned your dollars to the work of emboldening women in faith and work, THANK YOU. We would not be able to do the work we do without your generosity.



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