

April 2018 Newsletter

We are working on the schedule for the rest of the year and the WIT luncheon at PASS Summit. Be sure to check out the sessions we have in store for the next few months from Julie Koesmarno, Melissa Connors, Angela Tidwell, and Bobbi-Jo Brighton. We have a mix of technical and non-technical presentations, so be sure to check them out.

If you have not yet registered for PASS Summit, be sure to use group's discount code, **VGDIS0T09**, to save \$150.

One of the main goals of this group is to help women in our community become speakers at events like SQLSaturday and PASS Summit. Being a frequent speaker has so many benefits to your career. Who knows, you may even become an MVP some day! As women, we are working hard every day; we have so much knowledge to share with the community. Please reach out to us (witvc@sqlpass.org) if you ever want to talk about how to get started as a speaker or technical writer.

Each month we feature an experienced blogger, and this month it is [Melissa Connors](#). Melissa is a Special Projects Lead for our sponsor, SentryOne.

Interested in starting your own blog? We can help get you started. Just send us a note at witvc@sqlpass.org.

Once again, we would like to thank our sponsors for supporting our group. They provide funds that make virtual groups possible. We also award a gift certificate at each webinar to one lucky attendee thanks to the funds provided.



Join Grant Fritchey ([@GFritchey](#)), Steve Jones ([@wayOutwest](#)), and Kathi Kellenberger ([@auntkathi](#)) for Redgate's [SQL in the City Streamed](#) on June 20th.



SentryOne is hosting [Performance Troubleshooting Using Wait Statistics](#) with Paul Randal.

--Rie and Kathi

Why We SOUND Weaker

By Bobbi-Jo Brighton, CST, LCI

One question I always get from women professionals is how to be heard. Now of course, that question relates to how to gain respect and be taken seriously, yet today, I'm going to address the issue of being heard differently...

Unknown to most of us is the physical difference in how men and women speak. Since early childhood, many women have learned to soften our voices by using less breath. This is a learned behavior and one that can be easily corrected.

When you were a young girl, you started speaking your words from the top of your full breath. That probably changed over the years. Read on for the differences between men and women and their use of breath and voice as well as what you can do today to get your full voice back.

MEN:

Basically, when a man speaks, he speaks from the top of his breath.

Practice: Take a full breath, then start talking.

It probably feels uncomfortable, unusual, unfamiliar to do this, right? And you can probably feel, hear how much more powerful, stronger your voice is. Scary, huh?

For men, their normal way of breath and voice projects the male societal image of power, strength, masculinity.

WOMEN:

In many a woman's subconscious effort to fit the societal norm of what a woman should be, women have unknowing learned to lower, soften their voices. This helps us fit the model of being softer, caring, feminine.

Thus, a woman typically exhales first, then starts speaking.

Practice: Take a full breath, exhale part way, then start speaking.

Chances are, you'll notice this is more normal for you. Your voice sounds familiar to you and this is what others hear. Unfortunately, this practice of exhaling before speaking reduces a woman's ability to project confidence, conviction and assuredness.

Bottom line... **We SOUND weaker.**

YOUR VOICE PRACTICE:

Projecting your voice... speaking with more power, confidence, authority... can simply be accomplished by learning how to speak from the top of your breath. You can practice this on your own.

Not rocket science... simply awareness and practice, practice, practice.

Go a step further by working with a voice coach to regain use of your full breath when speaking. This is similar to what singers, actors, politicians, corporate leaders, and professional speakers do for their performance environments on stage.

Give this one a try and let me know what you found with your own voice. Are you exhaling first, then speaking?

Mental Toughness coach, Bobbi-Jo Brighton, CST, LCI, dispels the confusion and guides women professionals on HOW to get unstuck and out of their own way to build confidence and live boldly, authentically, purposefully. www.Boldful.Life, 570-332-5889

Great Links

We are always looking for input from our members. Please drop us a line at witvc@sqlpass.org if you have something you would like to share, would like to write an article for the newsletter, or if you would like to present a webinar. We are looking for any topic that would be interesting to the WIT group and data platform topics presented by women. This is a great way to get experience as a speaker.

[The Confidence Gap](#)

[WIT and the SQL Server Community](#)

Webinar Schedule

Date	Session	Speaker
May 1, 2018	Index Design Patterns for Beginners (DBA Fundamentals group)	Kendra Little
May 10, 2018	Boost Your Analytics with Machine Learning for SQL Nerds	Julie Koesmarno
May 19, 2018	Boost Your Analytics with Machine Learning for SQL Nerds	Julie Koesmarno
Jun 5, 2018	Not So Secret: Get to Know SQL Server Agent (DBA Fundamentals group)	Jes Borland
Jun 6, 2018	To Compress or Decompress – That is this session Sponsored by SentryOne	Melissa Connors
Jun 10, 2018	Becoming the Most Valuable Player: Soft Skills for the Hard Market	Angela Tidwell
Jun 13, 2018	How Keys & Included Columns Work (Data Architecture group)	Kendra Little
Aug 14, 2018	Women’s Mental Toughness in the Tech Industry	Bobbi-Jo Brighton
Aug 21, 2018	Beginning Admin: The Care and Feeding of SQL Server DBA Fundamentals	Jen McCown

SQL Saturdays

Event	Location	Date	Session Title	Presenter
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SQL Saturday #720	Albuquerque	5-5-2018	Top 5 SQL Server Mistakes	Kathi Kellenberger
SQL Saturday #720	Albuquerque	5-5-2018	Killing Cursors	Cyndi Johnson
SQL Saturday #720	Albuquerque	5-5-2018	The Power of Data: The Complete Beginners Data Warehouse Kit	Leslie Andrews
SQL Saturday #720	Albuquerque	5-5-2018	Hi, my name is Powershell, let's be friends! An Intro to PoSH	Amy Herold
SQL Saturday #720	Albuquerque	5-5-2018	Performance Tuning for Salary Negotiations	Je'Anna Lanza-Abbot
QL Saturday #720	Albuquerque	5-5-2018	Challenges & Opportunities in Creating Accessible Power BI Reports	Meagan Longoria
SQL Saturday #720	Albuquerque	5-5-2018	Source Control and Database Projects - Just Do It	Leslie Weed
SQL Saturday #720	Albuquerque	5-5-2018	Introduction to T-SQL Windowing Functions	Kathi Kellenberger
SQL Saturday #710	Edmonton	5-5-2018	Azure Data Catalog – Turning Unused Assets into Usable Knowledge	Melody Zacharias
SQL Saturday #710	Edmonton	5-5-2018	Automated tests in your database: tSQLt	Janice Gerbrandt
SQL Saturday #710	Edmonton	5-5-2018	Confidence: The fuel for action	Melody Zacharias
SQL Saturday #759	Jacksonville	5-5-2018	HiHo! HiHo! SQL Server on Linux, We Go!	Janis Griffin
SQL Saturday #759	Jacksonville	5-5-2018	SQL Server Analysis Services for the DBA	Shabnam Watson
SQL Saturday #759	Jacksonville	5-5-2018	Harassment Bystander's Guide to Action	Cindy Chapman

SQL Saturday #759	Jacksonville	5-5-2018	What's New in the 2017 Query Store	Janis Griffin
SQL Saturday #759	Jacksonville	5-5-2018	Discovering SSRS 2016 in Azure: Dataset to Deployment	Susan Schneider
SQL Saturday #715	Belo Horizonte	5-19-2018	Arquitetura e Processamento de Dados em Tempo Real	Viviane Ribeiro
SQL Saturday #715	Belo Horizonte	5-19-2018	Mulheres na TI - Desafios, medos e receios!	Suellen Moraes, Raiane Lins
SQL Saturday #715	Belo Horizonte	5-19-2018	Análise de Dados no Power BI	Karine Lago
SQL Saturday #734	Dallas	5-19-2018	Essential Linux for the SQL Server DBA	Kellyn Pot'Vin-Gorman
SQL Saturday #734	Dallas	5-19-2018	Becoming the MVP: Soft Skills for the Hard Market	Angela Tidwell
SQL Saturday #734	Dallas	5-19-2018	Beginning Admin: The Care and Feeding of SQL Server	Jennifer McCown
SQL Saturday #734	Dallas	5-19-2018	Performance Tuning for Salary Negotiations	Je'Anna Lanza-Abbott
SQL Saturday #734	Dallas	5-19-2018	Troubleshooting SQL Server Performance	Stacy Gray
SQL Saturday #734	Dallas	5-19-2018	Intro to Query Store	Tracy Boggiano
SQL Saturday #733	Atlanta	5-19-2018	Becoming Moused - How you can apply Disney Leadership to your Data Teams	Hilary Wilkie

SQL Saturday #733	Atlanta	5-19-2018	Data Types Do Matter	Angela Henry
SQL Saturday #733	Atlanta	5-19-2018	Creating your Vision	Karlyn LeBlanc
SQL Saturday #733	Atlanta	5-19-2018	You're Stuck with Crappy Hardware, Now What?	Monica Rathbun
SQL Saturday #733	Atlanta	5-19-2018	Mom Rules for Managing Enterprise Database Environments	Marsha Pierce
SQL Saturday #733	Atlanta	5-19-2018	Why am I able to master several technology languages but I struggle in my own business language?	Karen Nelson
SQL Saturday #733	Atlanta	5-19-2018	Dynamic Data Flows in SSIS without Programming	Diane Schuster
SQL Saturday #733	Atlanta	5-19-2018	Well, actually... How to not be THAT guy in IT	Rie Irish
SQL Saturday #733	Atlanta	5-19-2018	How to win Dev and influence QA	Elizabeth Noble
SQL Saturday #733	Atlanta	5-19-2018	T-SQL Window Function Performance	Kathi Kellenberger
SQL Saturday #733	Atlanta	5-19-2018	Azure Data Lake for First Time Swimmers	Samara Soucy
SQL Saturday #733	Atlanta	5-19-2018	Manipulating SharePoint Data in Power BI	Theresa Eller
SQL Saturday #716	New York City	5-19-2018	What's New in the 2017 Query Store	Janis Griffin
SQL Saturday #716	New York City	5-19-2018	Azure Data Factory V2-ELT, ETL on Cloud	Linda Zhang

