

# EXCEPTIONAL WOMEN AWARDEES NEWSLETTER

BY LARRAINE SEGIL

February 11, 2022

*Featuring:*

*Amy Towner, CEO*

*Health Care Foundation for  
Ventura County*



Amidst the Great Resignation, we are seeing Americans chart all kinds of new career paths. No stranger to the road less traveled is **Amy Towner**, CEO of the Health Care Foundation for Ventura County.

From successful entrepreneur at 23, to stay-at-home mom for 15 years and now the CEO of a healthcare non-profit organization, Amy is living proof that life is rarely a straight path.

Amy is also an Exceptional Woman Awardee (EWA), an honor bestowed by the EWA Foundation ([exceptionalwomenawardees.com](http://exceptionalwomenawardees.com)). I created the EWA Foundation to provide mentorship and to create a community for women

executives. With each edition of this newsletter, I'll showcase one of the EWA members and the lessons each have learned along their unique journey.

Here's some key advice from Amy on how to navigate down a winding career road:

**Stay plugged in and sharpen your skills.**

"Keep up on current events locally, nationally, and globally. Sharpen all your technological skills so you can stay relevant and current. For example, when I was raising my children, I became a PTA member and ultimately PTA President, where I utilized various software programs and apps. I encouraged the other members to join me in honing their technological, governance, and public speaking skills."

**Reconnect with your passions.**

"As I look back upon my journey, the one thing that stands true across the continuum is that I was passionate about what I was doing."

"When I moved to our community, I sought high-quality healthcare for my family. I discovered a robust teaching county healthcare system and immediately knew I wanted to give back to the amazing people and institution. For many years, I volunteered and raised money to support their mission with passion. When I was re-entering the job market outside the home, healthcare leadership approached me to create a public benefit, non-profit organization to exclusively support them. It was because of my passion that this opportunity was extended to me and has been wildly successful."

**Stay networked with good and mission-minded people.**

"At the beginning of the pandemic, I called on a great organization, World Central Kitchen, who showed up at Ventura County hospitals within three days and provided thousands of meals for our healthcare workers. We took that powerful partnership to the next level when I asked World Central Kitchen to not only provide meals but also teach our local restaurants how to prepare food safely. And so, they pivoted their operation, went out, engaged our local restaurants and our caterers and other wonderful, amazing local businesses, and taught them the best infection control practices when preparing food during a pandemic."

"And this is really what health is all about. It's not just healthcare we're delivering in the hospital, but it's the overall health and wellness of our entire community."

I love how Amy has taken her career in different directions, and her journey helps us remember that **there is no one way to success**. So go out and forge your own path; each step will help you learn and grow!

Amy has lots more insights to share. [Watch the entire program featuring her](#) on our YouTube channel.

And I'd love to have you join our next EWA LinkedIn Live program coming up soon. You'll meet more Exceptional Women Awardees and business thought leaders.

Until next time,

*Lorraine*

Founder, Chair, & CEO  
Exceptional Women Awardees Foundation

## Follow the Exceptional Women Awardees Foundation



EWA | 1880 Century Park East, Suite 200, 1880 Century Park East, Suite ,  
Los Angeles, CA 90067

[Unsubscribe ldsegil@gmail.com](#)

[Update Profile](#) | [About Constant Contact](#)

Sent by [ldsegil@gmail.com](mailto:ldsegil@gmail.com) in collaboration  
with



Try email marketing for free today!