

Women in Business Council

WIBC Body Meeting #3

2/24

wibc.

Emilie Blanchard



“I couldn’t be more excited to share a little bit about myself and my love of fresh, “real” food with you.

I really came to understand the importance of “food body connection” during my 5-year stint living in New York City post college. There I worked as a full-time trainer and dabbled in broadcast news & lifestyle modeling. In both industries, true health, not just being thin, mattered. It brought me so much joy to help people understand the power of “eating the rainbow” and the positive impact it can have on their life, both mental and physical.

After getting married in 2017 I left New York City and moved back to Columbia, SC with my husband. I had absolutely no idea what career path I wanted to take, but knew I wanted it to revolve around helping people, primarily through food. I started my food Instagram account first, in an effort to help create a forum where all my recipes could live in one place, and to make it easier for friends and family to find. I had no intention of making it anything other than that.

After only a few posts, a mother who lived close by asked for my help in steering her family towards a “healthy” lifestyle by preparing a few weekly meals for them. Through solely word of mouth and the power of social media, within a few short months I was cooking for up to 20 families out of my home.

In September 2018, our first storefront in Columbia, SC was born.

It has been an absolute dream being able to live out my passions and call it “work.” I truly believe once you teach your body to love real food it will not crave much else, and that is what I love helping people discover most!”

Structure- Points System

- New Members
 - Must obtain 16 points AND attend 4 out of 5 of the WIBternship meetings (Case Comp cannot be missed)
 - 4 of those general points must be from WIBternship exclusive social events
- Returning Members
 - Must obtain 16 points
- All Members
 - Free t-shirt at 16 points
 - Top 3 point earners will receive a gift card at the end of the semester

Next WIBternship

Next Tuesday **March 3, 2026**

Time & Location: 7:30 at Currell 107

Meeting Content: Involvement Panel, LinkedIn, & Headshots **Bring a Laptop**

Dress code: Business casual (professional if you want a headshot)

Also join us at craft night! [Worth 2 social points!](#)

Thursday **March 5, 2026**

Time & Location: 6:30-8:30 in Russell

Dress code: Casual

Outreach

Donation Drive Showdown versus Women in Healthcare Council

- All proceeds will go to Sistercare located in Cayce
- Starting the **14th of March** and lasting for 2 weeks (ending the 28th)
- Information on how donations will be gathered will be sent in the GroupMe. You can also send proof of donation via Amazon their wishlist



SISTERCARE

Jenny Pantoni

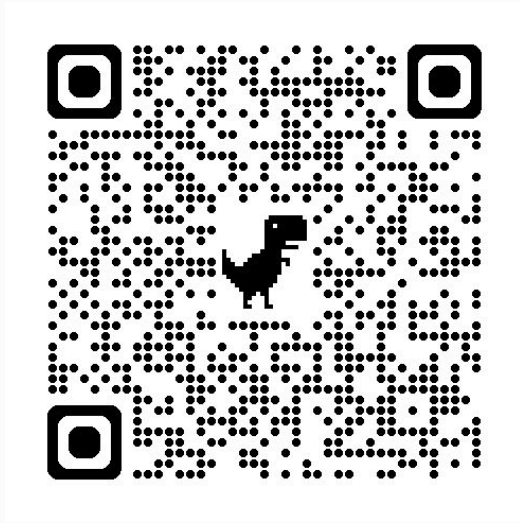
630-824-7835

jpantoni@email.sc.edu

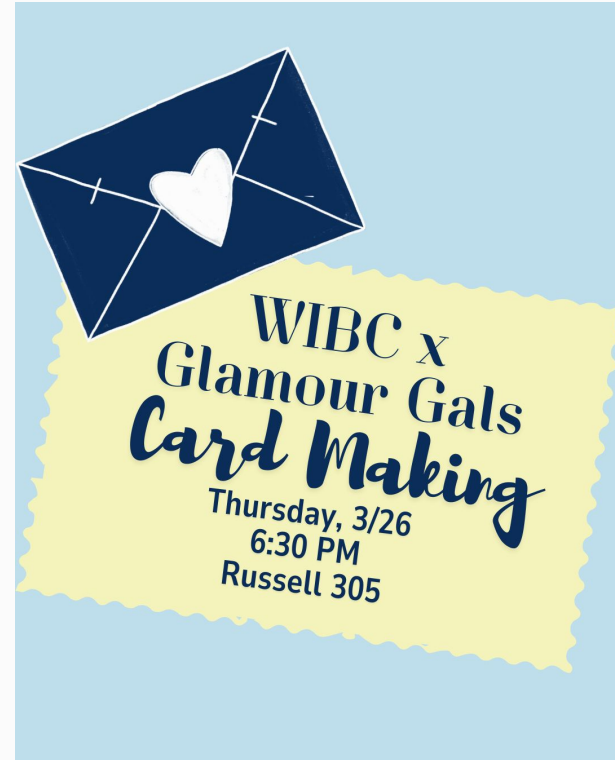
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Outreach/R&R

GlamourGals x WIBC Collab



Jenny Pantoni
630-824-7835
jpantoni@email.sc.edu



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Mentorship



Upcoming Event: Paint & Sip

March 18th at 7 PM

Sign ups will come out next week and I'll send out another reminder over spring break!

Make sure to fill out the form in the email when you meet with your mentee/mentor!

Conference

2026 Conference This Saturday!

Date: Saturday, February 28th

Time: 9 AM - 4 PM

Location: Darla Moore School of Business

Dress Code: Business Professional

- ✦ Keynote speakers & expert panels
- ✦ Networking session with recruiters from top companies
- ✦ Interactive professional development workshop
- ✦ FREE professional headshots and marketplace vendors
- ✦ FREE goodie bags and more!

**Earn 3 WIBC points for attending!
FREE for all USC Students!!**

Follow our IG
[@uscwibconference](https://www.instagram.com/uscwibconference)
for more updates!

LESS THAN 20
TICKETS LEFT!



Conference

Post-Conference Rooftop Networking Hour!

- Immediately following the conference (4:15-5:30 PM)
- Exclusive opportunity to talk with speakers 1:1!
- Location: Darla Rooftop Pavilion Room 511
- Come and go as your schedule allows
- Light bites + mocktails provided
- Limited capacity (~100 guests)

Interest Form
QR Code!

A vertical poster with a background of horizontal blue and white stripes. At the top, a white semi-circular shape contains the text 'JOIN US FOR' in a small, blue, sans-serif font, followed by 'Post-Conference Rooftop' in a large, elegant, blue cursive script. Below this, the words 'NETWORKING HOUR' are written in a large, bold, blue, all-caps serif font. Underneath, the time '4:15 PM - 5:30 PM' and the date 'FEBRUARY 28' are displayed in a blue, all-caps serif font. At the bottom, three lines of smaller blue text provide details: 'Immediately following the 2026 WIBC Conference', 'Exclusive speaker networking. Limited capacity.', and 'Mocktails and light bites provided.' The very bottom line reads 'DARLA ROOFTOP PAVILLION ROOM 511' in a blue, all-caps sans-serif font.

JOIN US FOR
*Post-Conference
Rooftop*
**NETWORKING
HOUR**
4:15 PM - 5:30 PM
FEBRUARY 28
Immediately following the 2026 WIBC Conference
Exclusive speaker networking. Limited capacity.
Mocktails and light bites provided.
DARLA ROOFTOP PAVILLION ROOM 511

Next Body Meeting

Next Body Meeting— Tuesday March 17th, 7:30-8:30pm on zoom

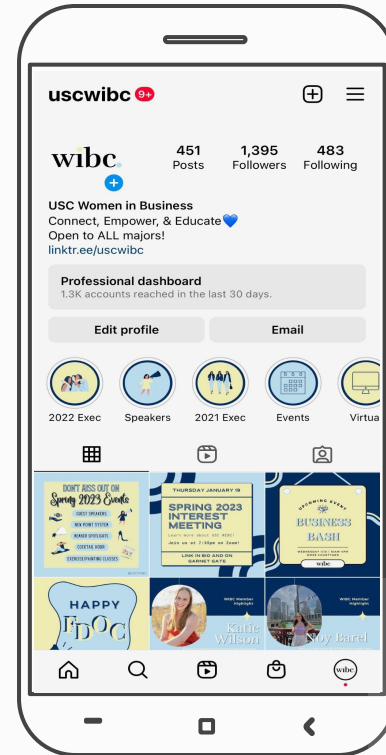
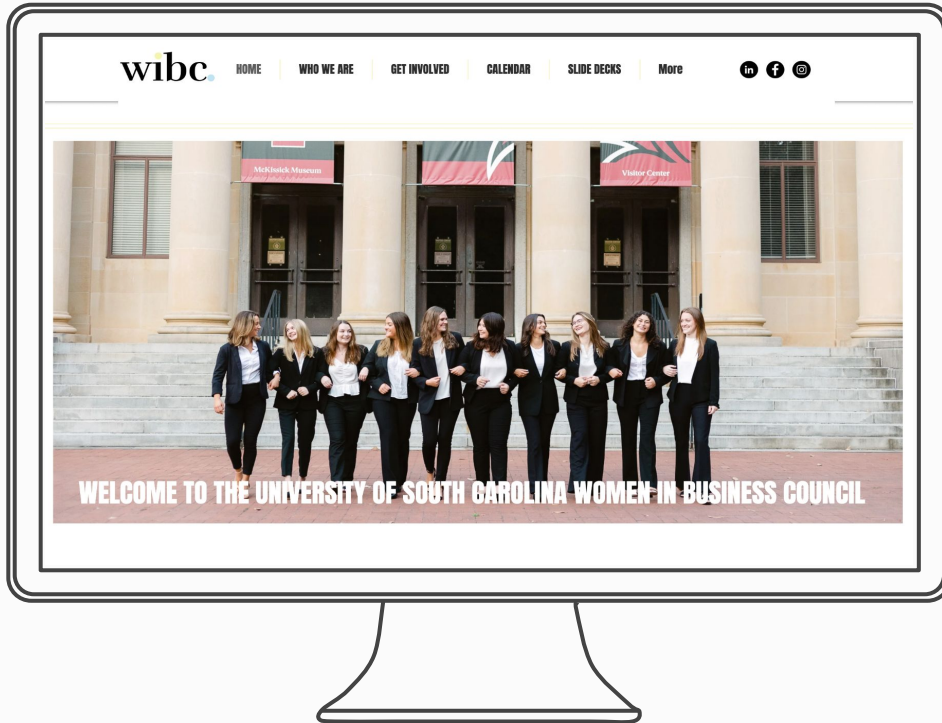
Speaker: Tiffany McMillan (LPL Financial)

Reminders: Out of respect for our speakers, please remember to dress appropriately on virtual meetings and keep your cameras on. It is also recommended to not be visibly in bed, eating, on your phone, or doing anything else that may be considered disrespectful. Thank you!

Where to Find Information

uscwibc.com

@uscwibc



wibc.

Attendance



Thank you!