



From investing in the corporate world to investing in yourself, here is just one of the many inspiring stories of a Verity Member who credits the Club with her life satisfaction and success. Take five minutes to discover the riches of investing in yourself.

It Started at Verity...

5 Minutes with Deborah Rosati, Co-Founder of Women Get On Board

As a Corporate Director and Chair of the Audit Committee for Sears Canada and Co-Founder of Women Get On Board, Deborah Rosati has earned her place on WXN's Top 100 Canada's Most Powerful Women in the corporate director category. Making Deborah a woman we all want to know more about and for good reason.

We sat down with Deborah as she revealed how her simple decision to invest in herself and others has been her underlying success in the corporate world.

VERITY: Describe what you do in less than 140 characters.

DEBORAH: I am a senior Corporate Director that connects, promotes and empowers women to serve on boards.

VERITY: What two things do you wish someone had told you when you first started your career?

DEBORAH:

1. Invest in yourself. Women have husbands, and children and jobs and they don't invest in themselves early on.
2. Don't be afraid to ask for help.



VERITY: Between corporate board meetings and directing your own business, how do you find the time for yourself?

DEBORAH: I have made time with the help of Verity. Verity gives me that 'me time' I never had before. It has become my sanctuary where I feed my mind, body and soul. Giving me the time to not only focus on myself and wellness but also providing me with a space to focus on my work and connect with like-minded women.

Now, I am able to start my day with a workout, and if I have an important event, I get my hair blown dry, right in the spa. Afterwards, I can meet with a client in the Members' Lounge for breakfast, get some work done at a work station, then off to hold a Women Get on Board workshop in a Verity meeting room. Sometimes, at the end of my day, I even treat myself to a massage in the spa.

As you can tell, I am passionate about Verity. It makes me whole.

VERITY: What has been the greatest career benefit of investing in a Verity Membership?

DEBORAH: The community of support under one roof. We are all busy women but we understand the pace each other are running at so when we do find the time to connect — whether it be in the locker room for five minutes, the spa or in the Members' Lounge — there is an instant feeling of comfort because you know they just get it and are open to offering their support! This is my greatest benefit and why Verity Members have become my best brand ambassadors. I pride myself on this investment, I am proud to work and connect here as well as showcase Women Get On Board.

VERITY: Mentoring is a focus in your life. How and why do you make the time for it?

DEBORAH: I make the time for it because I am passionate about empowering women to be their best. Sometimes mentoring happens in an informal way. So when I meet women through Women Get on Board or Verity Members like, Rim and Rita Elias - designers of a beautiful, contemporary fur line, who I have been supporting — I see their passion and their openness to learning and evolving, I want to help them succeed. I become part of their journey. I take the time to make introductions, answer their questions and make sure I can help them in any way to be their best.

VERITY: We all know how time-starved women are. What advice do you give other women who are juggling multiple priorities?

DEBORAH: Stay present, take time to breathe and enjoy the moment you are in.

