



Membership Updates

We strongly encourage you to maintain your membership profile with updated contact and committee interest information to ensure you have access to our programs and activities. Feel free to attach a preferred headshot to your profile that can be used to promote your participation and accomplishments within the Urban League movement. {Member_Public_Profile_Url}

Stay connected with us on [Discord](#) for the most up to date and real time communications on upcoming events and opportunities.

Upcoming Events



Self-Care Spring - Event in Partnership with Our Table STL Sunday, March 19, 12:00 - 2:30p @ Cherokee Street

Tables. is a conversational dining series curated to immerse attendees in heightened discussion while experiencing the great taste of St. Louis. ULYPSTL is partnering with Our Table STL for their season premiere event! Please join us on Sunday, March 19, 2023 at 12:00 pm for a mindfulness and yoga class at Cherokee Street Yoga Collective and at 1:30pm for a Kamayan dining experience at The Fattened Caf. We ask that you come with an open mind and hearty appetite! We appreciate your continued support of Tables. and our mission in providing value to young professionals through heightened discussions, networking, and really good food!

Reminders:

- This event will start ON TIME. EARLY arrival is STRONGLY ENCOURAGED!
- Dress Code: Active Wear

You can find more information or purchase tickets [here](#).



March General Body Meeting Tuesday, March 28, 6:00 - 8:00 pm @ Park Central Development

Please join us for our March General Body Meeting. Food & drinks will be provided.

Agenda:

- Welcome New Members
- NULYP Updates
- ULSTL Updates
- Recap of Events
- Committee Updates
- Upcoming Events

Register [here](#).

ULSTL Affiliate News

ULSTL 105th Annual Dinner

Thursday, April 6, 5:00 - 9:00 pm @ Marriott St. Louis Grand Hotel

More information on an opportunity for YPs to attend coming. Please visit the ULSTL website [here](#) for additional details.

NULYP News

NULYP YP Essentials: Management & Emotional Intelligence

Wednesday, March 15, 8:00 - 9:30 pm

When you recognize and understand your own emotions, you'll be able to use this awareness to manage your own behavior and relationships. Emotional intelligence (EQ) is the ability to use and manage your emotions in positive ways. In other words, you aim to respond rather than react during stressful times. EQ is important for leaders because it can help you communicate effectively, empathize with others, and diffuse conflict. If you're looking to improve your own EQ, you can begin by observing how you react to others in stressful situations, taking responsibility for your actions, and examining how your decisions will affect others before you make them.

Register for the zoom link [here](#).

NUL State of Black America

Tuesday, April 18, 8:00 - 10:00 am ([Virtual](#))

NUL 2023 Annual Conference

Wednesday, Jul 26 - Saturday, July 29 @ George R. Brown Convention Center, Houston, TX

Find more information on conference, including how to register with the YP discount code, hotel information, and a template employer sponsorship letter [here](#).

Executive Leadership Team Contacts

- Anna Lisa Butler, [President](#)
- Kayla Crawford, [Vice President](#)
- Erica Williams, [Parliamentarian \(Policies & Procedures\)](#)
- Amy Haymore, [Community Service Chair](#)
- Larry Davis, [Advocacy Chair \(Civic Engagement\)](#)
- Brian James & Dr. Donte Kara, [Personal and Professional Development \(PPD\) Chairs](#)
- Shannon Johnson & Aaron Cannon, [Membership Chairs](#)
- Dr. Justavian Tillman, [Marketing & Communications Chair](#)

Please contact the committee chairs directly if you are interested in joining a committee. For more information on committees, please click [here](#).

Open positions:

- Secretary
- Treasurer
- Community Service Co-Chair
- Advocacy Co-Chair
- Marketing & Communications Co-Chair

Please email president@ulyp-stl.org for more information on open officer/committee chair positions.

Urban League Young Professionals of Metropolitan St. Louis
an auxiliary of Urban League of Metropolitan Saint Louis, Inc.

1408 N. Kingshighway | St. Louis, MO 63113

Website: www.ULSTL.com www.ULYP-STL.org

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