



PWA ROME

---

PROFESSIONAL WOMEN'S ASSOCIATION

OCTOBER NEWSLETTER 2026

---

*" Why does it seem that we put ourselves last on the list when it comes to thinking about health? "*

“Women have the remarkable quality of taking care of *everyone* but themselves.”

---



---

## Dear Inspiring PWA Members,

First and foremost, we would like to thank **all of our members** who have **renewed their membership** and chosen to continue this journey with us for another year. Your continued support is what makes PWA such a vibrant and inspiring community.

We are also delighted to welcome all of our **new members**, who have joined a community built on sharing, supporting, helping, and lifting one another up. Together, **we create a network** where women can connect, grow, learn from one another, and celebrate each other's successes.

At **PWA**, our core mission is to **empower women to grow, connect, and succeed**—through professional conferences, meaningful networking, and workshops that help us develop the skills and confidence to advance in our careers and businesses.

But as we pursue our **professional goals**, we also need to remember the woman behind the accomplishments. Taking care of our health is an essential **part of managing stress, maintaining energy and resilience, supporting our mental wellbeing**, and ultimately enjoying a **longer, happier and more fulfilling life**.

As we move into October, we are thrilled to dedicate an evening to our **own health and wellbeing**. October 21st we will hold a special conference and workshop sponsored by First Med that will focus on prevention, healthy longevity, and some of the important health issues women commonly face throughout different stages of life and how to take care of our bones to live a long and healthy life.

Our health is not something to put at the bottom of the list. **Prevention, regular check-ups, mental wellbeing** and simply listening to our bodies are essential parts of taking care of the women we are—and all those who depend on us.

We're kicking off our new PWA year with a special evening of **Mosaic Art & Aperitivo!** Our October 7th **Mosaic Mood ConneXions** event, thoughtfully organized by our **Vice President and Social Director, Eleonora Bindi**, will invite us to explore our creative side as we learn how to design and create our very own mosaic artwork.

And, of course, no PWA evening would be complete without time to connect! After getting creative, we'll come together for an aperitivo—**sharing our designs, exchanging ideas, and enjoying the wonderful company of our PWA community**. A perfect evening of creativity, connection, and a little Italian sparkle! Click on link below to register.

Thank you for being part of PWA and for making our community the most sought after association to be part of in Rome!

**#BettogetherStrongertogether#**

**With gratitude and admiration,**

***Catherine and the PWA Board!***

✨ **What Happens When Creativity Meets Connection?**  
**Join us for an evening of mosaic-making, aperitivo, and ConneXions!**

**October 7th Mosaic Mood Aperitivo**

---

---



**PWA** ROME

PROFESSIONAL WOMEN'S ASSOCIATION

[WWW.PWAROME.ORG](http://WWW.PWAROME.ORG)



**WOMEN  
IN BUSINESS**

## **MOSAIC MOOD**

*Mosaic Workshop & Networking Aperitif*

**WEDNESDAY OCT 7TH  
6,30 - 9,30 PM**

**OFFICINA DELLE ARTI ANTICHE  
VIA DEL COMMERCIO, 21**

Registration while space is available - no later than Oct 5th  
Refundable cancellations accepted up to Oct. 5th

**HER Health Matters Conference/ Workshop 21 October**

*October 21st "HER Health Matters "  
Conference and Workshop format at Rome City Institute  
Sponsored by our partner FIRST MED.*



PROFESSIONAL WOMEN'S ASSOCIATION

PWA ROME

CONFERENCE

**“HER HEALTH MATTERS”  
CONFERENCE/WORKSHOP ON  
WOMEN’S HEALTH & PREVENTION OCTOBER 21ST**



**KATHRINE TVERBERG  
CHIROPRACTOR &  
POSTUROLOGA**



**DR. ANGELINE ROMANO  
FIRST MED**



**DR. MICHELA COMI  
FIRST MED**



**IDA SIROLLI  
PROGRAM DIRECTOR PWA**

**18.00 ARRIVALS**

**18.30 OPENING REMARKS**

**18.45 CONFERENCE/WORKSHOP**

**20.30 APERITIF**

**ROME CITY INSTITUTE**

**LUNGOTEVERE ARNALDO DA BRESCIA, 15**



**PARTNER SPONSOR FIRST MED**

**CANCELLATION 48 HOURS**

**Thank you to all who contributed to our PWA member survey.**

The results showed us:

High member satisfaction.

Members love networking and cultural engagement.

Want to see more workshop type format events.

Love Member only events.

Would like to know more about what other members do.

Thank you **Tatiana** for your great help in getting this survey completed!

**#PWAMemberloyalty#**



**PWA** ROME  
PROFESSIONAL WOMEN'S ASSOCIATION

# Member Survey *Results*

*Thank you to all our members  
for sharing your thoughts,  
ideas and feedback!*



I love  
networking and  
cultural  
engagement



I like  
member-only  
events



I feel I receive  
lots of value  
from my  
membership



I'd like to know  
more about what  
other members do



**Save the date for the Goethe Grand Tour Experience. As we journey back to the 18th century when Rome was an essential stop for artists, writers and intellectuals .. you won't want to miss this ConneXion event!**



**WOMEN  
IN BUSINESS**

## **THE GOETHE GRAND TOUR EXPERIENCE**

*Stories, Networking & Aperitif through time*

**WEDNESDAY NOV 4TH**  
**6,30 - 9,30 PM**

**THE GOETHE HOTEL**  
**VIA DEL FIUME, 14**

**Registration & cancellations by Nov. 2nd • Subject to availability**

---



**PWA** ROME  
PROFESSIONAL WOMEN'S ASSOCIATION

IWD 2026 EDITION  
AUTUMN

**PAOLA  
PIETRAFESA**

**CEO**

**ALLIANZ BANK  
FINANCIAL ADVISORS**

**VICE DIRECTOR GENERAL  
ALLIANZ S.p.A**

**PWAROME.ORG**



*Inspiring  
Woman  
Leader*

[Read about Paola Pietrafesa](#)



Meet our PWA Inspiring Woman Leader **Role model Paola Pietrafesa CEO and Vice Director General Allianz S.p. A Italy.**

[Read about Paola](#)

Another inspirational interview written by our very own talented and inspiring Leadership writer **Danielle DeVine.**

[Read the full article on our homepage or via the link below. Here is an excerpt in the meantime...](#)

## ***What does it mean to you to be a woman leader today?***

***"A woman should not feel compelled to suppress her sensitivity, her empathy, or her instinct to care for others. Those qualities are not weaknesses, they are strengths. The challenge is to lead while remaining true to who you are."***

☕ Take a moment, grab a coffee, and be inspired. ✨  
**Thank you Danielle!**

*Written by **Danielle DeVine** | Leadership writer Professional Women's Association*



---

Do you ever wonder who's behind those intriguing inspiring articles that feature some of the most fascinating women?

This month we would also like to shine a spotlight and thank our wonderful **PWA Inspiring Editor and Writer, Danielle Devine**, whose **creativity, talent, and dedication** bring our members', partners and women leaders intriguing stories and experiences to life.

Through **her thoughtful and engaging articles**, Danielle continually gives us something new to discover, reflect on, and enjoy. **Thank you, Danielle**, for all your **hard work and for producing such intriguing pieces** that keep our PWA community **informed, inspired, and connected!**

---

## PWA Networking Workshop with American University of Rome Students.

PWA was delighted to bring our Networking Workshop to the **American University of Rome**, giving students practical tools and confidence to present themselves effectively in professional settings. After a brief presentation on networking tips, conversation starters, and simple formulas for creating a strong personal introduction, the students had the opportunity to get up, introduce themselves, and practice their own elevator pitches. It was an engaging and interactive session designed to help students build connections, communicate their value, and feel more confident when networking.

**Thank you AUR Career services team, PWA Partnership director Adriana Calo', PWA member Carla Gervasio and AUR Student Jaylee Stringham!**



# PWA PARTNER SPOTLIGHT

Stronger Together: PWA Partners Speak



**DENNIS DIOKNO**  
CEO AND FOUNDING PARTNER  
FIRST MED

**" PWA helps to  
increase our  
visibility and  
credibility and  
awareness of our  
services to the  
international  
Women's  
community in  
Rome "**



*“Thank you for being an integral part of our mission and vision.”*



THE AMERICAN  
UNIVERSITY OF ROME



ROME  
BUSINESS  
SCHOOL



JOHN CABOT  
UNIVERSITY  
*An American university in the heart of Rome*



STUDIOHRUSKA  
TRAMANDIAMO SORRISI.



KOLBE  
HOTEL  
ROME

★★★★

We are deeply grateful for each of you and our partners—  
you keep our garden colorful, inclusive and growing!

#### Stay inspired!

Catherine and the PWA board

- **Catherine Tondellii** – President
- **Eleonora Bindi** — Vice President & Social Director
- **Ida Sirolli** – Program Director
- **Martha Sgherza**– Secretary
- **Tatiana Wartuschova** — Membership Director
- **Franca Menonna** – Treasurer
- **Odette Lafrance** — Digital Marketing Director
- **Adriana Calò** — Partnership Director and Membership support

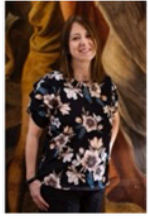


- **Danielle Freitas**- Social Media Director PWA

### Board support

- **Danielle Devine** — Editor, Leadership and Inspiring PWA member writer.

## BOARD MEMBERS 2025 -2027

|                                                                                                                                           |                                                                                                                                                                   |                                                                                                                                             |                                                                                                                                            |                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Catherine Tondelli</b><br/>PRESIDENT</p>          |  <p><b>Eleonora Bindi</b><br/>VICE PRESIDENT<br/>SOCIAL DIRECTOR</p>             |  <p><b>Ida Sirolli</b><br/>PROGRAM DIRECTOR</p>            |  <p><b>Franca Menonna</b><br/>TREASURER</p>              |  <p><b>Martha Sgherza</b><br/>SECRETARY</p>                                       |
|  <p><b>Odette Lafrance</b><br/>DIGITAL MKTG DIRECTOR</p> |  <p><b>Adriana Calo'</b><br/>PARTNERSHIP DIRECTOR<br/>AND MEMBERSHIP SUPPORT</p> |  <p><b>Tatiana Wartuschová</b><br/>MEMBERSHIP DIRECTOR</p> |  <p><b>Daniele Freitas</b><br/>SOCIAL MEDIA DIRECTOR</p> |  <p><b>Danielle Devine</b><br/>Support Board<br/>LEADERSHIP/MEMBER<br/>WRITER</p> |

## WELCOME NEW MEMBERS!

Each month, we highlight our new, wonderful, and inspiring PWA members. We're thrilled to have you join our community of talented, passionate women dedicated to empowerment, sisterhood, inclusion, and fostering a supportive networking community. Thank you for joining!

As a member, you will be able to attend conferences at no cost including the aperitivo and you'll have opportunities to connect, learn, and grow alongside like-minded women who are dedicated to making a positive impact.

**WELCOME TO PWA!**



**LUDOVICA PALMULLI**

NEW MEMBER

I am **Ludovica** and I am so grateful to finally step into this powerful energy surrounded by these amazing souls.

I've been existing on this Earth for a small while and trying to figure out my true path and calling.

I now see that everything can be a tool for bigger and better blessings if used in alignment with oneself and values.

So about a year ago I created a path for myself that would allow me to create, beautify and capture attention through nature.

I Founded StillGreen🌱

Im now a Botanical Designer.

I create and care for aesthetically pleasing greenery, from potted to small areas. Started as a B2B venture to fill, what I felt was/is, a gap in the market in Rome.

Where Business owners lack time or vision to elevate visually their business.

My long term vision is sooo much bigger though, as mentioned, this is a tool for me. My values and goals are to impact, change, shift... and maybe disrupt an industry or two before I leave this Earth! ✨🧘

From the PWA I'm seeking natural spontaneous mentorship, advice and support. Hoping to be able to give back, help and support myself. 🙏



[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!