

WEBVTT

1

00:00:00.580 --> 00:00:04.020

Kara Snyder: So we'll go with that. And then is that recording on your end there?

2

00:00:04.370 --> 00:00:06.610

Amy Stadler: Got it? Yes.

3

00:00:07.210 --> 00:00:22.329

Kara Snyder: Well, hello, and welcome to the podcast. A podcast produced by the College of Applied Science and Technology at Illinois, State University. I'm. Your host, Kara Snyder, and I serve as the assistant Dean of marketing communications and constituent relations for the college.

4

00:00:22.450 --> 00:00:40.959

Kara Snyder: Each episode we're sitting down with an alum of the college, and today we have a chance to talk to Amy Polish Sadler. Amy is an information technology alumni, and currently serves as Vice President, client, executive health care provider for Ntt data services. Welcome and thank you for being here. Amy.

5

00:00:41.000 --> 00:00:44.250

Amy Stadler: Thanks, Kara. I'm thrilled to be here as well.

6

00:00:44.660 --> 00:00:48.969

Kara Snyder: Well, let's start at the beginning. Why did you choose? Isu!

7

00:00:49.670 --> 00:01:04.110

Amy Stadler: I would tell you initially. It was because I grew up in Central Illinois, and I looked at the State colleges as I was going to be paying my way through college myself, and I went to the campus, fell in love with it, and

8

00:01:04.379 --> 00:01:08.209

Amy Stadler: you know, made that decision, and they also had a great program

9

00:01:08.260 --> 00:01:15.309

Amy Stadler: at that time as well. It was relatively new, but a great

program that I felt was going to work for me, and that's how I chose my issue.

10

00:01:15.530 --> 00:01:21.260

Kara Snyder: So did you know you wanted to, major in computer information systems right out of high school?

11

00:01:21.710 --> 00:01:35.419

Amy Stadler: Not exactly. I was in high school actually working as a pharmacy technician in a hospital. And that's actually where I got exposed to computers. And we had at the old Green Screen computer. And it's part of my job. I had to enter in

12

00:01:35.880 --> 00:01:38.570

Amy Stadler: charges for

13

00:01:38.840 --> 00:01:47.829

Amy Stadler: drugs in the pharmaceutical, and so I had part of my shift. That's what I was doing, and of course I started thinking there must be a better way.

14

00:01:47.910 --> 00:01:57.519

Amy Stadler: right? And so then I had some happenstance happen with me. I saw a sign about, you know. Are you logical and does, you know.

15

00:01:57.840 --> 00:02:08.060

Amy Stadler: is technology something and data processing something you'd be interested in. And I was like, yeah, I think I am right, because I had had that exposure at work, and I, you know, had thought about it. And then I

16

00:02:08.080 --> 00:02:23.599

Amy Stadler: found out I actually was quite logical at that time. And, you know, a lot of people think you have to be great at math being technology which I say, I actually think you have to be more logical than than mathematical. I mean, there's some of both. But logic plays a big role in it, especially early.

17

00:02:23.610 --> 00:02:30.910

Amy Stadler: If you're going to be a programmer. And so then I just started down that path, and then, you know, later found out I actually was pretty darn good at it.

18

00:02:31.780 --> 00:02:47.249

Kara Snyder: So tell me about your time on campus, because I you know I love your story about how you chose your Major, and I think, especially at the time that you were on campus. That was probably rare for a female. And information technology. Tell me about what that experience was like for you.

19

00:02:48.920 --> 00:03:03.590

Amy Stadler: I actually transferred from a junior college to Isu. So I had already cleared out my basic courses right. So when I came to the campus I was sort of deep dive right into

20

00:03:03.620 --> 00:03:04.570

Amy Stadler: the

21

00:03:05.800 --> 00:03:07.700

Amy Stadler: computer information systems

22

00:03:08.160 --> 00:03:10.080

Amy Stadler: program. And so

23

00:03:10.900 --> 00:03:16.530

Amy Stadler: I I didn't really know what to expect. And I think that was probably my first exposure to

24

00:03:16.550 --> 00:03:32.900

Amy Stadler: how few women, for example, were in the program, but I kind of took it as a challenge. I had always been told I could do and be anything I wanted to be. And so I really didn't think that much about it. And I didn't really even know what I was truly getting myself into

25

00:03:32.910 --> 00:03:44.740

Amy Stadler: 1820 years old. You think you know what that looks like, and you know you go down a path, and really you don't really understand it. So you go out in the world, and you know, Get a job with that with that, and find out if you like it.

26

00:03:44.770 --> 00:03:46.740

Amy Stadler: But so you know it it.

27

00:03:47.040 --> 00:03:52.230

Amy Stadler: There were a few other people that I connected with quickly, and I created sort of my.

28

00:03:52.510 --> 00:03:57.419

Amy Stadler: my group of people to go through the program, and that you know that work for me.

29

00:03:58.170 --> 00:04:04.609

Kara Snyder: So tell us, then, about your first job out of school. What was that for you? What was the search process, like?

30

00:04:04.670 --> 00:04:09.269

Amy Stadler: Sure? Well, I had a sister who lived up in the Chicago suburbs, and so

31

00:04:09.440 --> 00:04:24.480

Amy Stadler: I definitely had my eye on moving up near Chicago and going to a big city. I had obviously grown up in a small town. He's pure Illinois, and went to a you know, relatively small town in normal Illinois, right for college. And so I wanted to experience Big city

32

00:04:24.540 --> 00:04:33.739

Amy Stadler: and so I very specifically focused on companies in that Chicago Metro area. I ended up getting a job as a software developer for an insurance

33

00:04:34.720 --> 00:04:36.620

Amy Stadler: company that built insurance. Software

34

00:04:36.780 --> 00:04:56.359

Amy Stadler: So my very first job at was sort of out in the suburbs, but they hired lots and lots of college graduates, so I got to have the opportunity to have a college graduate program, you know, felt like I had a lot of other comrades that were in the same place that I was right out of college. And so it. It really was a great way to sort of enter the the market.

35

00:04:56.550 --> 00:05:08.410

Kara Snyder: It is so nice to have peers that are experiencing what you're experiencing, and then also to have that opportunity where the first job is in your field. I think that's so exciting for a new graduate.

36

00:05:08.610 --> 00:05:10.040

Amy Stadler: Yeah, absolutely.

37

00:05:10.470 --> 00:05:27.869

Kara Snyder: So give us the Cliffs notes version of how you got from that entry level job to your current position. You know I introduce you as a vice president, and I've got to think that feels good. So what happened in between? Sure. So you know I was a a developer.

38

00:05:28.110 --> 00:05:33.449

Amy Stadler: I quickly became clear that one of the gaps at that time was

39

00:05:33.500 --> 00:05:47.199

Amy Stadler: between technology and business partners, and being able to communicate well between the 2, and also being able to think about how to get things done, you know, project management.

40

00:05:47.210 --> 00:05:57.729

Amy Stadler: and it was pretty quick that I was great at multitasking. I had the communication skills to sort of bridge the gap between business needs and technology needs. So I quickly went from

41

00:05:58.260 --> 00:06:12.530

Amy Stadler: being technical all the time to running projects, which is a shift for a lot of people who come out and be technical. First, they have to sort of decide that they want to maintain all those technical skills or sort of moved more towards business management, I would call it.

42

00:06:12.550 --> 00:06:31.640

Amy Stadler: I quickly moved to that move. Jobs a couple of times ended up working for quick routes. At 1 point my core career in Chicago and ran a big M. And a initiative. So I was getting a lot closer to big business decisions impacted by technology.

43

00:06:31.850 --> 00:06:34.879

Amy Stadler: and I really liked it, and it made me want to

44

00:06:34.920 --> 00:06:43.219

Amy Stadler: get even closer to the revenue of the business, right?

And what would really impact the business through technology. And so

45

00:06:43.470 --> 00:06:57.710

Amy Stadler: somewhere in there I moved to Colorado. I took on a product management job which really was, hey? I had a product that was commercially sold. So you think about it. It was the revenue, and so that felt good. I really was building something with technology that was generating, you know

46

00:06:57.790 --> 00:07:02.120

Amy Stadler: commerce, and I did that for a while, and then got exposed to consulting.

47

00:07:02.400 --> 00:07:04.080

Amy Stadler: And

48

00:07:04.310 --> 00:07:05.540

Amy Stadler: I fell in love.

49

00:07:05.760 --> 00:07:22.880

Amy Stadler: And then, when you're a consultant. You are the revenue, right? And so I was taking ideas of how to change businesses by leveraging technology. And that was the sweet spot I I knew right away that was what I wanted to do, and so I I over time

50

00:07:22.890 --> 00:07:34.650

Amy Stadler: worked for a company called Pro Systems, and got to have a lot of different roles run delivery, do sales create marketing. And then I started to actually get into the business of running technology.

51

00:07:34.920 --> 00:07:48.709

Amy Stadler: And if you fast forward. I ended up starting my own business, and I had a management consulting firm for about 15 years before I sold it, and I got to run a business that was all about implementing technology solutions.

52

00:07:48.720 --> 00:08:04.810

Amy Stadler: So that was completely different, very entrepreneurial. But I was still leveraging all the skills I had built. And then, after I sold that business, I I had some things I still wanted to do, which is where i'm at today. I wanted to work for a global market, a huge entity that had global presence. I wanted to get exposed to all the

diverse

53

00:08:04.880 --> 00:08:11.269

Amy Stadler: ways that we can develop technology across the globe. I also wanted to

54

00:08:11.630 --> 00:08:18.099

Amy Stadler: really thoughtful about what vertical I wanted to be working in. I had worked and been exposed to a lot of different business industries.

55

00:08:18.920 --> 00:08:28.540

Amy Stadler: and I feel like where I'm at today. And health care provider is where I need to be. I feel like this as it relates to technology. While we're making advancements in every industry.

56

00:08:28.560 --> 00:08:44.129

Amy Stadler: I believe health care is a place that we can make the most positive change for the world. So that's important to me. So not only do I want to know my job. I want to help make a difference in the world, so I feel like for me where i'm at being in health care. I can really see how we can really change

57

00:08:44.240 --> 00:08:47.769

Amy Stadler: how things feel for patients, and so that that feels good, right?

58

00:08:48.730 --> 00:09:05.650

Kara Snyder: That's exciting that it must be really exciting to wake up every day and know that you're making that kind of an impact, especially on a global scale. So there's a lot to unpack here about your journey. tell us about owning your own business. What was it like to be your own boss

59

00:09:06.450 --> 00:09:17.699

Amy Stadler: definitely pros and cons right, I mean, you. You probably have to be a type, a over achiever which I profess that I am all the time, but you also work all the time right? And so

60

00:09:17.710 --> 00:09:33.259

Amy Stadler: and it's very personal when it's your own business. It's very, very personal hiring, firing, working with clients. We named our company our name on purpose to make it be about our integrity. So

there's a lot on the line that maybe you don't feel quite as much when you're working for an employer.

61

00:09:33.270 --> 00:09:44.060

Amy Stadler: but overall it was an incredible learning experience, you know, and I built a huge network. As a result of it, I really got entrenched in our communities that we worked in

62

00:09:44.230 --> 00:09:58.059

Amy Stadler: trying to do some good and return, which I think, having my own business afforded me to do, maybe more than I would have otherwise. But there are the cons of it right. It is personal. So when you had to make tough decisions. Those seemed really hard.

63

00:09:58.290 --> 00:10:15.039

Amy Stadler: and you're never off. There's no off when you own your own business. And so I loved it. I was glad I did. I I would never regret doing it. I definitely have some family members that I have my children that have some entrepreneurs spirit in them, and I I understand it.

64

00:10:15.110 --> 00:10:16.529

Amy Stadler: I think it's a great

65

00:10:16.840 --> 00:10:20.220

Amy Stadler: thing to do for anybody, to at least experience what that feels like.

66

00:10:20.790 --> 00:10:22.890

Kara Snyder: I think that that's

67

00:10:22.900 --> 00:10:42.219

Kara Snyder: fantastic perspective and wonderful for our listeners to hear that you've had that opportunity. You got to experience that. And then. Now, as you mentioned. You're making this impact in the field of health care which is so important. And you're doing it on a global scale. So tell us what is your favorite thing about your current role

68

00:10:43.170 --> 00:10:48.289

Amy Stadler: the people I work with and our clients, I mean, I I have a huge

69

00:10:50.720 --> 00:11:05.850

Amy Stadler: army of people that work on teams with me to try to deliver solutions to our clients and make a difference. And so, working with them day in and day out, everybody has just a huge amount of passion for what we do. We're all trying to do it as fast as we can as but you know

70

00:11:05.860 --> 00:11:13.150

Amy Stadler: the best possible way that we can. And so it it. It feels good. And then, you know, when we we solve problems for clients

71

00:11:13.260 --> 00:11:14.340

Amy Stadler: it feels good.

72

00:11:14.480 --> 00:11:27.649

Amy Stadler: And so I've met. I have many clients who become friends. I have many clients who become mentors. I have mentioned many people that are employ employees, and I've also had mentors that were employees. So I feel like that overlap between

73

00:11:28.220 --> 00:11:47.090

Amy Stadler: our relationships and teams, plus the work that we do is is really the part that I love and like, I said, the global nature of it. I have teams and people in Mexico, Canada, Europe, Us. You You name it all over the world, and so getting to be exposed to how they think

74

00:11:47.160 --> 00:11:51.669

Amy Stadler: and solve problems and and develop solutions. Is it's pretty cool

75

00:11:52.360 --> 00:12:04.789

Kara Snyder: well, and I know you are so passionate about mentorship, both giving and receiving and that whole relationship process tell us about women inspiring leaders, your 501, C 3,

76

00:12:04.870 --> 00:12:23.059

Amy Stadler: sure. When I started my business. this is quite a long time ago. It was a parent between myself and some of the big industry partners out there that maybe there was a need for women in tech specifically, and that there was a gap for them to feel like they had the network they needed

77

00:12:23.070 --> 00:12:25.589
Amy Stadler: to advance, and so we

78
00:12:25.830 --> 00:12:29.380
Amy Stadler: on, sort of a whim, help this one event.

79
00:12:29.430 --> 00:12:36.309
Amy Stadler: and and invited our network, and a 150 women standing room only showed up, and we were like, oh.

80
00:12:36.470 --> 00:12:54.380
Amy Stadler: okay, there's a need. And so we, you know, we had some inspirational speakers. We did some workshop kind of activities, and we continue that on while I own the business. Now, when I saw the business, I needed to move that into something, and that's when I so about 5 years ago, when I started the my current role.

81
00:12:54.490 --> 00:13:04.320
Amy Stadler: I converted it into a 501, C 3. But it's really about helping, and it's broader than just women in tech. So I would say it started for women in Tech, and then it really brought into just women in business.

82
00:13:04.440 --> 00:13:07.850
Amy Stadler: And so it's. It's really. Our mission is to

83
00:13:07.980 --> 00:13:21.740
Amy Stadler: try to help women. One feel inspired to feel like they have a village in the network, you know, and and 3 help them get continue with education, so that they continually feel like, you know, there's a lot of things that are unique to women

84
00:13:21.780 --> 00:13:35.210
Amy Stadler: around that journey. There's also a lot of things that are unique. And there you just general leadership skills. And so we try to balance. You know those kinds of needs, and we do it here regionally in Colorado today is is where I focus for that 5 0, one, C 3

85
00:13:35.610 --> 00:13:52.369
Kara Snyder: That's so exciting. And what a tangible way to give back and and make an impact. You know you've worked in this male-dominated field your entire career and through your work with your 5, one, c. 3.

I know You've also given lectures in various capacities.

86

00:13:52.440 --> 00:13:59.020

Kara Snyder: You've been able to share some of this wisdom that you've required. How are you able to find your voice.

87

00:14:00.140 --> 00:14:09.379

Amy Stadler: I think by trial and error I mean just being exposed, having experiences both positive and negative

88

00:14:09.540 --> 00:14:29.080

Amy Stadler: and having sort of that strong will to be successful, and also mostly to try to make sure that I can help pave the way and make it maybe just a little bit easier for that person right behind me. So it it really just motivated me to make sure that I did find my voice, and that I was trying to help advocate as much as possible.

89

00:14:31.030 --> 00:14:43.690

Kara Snyder: And what would you tell our students, or maybe a young professional about the value of speaking up? You know they have a seat at the table. What would your advice be on using their voice?

90

00:14:43.980 --> 00:14:47.960

Amy Stadler: Sure, I mean, i'd say first of all, being a fearless is free.

91

00:14:48.560 --> 00:15:04.069

Amy Stadler: Right? So so if you find your your voice has a lot to do with confidence and being fearless, and once you realize that you are fearless. Nothing seems nearly as hard. So you know, I think that the most the largest benefit from finding your voice is actually feeling that freedom

92

00:15:04.080 --> 00:15:17.419

Amy Stadler: that you go, hey? I know how I am. I can speak up and say what I need to, and you know, if you work somewhere where you can't do that maybe that's not the right place to work, and it'll help you, you know. Shape your career and the way you want it. So I think really

93

00:15:17.580 --> 00:15:30.169

Amy Stadler: trying to get that confidence that you can have a voice, whether it's in a meeting or talking to a peer or talking to your boss, you know, finding your voice can come in a lot of different

forms. And so

94

00:15:30.500 --> 00:15:42.330

Amy Stadler: just having the confidence to be okay with that. And and you know what's the worst thing that could happen, and most of the time it really isn't really bad. It's actually positive it actually it turns out, being

95

00:15:42.440 --> 00:15:49.940

Amy Stadler: growth as opposed to something negative. So, and taking risk, you know, finding your voice is about being okay, taking risks.

96

00:15:50.560 --> 00:16:02.519

Kara Snyder: That's a great point, and I know earlier, you said that it takes a village which I think is so true. But on the flip side of that, I think in today's culture we can sometimes feel like we have to achieve

97

00:16:02.560 --> 00:16:14.980

Kara Snyder: a lot on our own, you know. Sometimes we feel like we might be in silos, or that we have to achieve a lot as an individual, it can be lonely. So tell us about your village, and why you think it's so valuable to have one.

98

00:16:15.220 --> 00:16:29.389

Amy Stadler: Yeah, it's. It's funny over time. I've sort of changed my attitude about this so initially, Of course, I had built a network, and there were certain people that I reached out to whether to mentor or just lament or discuss.

99

00:16:29.810 --> 00:16:39.129

Amy Stadler: You know what was going on with myself or in the market, or you know ideas on how to do something differently, or something that had happened in the the day of my job.

100

00:16:39.350 --> 00:16:53.430

Amy Stadler: And so I saw those people out very specifically. But then I had a friend of mine, and I used to fly, you know, quite a bit, and I had a friend of mine, I said, Man, you can get insight anywhere. And so I started being more open to literally just talking to the person next to me on the plane.

101

00:16:53.540 --> 00:16:56.030

Amy Stadler: and I can't tell you how many times

102

00:16:56.200 --> 00:17:09.509

Amy Stadler: the right person. The right conversation was sitting next to me on the plane, so it's part of it's just being open to what does the village mean? Is it a very specific mentor? It can be?

103

00:17:09.589 --> 00:17:18.430

Amy Stadler: Is it a specific set of friends that you trust for? Sure, you know. Do you want to be thoughtful about it, of course, but also sometimes you get that

104

00:17:18.740 --> 00:17:23.929

Amy Stadler: that village in place. You just don't expect, like I said, I have partners, clients

105

00:17:24.089 --> 00:17:25.819

Amy Stadler: family members.

106

00:17:25.849 --> 00:17:35.380

Amy Stadler: My kids, all of them are in my village of kind of my. My sister is one of my strongest mentors that I've had in my my whole life, and,

107

00:17:35.550 --> 00:17:53.709

Amy Stadler: all of them, each sort of play a role in who Amy is today right and helping influence me, and and making my decision. So I I just think I don't know how you do it without it. Really right, because we all have. We all have stuff. And so, knowing you have those people that all support and help. And

108

00:17:53.960 --> 00:18:04.380

Amy Stadler: I think even the job that I got today isn't an interesting story in that it was from networking. It was through a gentleman that I had stayed connected with for 20 years.

109

00:18:04.500 --> 00:18:20.299

Amy Stadler: so I just I just started calling the people that I knew when I was interested in selling my business, and I obviously had to keep that confidential. I could really not talk a lot about it, and I called a few confidential people that I had stayed in touch with them. I got my job from that

110

00:18:20.610 --> 00:18:22.460

Amy Stadler: and so

111

00:18:23.350 --> 00:18:26.819

Amy Stadler: those long standing relationships in that village.

112

00:18:26.980 --> 00:18:31.090

Amy Stadler: They pay off when you don't even expect it. Even my relationship with Isu.

113

00:18:31.510 --> 00:18:41.460

Amy Stadler: I went to, I issue to say, hey, I want to volunteer for your, you know, helping support equipment there, and you had a program that you were doing, and that actually led to me, you know, being inducted.

114

00:18:41.790 --> 00:18:50.630

Amy Stadler: I wasn't looking for that, you know. So it's sometimes your actions just absolutely have indirect impact.

115

00:18:51.340 --> 00:19:10.819

Kara Snyder: and I think that's so important for our students and our young professionals to remember is because, you know, I remember being a student and hearing the word networking, and it felt like it was associated with so much pressure, and it felt like it was something on the to do list and to hear you talk about it. How refreshing that that can happen.

116

00:19:10.830 --> 00:19:21.409

Kara Snyder: you know, with a stranger on a plane, and all we have to do is take our headphones out and be open to those opportunities. I think that's that's fantastic perspective and a great point.

117

00:19:22.440 --> 00:19:25.699

Amy Stadler: Yeah, and not think that it has to be some overwhelming.

118

00:19:25.880 --> 00:19:44.969

Amy Stadler: you know event. And I tell people they have to be genuine. You know networking is about being genuine. You have to sincerely want to hear what somebody has to say. You have to sincerely be open to it. you have to be sincerely interested in what that person is trying to do or trying to tell you. And so you know, once you get

that it's. It's very easy

119

00:19:45.040 --> 00:19:51.530

Amy Stadler: right, because it's just who you are. And so then, that doesn't feel like, quote, you know, work to go network. It's just

120

00:19:51.720 --> 00:19:53.080

Amy Stadler: being yourself

121

00:19:53.450 --> 00:20:02.459

Kara Snyder: right, being yourself, and connecting with those people in those opportunities, and even in spaces where you might not expect it. I think that's fantastic.

122

00:20:02.990 --> 00:20:17.010

Kara Snyder: So, Amy, we are going to head into the lightning round, which is, you know, one of my favorite parts, so we just get to know you a little bit more. So go with your first instinct on these questions. Are you a morning person or a 9Â h?

123

00:20:17.270 --> 00:20:36.779

Amy Stadler: i'm gonna to laugh and say neither. But if I have to pick one i'll, I'll say morning. I'm a only person fair enough as a kid. What did you want to be when you grew up. I thought I wanted to be a doctor, and so I I took 4 years of Latin and High school. I was working in a hospitals Pharmacy Tech. Because I thought I wanted to be a doctor.

124

00:20:37.350 --> 00:20:56.569

Amy Stadler: Okay, but what a full circle moment for you now that you are working in health care, and having that impact in a related field. Isn't that interesting.

125

00:20:56.580 --> 00:21:00.170

Kara Snyder: That's awesome. Who do you text the most?

126

00:21:00.940 --> 00:21:04.930

Amy Stadler: Gosh, My husband, my kids, my sister, I would say.

127

00:21:05.720 --> 00:21:11.349

Kara Snyder: favorite holiday. You know we're in December, so i'm in full holiday. What's your favorite?

128

00:21:12.560 --> 00:21:23.889

Amy Stadler: I probably say the the Christmas holiday season everything from Thanksgiving, but this whole time of year it's not only a time to be with your family and friends, but also to

129

00:21:23.920 --> 00:21:47.160

Amy Stadler: remind yourself of what you're thankful for, to get to be with people that maybe Haven't seen a lot during your year and catch up. And so I love the whole season, and the whole being thoughtful, and then you know your end kind of allows to reflect on. What have you done for the year or not done for you? Where do you want to go next year. So this whole time, really from Thanksgiving to the end of the year, and the New Year is is one of my favorite, i'd say holiday seasons.

130

00:21:47.460 --> 00:21:53.150

Kara Snyder: Yes, it is so special, so well. And on that note, then, salty or sweet.

131

00:21:53.180 --> 00:21:56.139

Kara Snyder: no salty all the way.

132

00:21:56.410 --> 00:21:58.310

Kara Snyder: and book or movie.

133

00:21:58.810 --> 00:22:05.090

Amy Stadler: You know I love both. But right now I'm say, i'm on a heavy movie mode. I do a lot of reading

134

00:22:05.190 --> 00:22:16.870

Amy Stadler: during the day for work, and so I I've been off of that. But i'd say growing up, I was much more of a book person, but right now i'm doing a lot of consumption of movies and series. Because there's just so much out there

135

00:22:17.600 --> 00:22:23.419

Kara Snyder: there is, that's for sure. If you could have an unlimited supply of one thing, what would it be

136

00:22:23.640 --> 00:22:24.770

Amy Stadler: time

137

00:22:25.080 --> 00:22:27.360

Amy Stadler: that time to do more things?

138

00:22:28.160 --> 00:22:34.920

Kara Snyder: I hear that if we could squeeze another hour 12 in a day that would be ideal for sure.

139

00:22:35.220 --> 00:22:40.490

Kara Snyder: and then I have to get your vote. Avanti's gadola, or pub 2 cheese balls.

140

00:22:40.860 --> 00:22:50.920

Amy Stadler: Well hands down avanti's. There's not a time when I don't go home to visit family, that I am not somehow having a volunteer. I'm. Either swinging by through right by the airport and Bloomington.

141

00:22:51.060 --> 00:23:04.069

Amy Stadler: or I'm doing it. They have them, and you know it's pure and pure. I absolutely am always having it every time i'm home and i'm a bomb. These gondola by far.

142

00:23:04.320 --> 00:23:10.400

Okay, one more question for you. If you could give one piece of advice to a college student, what would you tell them?

143

00:23:11.000 --> 00:23:13.790

Amy Stadler: I will tell them. Have a plan.

144

00:23:13.960 --> 00:23:14.950

Amy Stadler: but don't

145

00:23:15.380 --> 00:23:24.060

Amy Stadler: don't be close to opportunity. I will tell you. In my career people put ideas in my head. I never planned on having my own business

146

00:23:24.110 --> 00:23:28.370

Amy Stadler: that actually came from other people, saying, hey, when are you going to start your own business?

147

00:23:28.630 --> 00:23:31.090

Amy Stadler: And so that was just an opportunity

148

00:23:31.110 --> 00:23:44.909

Amy Stadler: that happened that wasn't in my plan. But then I did it right, and so I just say, have a plan that' be open to changing and adjusting, and as you grow and figure out what you like, and don't like, Be okay with that right?

149

00:23:44.980 --> 00:23:47.200

Amy Stadler: because that journey will be fun

150

00:23:47.420 --> 00:23:52.079

Amy Stadler: right there's no I say, there's no straight line to get to where you think you want to get to, and so

151

00:23:52.680 --> 00:24:05.269

Amy Stadler: I never imagined i'd have that business, and I did for 15 years. I never imagined i'd have it for 15 years. That was not my plan. My plan was only to have it for 5 to 7 years 7. It was 15, you know, and so

152

00:24:05.640 --> 00:24:14.010

Amy Stadler: just have one. But don't feel like, you know, if you don't quite stick to it if opportunity knocks on your door absolutely, you know. Open the door.

153

00:24:14.840 --> 00:24:32.990

Kara Snyder: That is great advice. Well, thank you so much for being here. This has been a conversation with Amy Fuller Sadler, who currently serves as vice President, client, executive health care provider for Ntt. Data services join us next time on the podcast for more stories from our cast alumni.