

# 19<sup>th</sup> Annual DU Women's Conference

## "Defining Leadership: Forging a Personal Path"



### WORKSHOP SCHEDULE

All Workshops are located in the Chamber's Center

#### Session I (9:45-10:45am)

##### **Leadership Management Room 150**

Leadership is as leadership does. What are you doing to develop your leadership skills? What type of leader are you today and what type of leader do you aspire to be in the future. This session is a fun, hand-on session on how to develop yourself as a leader.

**Peg Bradley-Doppes**

##### **Personal Values and Social Identities: Overcoming Assumptions Based on One's Identities Room 160**

This workshop will consider the assumption that individuals have interests, beliefs, and values consistent with those (stereo) typically held by others with similar identities. The workshop will also focus on assumptions that those with minoritized identities have research interest relevant to her/his identity.

**Aleja Parson, Tejas Srinivas, Lane Nesbitt**

##### **Women and Negotiation Room 260**

This workshop will focus on the benefits of ethical, interest based negotiation. It will discuss different types of negotiation and negotiation strategies, including email negotiation. We will dissect the average woman's fear of negotiation and offer helpful techniques and practical solutions to overcoming that fear.

**Michelle P. Sas**

##### **Become an Energy Master Manager Room 350**

Energy is the most important fundamental force of health, high performance and happiness. A holistic workforce is physically energized, emotionally connected, mentally focused and spiritually aligned with both personal purpose and professional values.

**Alex Gil**

##### **World Café: Defining Leadership-forging a personal path**

##### **Room 360**

This interactive and empowering session will explore definitions of leadership via the experiences of women from different backgrounds, profession levels, and experiences.

The participants will learn from each other about ways to further develop their leadership skills as well as explore opportunities to provide leadership both on DU campus and within their own communities.

**Pat Greer, Nicole M. Russell**

#### Session II (11:00am-12:00pm)

##### **Sistah Network: Black Room 150**

The purpose of this workshop is to introduce the audience to an organization, the Sistah Network, which is a mentoring program for Black graduate women at the University of Denver. One of the main goals of this organization is to enhance the educational and social experiences of Black graduate women.

**Evette Allen, Nicole M. Russell**

##### **Our Own Worst Enemy: How to Address the Challenges We Bring to the Workplace Room 160**

This workshop will address some of the potential negative effects of gender socialization on workplace interactions, and how these can be recognized and corrected.

**Shelly Smith-Acuña**

## Session II (11:00am-12:00pm)

### **Leading as a Whole Person Garden Room**

Feeling like your leadership is lacking authority? Or are you getting feedback that you aren't compassionate enough? Start the process of embracing ALL parts of yourself so you can be the powerful, visionary, wise, and loving leader you want to be!

**Helena Karchere**

### **Enhance your Cognitive and Leadership Superpowers with Neural Self-Hacking Room 260**

Thomas Edison said "the chief function of the body is to carry the brain around." Neuroscience reveals our brain needs our body to keep it healthy. Competence in body intelligence (BQ) requires three pillars: awareness of your body; knowledge of how to sustain optimal health; and engagement in a wellness action plan. An emerging component of BQ is brain health literacy. Neuroplasticity empowers each brain owner to improve cognitive fitness by neural self-hacking.

**Debra Austin**

### **Move Up or On Room 350**

This session is a transition inspiring experience for emerging leaders. If you've ever said to yourself "I'm as good or better than them, why am I not leading this?", this session is for you and will offer you insights on how to transition to leadership. Participants begin to learn a proven success framework to create a dynamic environment for success and authentic, confident leadership

**Courtney Kirschbaum**

### **Got Grit? Room 360**

In an increasingly competitive job market, how can emerging and established women leaders stand out in the workplace? The answer? Grit. This interactive session will explore the importance of learning, developing and modeling passion and perseverance for long-term goals.

**Lauren Fedor, Melissa Freeman**

## SESSION III (2:00-3:30pm)

### **What's Your Picture of Excellence? Explore how maximizing your top 5 signature strengths (StrengthsFinder 2.0) can lead to professional and personal success!**

**Room 160**

Learn your top five signature strengths, what they mean and how to draw out the best in yourself and those around you for increased success and engagement.

**Aimee Neu**

### **Identifying and Developing Leadership Skills and Strengths Room 250**

No one is a natural born leader. We all have leadership qualities just waiting to be discovered and put to work toward our success. Learn to see yourself as a leader. Discover your leadership style by taking the time to do an honest assessment and developing a plan for improvement to catapult you toward endless possibilities.

**Rosalynn Feagins, Dan DeLaTorre**

### **Women at the University of Denver: A reflection on our past and present to inform our goals for the future**

**Room 260**

In this workshop, the presenters will share historical information and longitudinal data on women at the University of Denver including data on students, faculty, staff, and administration, reviewing areas where women are over- or underrepresented. A historical timeline of women at the University will also be presented.

**Gina Johnson, Meghan Gallo, Katie Schroeder**

### **Leadership as Learning: Effective Leadership by Understanding and Applying Learning Principles**

**Room 360**

John F. Kennedy wrote, "Leadership and learning are indispensable to each other." To be effective leaders, individuals should be lifelong learners, modeling and applying effective learning principles in their personal lives as well as in their organizational practices. This competence is built by having an understanding of how learning works. In this session, the facilitators will provide some background on how people learn, drawing from literature in cognitive science, education, and psychology, with a focus on learning as a constructive process in which motivation and engagement are essential.

**Virginia M. Pitts, Bridget D. Arend**

### **Be a "B.O.S.S.": How to Harness Your Power to Prevent Violence Room 350**

This workshop focuses on the issue of leadership on DU's campus and teaches practical bystander intervention skills to use in order to prevent violence from happening in our community. To "Be a B.O.S.S." individuals must: 1) Be aware, 2) Observe the situation, 3) Size up their options, and 4) Speak up and act. This interactive training provides participants with the tools to know when and how to "Be a B.O.S.S." and helps participants gain the confidence to take action when it is needed, particularly around the issue of preventing sexual violence.

**Gillian Kaag**

### **Achieving Authenticity as a Woman Leader Room 150**

This session will focus on the learnings gained from years as an organizational strategy consultant and executive coach, in particular what women leaders struggle with in holding these roles in business. Stories and suggestions of ways to maintain and recover one's own authenticity in the face of multiple pressures to morph into something less than one's true and centered self will be discussed.

**Kelly Kinnebrew**