20th Annual
DU Women’s Conference

Friday, March 27, 2015

Defining the Meaning of Success and Recognizing Our Value
2015 Conference Agenda

8:00 am – 8:30 am  Conference Registration and Continental Breakfast
    Sturm Hall – Davis Auditorium Lobby

8:30 am – 9:15 am  Welcome and Morning Keynote Speaker Cleo Parker Robinson
    Sturm Hall – Davis Auditorium

9:30 am – 10:45 am  Breakout Session I
    Sturm Hall and Driscoll Student Center – Various Locations

11:00 am – 12:15 pm  Breakout Session II
    Sturm Hall and Driscoll Student Center – Various Locations

12:30 pm – 2:00 pm  Luncheon and Keynote Speaker Cindy Peña
    The Cable Center

2:15 pm – 3:45 pm  Breakout Session III
    Sturm Hall and Driscoll Student Center – Various Locations

4:00 pm – 5:00 pm  Reception
    (Sponsored by WAND)
    Colorado Women’s College – Garden Room
## Breakout Sessions at a Glance

### Breakout Session I
9:30 am – 10:45 am

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Morning Keynote Speaker – Cleo Parker Robinson

Cleo Parker Robinson is founder, artistic director and choreographer of the 40+ year-old Denver-based artistic institution, Cleo Parker Robinson Dance. She leads a professional dance Ensemble, Youth Ensemble, a School of Dance, an International Summer Dance Institute, a 300 seat theatre that bears her name, and a myriad of community outreach programs. She continues to be the recipient of honors and awards from civic, community, and artistic organizations around the world, and is called on by a myriad of organizations and performance venues to bring her Ensemble for performances, and to conduct workshops, master classes, and motivational seminars. Her philosophy of “One Spirit, Many Voices” is reflected in all she does, and is the vision she brings to everyone she meets, everywhere she goes.

A master teacher/choreographer, and cultural ambassador she has taught and performed with her Ensemble in such diverse places as Iceland, Singapore, Hawaii, Nassau, Belize, Israel, Egypt, Turkey, throughout Europe, and throughout the African continent. People of all ages and backgrounds have participated in Ms. Parker Robinson’s workshops and master classes at conservatories, universities and neighborhood dance centers worldwide. Ms. Parker Robinson’s awards include the Colorado’s Governor’s Award for Excellence (1974), Denver’s Mayor’s Award (1979), induction into the Colorado Women’s Hall of Fame (1989) and the Blacks in Colorado Hall of Fame (1994). Recognized in Who’s Who in America Colleges and Universities she holds Honorary Doctorate from Denver University (1991), an Honorary Doctorate of Humane Letters from Colorado College (2003), and an Honorary Doctorate of Public Service from Regis University in Denver (2008). Ms. Parker Robinson was a long-standing member of the Board of Directors for the Denver Center for the Performing Arts, and in 1998 Cleo Parker Robinson Dance became an affiliate of the Center.

In 1998, President Clinton named Ms. Parker Robinson as one of two artists to be appointed to the National Council on the Arts where she served until 2005 as one of the two appointed members of the fourteen member council in Washington D.C. In 2005, Ms. Parker Robinson received a Kennedy Center Medal of Honor during the Center’s “Masters of African American Choreographers” series. Also in 2005, Ms. Parker Robinson received the King M. Trimble Community Award for service to the Denver community.

Ms. Robinson received the first-ever Peaceful Heart Award from Mile-Hi Church, and was honored by the Colorado Gospel Hall of Fame, and the Metro State College Plain & Fancy Ball. In 2006, she received the “Jill” Award from the South Suburban Denver Chapter of Jack & Jill of America, Inc., honoring her work with young people. Also in 2006, Ms. Parker Robinson was honored as a “Pioneer In Black Dance” by the Dynamic Dance Festival in Atlanta, Georgia. In 2007, she received the Huntington’s Disease America Distinguished Leadership Award, the “Fairfax B. Holmes Community Award” from The Denver Links, Inc. and the “Unsung Heroes Mountain Award” from African American Leadership Institute. In 2008, she was awarded the President’s Award of the Greater Metro Denver Ministerial Alliance, the Civil Rights Award of the Anti Defamation League, and the Civil Rights Medallion of the Rachel B. Noel Distinguished Visiting Professorship program.

In 2009, Ms. Robinson received the Metropolitan State College of Denver’s Dr. Martin Luther King Jr. Peace Award for Service to the Community, and the Dr. Martin King Jr. / William “Bill” Roberts Outstanding Lifetime Achievement Award. Most recently, she was awarded the 2009 NEWSED Civil Rights Award, and the Dr. Martin Luther King Jr. Humanitarian Award from the Urban League of Metropolitan Denver (2010).
Luncheon Keynote Speaker – Cindy Peña

Cindy Peña is a fifth generation Coloradan, with more than thirty five years in business and community service in Denver. Cindy enjoyed a 20 year career at KUSA, Channel 9 where she rose through the ranks from college intern to Vice President of Broadcast, responsible for all station operations. Ms. Peña was recruited to the position of Vice President and General Manager at KMGH-TV, Channel 7 to engineer a turnaround at the Denver ABC affiliate. Her appointment made her one of the first Hispanics in the country to be named General Manager at a major market network affiliate. During Cindy’s tenure as General Manager at KMGH the station received the National Association of Broadcasters Outstanding Television Station for Community Service Award, a first for Denver, as well as numerous national awards for 7News Investigates, the news franchise established under her direction.

Ms. Peña was appointed by President Obama to the National Museum of the American Latino Commission. The Commission’s work examined the feasibility of a proposed Museum on the National Mall in Washington, DC to celebrate the contributions of Hispanics in the USA.

Cindy serves as the Executive Director of the Latino Leadership Institute, Daniels College of Business at the University of Denver. The LLI is focused on developing the next generation of leaders from the Latino Community to serve in business, government, non-profit and philanthropic sectors.

Cindy enjoyed a successful corporate career, has operated a small business and has served as a board member for numerous local and national non-profit organizations. She is an ardent supporter of the Latino Community, particularly in the areas of access to quality education and healthcare. Ms. Peña was one of seven founding members of the American Dream PAC established to encourage legislators to pass Colorado’s Tuition equity bill. Ms. Peña currently serves as a Board Member for PODER, a national PAC focused on electing Latina’s to public office across the country and the Denver Health Foundation. She is the Co-Chair of the Denver Health Foundation’s Capital Campaign to build a new South West Denver Clinic and is an active an ardent supporter of Clinical Tepeyac.

Ms. Peña’s awards and recognition include the Sol Trujillo Lifetime Achievement Award from the Latin American Education Foundation.

Cindy is married, together she and her husband have four children who range in age from 17 to 34. They share a passion for improving the lives of those in need. They enjoy being active, from hiking Colorado’s 14,000 foot peaks to scuba diving the Caribbean. As a new-to-the-sport swimmer, Cindy is a novice triathlete.
Building a Powerful and Influential Brand
Lida Citroën
Sturm Hall – Room 453

Your personal brand is how you are known and the value others assign you. Often, the way other people see us does not match how we see ourselves. But the way they see us directly influences their desire to offer us opportunities. Right or wrong, their perception is your reality! In this entertaining, informative and inspiring program, learn from international reputation management expert, Lida Citroën how to create a powerful personal brand that attracts the opportunities for career success you desire. Through her tools and examples for building influence in the organization and the community, you’ll learn how to create a reputation for yourself that is consistent with how you want to be perceived by others.

Level: Fundamental

Lida Citroën is an international branding and reputation management expert who designs and enhances the identities of companies, executives and thought-leaders globally. As principal of LIDA360, LLC, Lida is a sought-after expert in the field of brand development, reputation management and online marketing. An accomplished speaker, Lida is often featured in the media, including: MSNBC, Fortune Magazine, Forbes.com, Harvard Business Review, US News & World Report, Kiplinger’s Personal Finance, KUSA 9News, Fox31 News and US News & World Report. Lida is the author of Reputation 360: Creating power through personal branding, (Palisades Publishing, 2011), a best-selling guide to gaining competitive advantage through reputation management. An accomplished speaker, Lida engages audiences with her empowering message about intentionally managing your personal brand and reputation to achieve career success. She regularly presents business workshops on reputation management, branding, image and using social media to international companies and organizations, helping their employees build a personal brand that supports the business.

From Girl Power to Shared Power: Using Empowerment Models in the Workplace
Shelly Smith-Acuna, Ph.D.; Lavita Nadkarni, Ph.D.; and Nicole Taylor, Ph.D.
Sturm Hall – Room 311

Feminist theory provides a rich and helpful way to understand constructive power in relationships. This workshop will explore the use of an empowerment leadership model to create a functional organizational culture. We will look at ways that gender socialization influences the use of power, and will explore concepts of power as strength, competence, and influence, and will look at the ways that power can be shared. Qualitative data will be presented to illustrate the possibilities of harnessing shared power in the workplace.

Level: Advanced

Shelly Smith-Acuna, Ph.D., is Dean and Professor at the University of Denver’s Graduate School of Professional Psychology. She has received her PhD in clinical psychology from Loyola University of Chicago, and completed postdoctoral training at Northwestern University’s Family Institute. She is a licensed psychologist who specializes in couple and family therapy, and she teaches and supervises graduate students in this area. She is the author of
Systems Theory in Action, and she publishes and presents on applications of systems theory to. She is co-chairs the Women’s Leadership Council and was the chair of the Status of Women at DU study. She is the recipient of the University of Denver’s Teacher of the Year Award, and the Champion for Change Award.

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**Individual Voices United As One: An Open Forum on the Status of Women Students at DU**

Sarah Olivier, Lori Scott, Emma Decker, Xiaoyi Zhu, Maria Kuntz

Sturm Hall – Room 412

The Undergraduate and Graduate Women’s Councils will collaboratively explore DU’s campus climate as it is perceived by those students of the community who self-identify as women. In fostering the sharing of women’s lived experiences, we seek to identify the barriers and opportunities students face in regards to gender and also in the context of multiple-identity groups, including LGBTQI students, students of color, students with disabilities, etc. Topics to be addressed involve women students’ perceptions regarding personal safety, interpersonal violence, athletics, Greek life, support networks, academic excellence, research/funding opportunities, and professional development. Our goal is to ascertain common themes of experience amongst women students and collectively discuss propositions for change and empowerment where it is felt to be necessary. This is a first step in a long-term plan to research the status of women students and thereby contribute to the university’s efforts in developing action plans to advance inclusive excellence.

Level: Intermediate

**Sarah Olivier** is a Ph.D. candidate in the English department at DU where she studies nineteenth-century American literature and gendered violence. She has taught courses in American literature, women and gender studies, film, and composition. Her dissertation on melodrama and American culture was awarded the Evan Frankel Dissertation Fellowship. She is the chair of the Graduate Women’s Council and also serves on the Women’s Coalition.

**Lori Scott** is a second year double major in Gender and Women’s Studies and Sociology with minors in Leadership Studies, Spanish, and International Studies. She is the co-chair of Undergraduate Women’s council, the director of The Vagina Monologues, and sits on the Women’s Coalition. She seeks to create positive change at DU!

**Emma Decker** is a second year undergraduate student at DU. She represents the sophomore class as a senator in the Undergraduate Student Government. She is one of the co-chairs for Undergraduate Women’s Council, a member of Delta Gamma Women’s Fraternity, and on SCESA (Student Coalition for the Eradication of Sexual Assault) committee. In her free time she loves singing in the University of Denver Lamont Chorale.

**Xiaoyi Zhu** is currently working on her master’s degree in International and Intercultural Communication, with a concentration on conflict resolution and strategic communication. She received her BA in English to Chinese Translation and Interpreting in China. When she is not busy with school, Xiaoyi devotes herself into intercultural training and helping others. Her love for social justice, feminism, and gender equality started at DU.

**Maria Kuntz** is graduate student in international and intercultural communication and works in Daniels Office of Communications and Marketing. Her research interests include intercultural new media studies, performing digital identities and the role of media in constructing knowledge about international events. When she is not on campus or writing her thesis, you’ll find her on her yoga mat or creating adventures with her son.
Leading Adaptively: Possibility, Power and Impact
Anne Comstock, MS
Sturm Hall – Room 410

Executive leaders are invited to bring your leadership challenges and successes to create an interactive learning experience in this session. This workshop will explore adaptive leadership constructs and will provide an opportunity for self and organizational assessment. Participants will leave with tools and strategies to try in their workplace, an action plan for implementation and learning partnership opportunities to continue the work beyond the session.

Level: Advanced

Anne Comstock is the Executive Director of the Butler Institute for Families. Anne is responsible for leadership, guidance and oversight of 30 staff and multitude of projects, totaling over $4 million annually. She serves in a principal investigator role on Institute grants and contracts and is responsible for leading strategic external relationships, coordination with senior University leadership, idea development, grant writing, and overall management of the Institute. Ms. Comstock has an established reputation, with more than 30 years of local and national experience. She has worked extensively with state, tribes, and local agencies to improve the quality and capacity of child welfare services. Her experience includes direct practice, supervision, administration, community collaboration, curriculum development, program evaluation, project management, workforce development, and training and technical assistance directed towards service and system improvement. She has provided consultation, training and technical assistance to state and tribal child welfare programs in strategic planning; practice model development and implementation; workforce development, with an emphasis on leadership and coaching; stakeholder involvement; community partnership, and interagency collaboration. Anne has a Bachelor’s degree in Human Services from Metropolitan State University of Denver and a Master’s degree in Management from Regis University.

Leading From Within: Three Keys to Living a Life with Personal Power and Passion
Greg Giesen, MA
Driscoll Student Center – Commerce Room

In order to be an effective leader in the workplace, we must first be an effective leader in our own lives…and that begins by truly knowing ourselves. Leading From Within is a highly inspirational presentation on becoming powerful and authentic leaders in all facets of our lives. Using gripping stories and humorous antidotes, Greg provides the necessary tools and insights into how to lead a powerful and purposeful life.

Level: Intermediate

Greg Giesen is the manager of employee development at the University of Denver where he helps provide professional development for faculty and staff. With over twenty-five years experience in corporate consulting, training, facilitation and conflict mediation, Greg has brought his wide array of skills to the corporate and non-profit industries across the country. He is also a former 14-year graduate school professor at the University of Denver and is the author of three books on Creating Authenticity, including his latest, Mondays At 3: A Story for Managers
Learning to Lead. In addition, Greg facilitates the award-winning program, Leading From Within, an outdoor experiential leadership and personal empowerment workshop.

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**Marketing to Women: Gaming by the Numbers**  
Miranda Blank  
Sturm Hall – Room 380

Gamergate recently revealed the ugly underbelly of the gaming industry, and has been a rallying cry for men and women alike who want to make the online gaming community a safer and more diverse environment. This workshop will explore marketing and financial motivations for this social change, and discussion of feasibility and strategies to incite it. Women are largely an untapped market in the online gaming industry, offering huge economic potential. We will take a closer look at past and present data to extrapolate the success of marketing to women both in the gaming community and in analogous male-dominated communities. If we can convince marketers to see the proof that targeting women will work, we could create a better future in the gaming industry. You don’t need to know anything about video games for this workshop to make complete sense. Join student presenter Miranda Blank in exploring the future options of the gaming industry, and the power of marketing to promote diversity!

Level: Fundamental

**Miranda Blank**, March 2015 graduate, is an avid gamer, feminist, and marketing student looking forward to a bright future in the gaming industry.

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**One Second Ahead: Mindfulness and Meditation as a Core Skill for Stress Reduction and Enhanced Well-Being**  
Grace Estripeaut  
Sturm Hall – Room 312

Could you benefit from skills to respond calmly to the volatility of your week, and tune into your intuition to make wiser decisions? Cultivate a greater capacity to re-center and respond gracefully to daily challenges and free yourself from non-productive and reactive habits. More and more people are realizing that they don’t have to put their humanity on hold when they leave for work, that they’re more than their résumés and that a sense of well-being and success doesn’t have to come at the cost of burnout. Today’s leadership excellence requires a new kind of thinking - less hurried and reactionary, more collaborative and openhearted. The good news is that cultivating a mindful leader’s mindset is completely possible, and women are paving the way. Come learn and practice powerful techniques that work right away to focus, re-center and stay connected to your authentic voice, wisdom and clarity.

Level: Intermediate

**Grace Estripeaut** is the founder of Boost your Zen, the only company of its kind in Denver, offering ‘targeted’ meditations in the workplace with a focus not just on boosting employee productivity, wellbeing and focus, but on showing impact and ROI. Grace’s professional experience spans operational roles in corporate and small business environments. She has experienced first-hand the effects of high levels of stress, and benefited from the substantial gains of her meditation practice to release stress, find calm and live a purpose drive life. Born and raised in Panama, she discovered meditation and fell in love with the impact it had on her life at 24. She promptly packed her bags and traveled the world to study meditation. Since then she has attended over 15 intensive training in Europe,
South America and the U.S. In 2010 she participated in a four month immersion Ashram, and began teaching and guiding others in meditation classes. A recurrent comment she received though the years was: “How come you are so calm, so balanced in it all?” Making these beneficial practices accessible, inviting, and easy to incorporate into your lifestyle is what she is here to do.

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Pathways to Power
Lynn Gangone, Ph.D.; Karen Riley, Ph.D.; Barbara Kreisman, Ph.D.; Kathryne Grove, J.D.; and Linda Kosten, Ph.D.
Sturm Hall – Room 335

What are the decision points that women face on their path to leadership? How have influential women at DU found their power, and how do they seek to empower those around them? This workshop will feature six senior leaders at DU who will share their stories of leadership development. The panel will be moderated by Dr. Lynn Gangone, dean of Colorado Women’s College, and the panel includes faculty and staff leaders. The panel will discuss strategies to identify and overcome challenges to assuming roles of influence in an organization.

Level: Fundamental

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Power Talk for Women! Build Credibility and Make Yourself Heard
Clair Damken Brown, Ph.D. and Carolyn D. Love, Ph.D.
Sturm Hall – Room 333

Women, are you ready to climb that career ladder? Do you want your ideas and opinions to be heard? This interactive session focuses on specific communication skills women can choose to enhance their credibility and impact in the workplace. Constructive communication techniques are revealed that you can apply immediately. Be seen as a leader! Women will walk away better able to articulate their ideas to increase credibility and be heard. (And men can learn, too, about the workplace issues facing women!)

Level: Fundamental

Dr. Claire Damken Brown, founder of Damken Brown and Associates, Inc., is a savvy speaker, industry consultant, and seminar leader specializing in diversity and equal employment opportunity strategies, gender communication, sexual harassment prevention, and cultural competency. She has 25 years’ experience in Fortune 50 companies directing organizations, investigating discrimination cases, and training professionals. Her University of Denver doctorate focused on male/female workplace communication. She’s coauthor of Conflict and Diversity; Code Switching: How to Talk So Men Will Listen; and, The Gender Communication Handbook; plus, contributing author to Leading Women: 20 Influential Women Share Their Secrets to Leadership, Business, and Life.

Dr. Carolyn D. Love is the founder of Kebaya Coaching & Consulting, a leadership coaching, training, and change process design company. The company focuses on enhancing the leadership talent in organizations and facilitating meaningful and sustainable change. Dr Love facilitates workshops/trainings on leadership, diversity and inclusion, governance, and organization change. Additionally, Dr Love presented workshops at La Universidad Anáhuac in Mexico City, Mexico and University of Stellenbosch Business School in Bellville, South Africa. Dr Love received her Ph.D. in Leadership & Change from Antioch University. The focus of her dissertation work was race and social
activism. As a Colorado Trust Fellow, she received her master's degree in Nonprofit Management from Regis University.

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**The Art of Intuition**

Thordis Niela Simonsen  
Driscoll Student Center – Room 1880

Albert Einstein referred to intuition as a “sacred gift,” and Rumi called it a “sacred spring.” Yet intuition as a way of knowing often remains unrecognized or undervalued. When you deny this resource, you deny a part of your Self that needs and wants to be expressed. Facilitator Thordis Niela Simonsen never dreamed of writing a book, living abroad, or restoring a house in Greece stone by stone by hand. Using her stories and your own as springboards, and employing dialogue and visual images, Thordis will facilitate an exploration of the following: What is intuition? Where does it reside? How can you cultivate it? And what makes it “sacred”? Thordis is acutely aware of the role intuition has played in her rich and rewarding life. The Art of Intuition will point you toward your own “sacred spring.”

Level: Fundamental

**Thordis Niela Simonsen** writes creative non-fiction, engages in the visual arts, performs one-woman multimedia shows, conducts writing and other workshops, hosts intimate small-group excursions in Greece, and restores a village house in Greece by hand. She is prone to taking risks; she is committed to intuition as a way of knowing; she believes in the life-sustaining value of creative self-expression. Thordis Niela Simonsen has received grants from the Ella Lyman Cabot Trust (1982) and the Kittredge Educational Fund (2007). Her book Dances in Two Worlds: A Writer-Artist’s Backstory won the 2012 Colorado Book Award in creative nonfiction.

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**The Magnet Principle**

Kronda Seibert  
Sturm Hall – Room 454

Women may come to this workshop with an idea of something they want to accomplish, a business they would like to run or a fundraiser or event they would like to organize. Or they may simply be looking for goal-setting tips and suggestions for overcoming commonly (or uncommonly) faced adversity. The Magnet Principle is a series of building blocks of successful organization, proven by a team of women over the course of the past five years.

Level: Fundamental

**Kronda Seibert** is an author, chairwoman and founder of Victorian Productions and AnomalyCon, a computer systems engineer, and an active member of the science fiction community. In her spare time she runs a major convention and speaks out about equality in geek fields and STEM careers.
Understanding Gender Disparities in Ethiopian Higher Education
Meseret Hailu, M.S.
Sturm Hall – Room 480

During a month long stay in Ethiopia, Meseret Hailu interviewed nearly 30 individuals from with a wide variety of professional experiences (from officials at the Ministry of Education, to NGOS workers, to professors at Addis Ababa University) to better understand the gender imbalance that exists in Ethiopian colleges and universities. This presentation will focus on the results of those interviews and the major themes that emerged. Meseret Hailu is a first year PhD student in the Higher Education program at the Morgridge College of Education. She received her BS/BA from the University of Denver and an MS from Regis University. Her research interests include: international STEM education, the relationship between gender and socialization, and retention of women in Ethiopian higher education institutions.

Level: Fundamental

Meseret Hailu is a first year PhD student in the Higher Education program at the Morgridge College of Education. She received her BS/BA from the University of Denver and an MS from Regis University. Her research interests include: international STEM education, the relationship between gender and socialization, and retention of women in Ethiopian higher education institutions.

Valuing Women’s Voices in the Workplace
Dr. Allison Friederichs; Dr. Magdelana Red; Dr. Kris Reyes; and Dr. Carol Zak-Dance
Driscoll Student Center – Room 1864

This panel uses a semi-structured, question and answer format to engage three DU scholars and administrators on gender and communication in the workplace. Our moderator will ask the panelists pointed questions about the ways in which social structures and taken-for-granted hierarchies shape our communication habits in the workplace. We will examine how women’s and men’s voices are valued in the workplace and with what effect. For example, workplace gender discrimination persists despite gains in women’s professional equity. How do we begin to value both “feminized” and “masculinized” forms of communication so that all people may experience and utilize a broader spectrum of communication styles? Why do we often fail to hear women’s voices as leadership voices? How can we increase awareness of internalized stereotypes that constrain how we view our own and others’ behaviors?

Level: Intermediate

Allison Friederichs, Ph.D. University of Denver, is the associate dean for academic affairs for the University of Denver’s University College. She specializes in Professional Communication and Higher Education Assessment & Curriculum Development. She has numerous publications in the field, most recently an article published in the Chronicle of Higher Education, and she has also been a curriculum design consultant for University College and Regis University. Allison has earned University College’s Master Teacher designation for continued professional development and is a member of the Women’s Leadership Council of the University of Denver. In addition to her career in academia, Allison is a communication consultant, providing training to organizations in areas such as business-writing skills, conflict management, and delegation. Recent clients include Douglas County government and
Colorado NAHRO. Allison is a member of the Colorado Women’s Chamber of Commerce, and she serves her community by volunteering for the Denver Dumb Friends League as a copywriter and photographer.

**Dr. Magdelana Red** is the Academic Director of the Organizational and Professional Communication graduate programs in University College. She earned her Ph.D. in communication and media studies from the University of Colorado Boulder. She has taught in media studies, women and gender studies, and international studies. In her work and life, she seeks to raise awareness about how gender socialization constrains everyone’s behavior and how, with this awareness, we can begin to change norms and live our lives more fully.

**Kristine (Kris) Reyes** graduated from The University of Denver Women’s College in 2002, Magna Cum Laude, with a BA in Communication. Kris subsequently earned her Master’s in Professional Studies with an emphasis on Applied Communication from DU’s University College, 2005, and her PhD in Communication, 2014, with an emphasis on Interpersonal Communication, from DU’s Department of Communication Studies. Kris teaches interpersonal and workplace communication, conflict management and leadership classes at DU and other institutions and is a member of the National Communication Association, Western States Communication Association and the International Association of Relationship Research. Awards include: Excellence in Teaching Award from MSU; Master Scholar award from DU Alumni Association; and Faculty Spirit Award from DU Women’s College. Throughout her academic career, Kris has maintained two areas of concentration: 1) the human-animal bond and how the way humans speak to, about and for animals shapes the quality of life for all species; and 2) how students’ apply communication skills as they practice awareness, articulate ideas, engage in critical inquiry and contribute and participate in global social discourse.

**Carol Zak-Dance (Ph.D., 1979)** is a full time faculty member of the Colorado Women’s College, and the program chair for the Communication major and the Gender and Women’s Studies minor. She has taught at CWC 1984. Her 39 years of teaching experience, at D.U., Regis University, and Arapahoe Community College, has focused on communication theory, presentational speaking, and gendered communication. Carol has conducted workshops in her areas of specialization for national corporations, businesses, professional organizations, and for other educational institutions. She is a May 2004 recipient of a Woman of Achievement Award presented by the Denver Professional Chapter of the Association for Women in Communications, and has received the CWC Professor of the Year and Faculty Spirit several times. Carol has co-authored several textbooks in the area of presentational speaking. “Teaching at CWC has been, and continues to be, a gift in my life. The CWC faculty and staff are consistently student-centered, and that clarity of purpose makes my job so much easier. The students are nothing short of amazing women! They truly understand the concept of ‘claiming one’s education,’ are active participants in the educational process, and enjoy the learning process. I feel honored to work in a learning environment that is so collaborative.”
Attention to Detail: Financial Finishing Touches for Women
Molly Perry and Christine Kolm
Driscoll Student Center – Room 1880

“What you do tomorrow depends on what you choose today.” What does your financial future hold? Financial success can often complicate your life and we’d like to help. We are pleased to invite you to join us for an interactive workshop where you’ll learn some ways to stay in control of the portfolio you’ve accumulated.

TIAA-CREF's workshop leaders will share financial planning strategies:

- Learn how to get your investments and assets allocated
- Know your options when making an estate plan
- Devise an elder care plan that works without worry
- Pursue your passion with insights on life after your career
- Discover the right questions to as a Financial Representative

This workshop is also at 2:15 pm.

Level: Intermediate

Molly Perry serves as a Senior Manager within TIAA-CREF’s Individual Advisory Services group. Ms. Perry is responsible for coaching and developing a team of Client Relationship Consultants who partner with teams of Wealth Management Advisors in Denver, Co and Ann Arbor, MI. Prior to her role as a Senior Manager, Ms. Perry was a TIAA-CREF Wealth Management Advisor. In that role, she provided complex financial planning to clients spread throughout the Western US. She has been with TIAA-CREF since 1998, and has been a part of IAS since it began. Ms. Perry received a B.A. in History from The University of Vermont. She holds the FINRA Series 7 license, Series 63, 65, 24 and State of Colorado Life and Health Insurance Licenses. She also holds the Accredited Wealth Management Advisor designation through the College for Financial Planning. Ms. Perry, her husband, and her two children live in Denver, Colorado.

Christine Kolm is a Director of Wealth Planning Strategies with TIAA-CREF where she provides comprehensive wealth transfer, estate and tax planning services for clients with the most complex needs. Her tax and estate planning knowledge and background allow her to provide high-net-worth families with specialized advice and sophisticated planning strategies. Christine is experienced in handling complex estate, gift and generation skipping transfer tax issues, planning issues with noncitizen spouses and community property. Christine also offers extensive experience with charitable planning. Christine is located in San Francisco, California and works primarily with clients in the West. Prior to joining TIAA-CREF, Christine practiced law as an associate with a large Denver law firm. During her years in private practice, Christine focused on sophisticated estate planning matters. She has experience with wills and trusts containing complex tax and dispositive provisions, family limited partnerships, estate freeze transactions, irrevocable life insurance trusts and charitable planning. Christine is active in several professional organizations including the Colorado State Bar, the State Bar of California and the Bar Association of San
Francisco. She received her law degree with honors from The Washington College of Law, American University. She is a graduate of the University of Maryland, College Park, where she received her Bachelors of Science degree in Finance, with honors.

Building Powerful Career Networks
Ray Burgman, Director of HERS Institutes; Kimberly Gorgens; Michele Hanna; and Nancy Sasaki
Sturm Hall – Room 410

There is an African proverb which says, “If you want to go fast, go alone. If you want to go far, go with others.” During this interactive and hands-on workshop, we want to see how far participants want to go in their careers and how they can find and receive the support they need by sharing stories and having participants discover the status of their current career network. We are also interested in having participants pay it forward by supporting other women as they build and expand their career network.

Level: Fundamental

Raymonda "Ray" Burgman, Ph.D. is the Director of Higher Education Resource Services (HERS), an educational non-profit affiliated with the University of Denver (DU) dedicated to creating and sustaining a community of women leaders and advocating gender equity in higher education. Dr. Burgman leads the planning and delivery of the three signature HERS programs for leadership development for women in higher education – HERS Bryn Mawr Summer Institute, HERS Denver Summer Institute, and HERS Wellesley Institute. Dr. Burgman is an alumna of the HERS Wellesley Institute (2006) and the Harvard Institute for Educational Management (2009). Dr. Burgman has presented on topics such as mentoring, leadership, financial literacy, and women’s advancement at the American Council on Education’s Annual Meeting, Association of American Colleges and Universities’ Annual Meeting, American College Personnel Association Convention, Association of College Unions International Women’s Leadership Institute, and the Women in Educational Leadership Conference at the University of Nebraska. Recently, she was invited to participate in a STEM faculty leadership development synthesis meeting with the American Institutes on Biological Sciences and Utah Valley University’s Advancing Theories of Women and Leadership Colloquium. In August 2014, Dr. Burgman traveled to Kampala, Uganda to assist with the launch of the newest HERS affiliate, HERS-East Africa.

Kim Gorgens, Ph.D. is a full-time Clinical Associate Professor in the Graduate School of Professional Psychology at the University of Denver. She teaches the Psychophysicsology and Clinical Neuropsychology sequence at the doctoral level, manages a portfolio of TBI-related research, and has lectured extensively on those issues (including a 2010 TED talk on youth sports concussion, several NPR spots and an interview on CNN with Anderson Cooper). She completed a postdoctoral fellowship in Clinical Neuropsychology and is board certified in Rehabilitation Psychology. In addition to her work with medical patients in various settings, she also engages in advocacy and leadership around disability and TBI awareness and previously served as the Chair of Colorado Traumatic Brain Injury Trust Fund, President of the Colorado Neuropsychological Society and Chair of the American Psychology Association Committee on Disability Issues in Psychology. She is currently on the scientific advisory boards of the American Traumatic Brain Injury Association and the National Pediatric Acquired Brain Injury Association and is serving on the board of the American Board of Rehabilitation Psychology and is an elected Council Representative for the American Psychological Association. In her role on the Colorado Brain Injury Legislative Collaborative, Dr. Gorgens was involved in drafting and supporting the 2011 concussion law for the State of Colorado (Senate Bill 40 – The Jake Snakenberg Youth Concussion Act). Dr. Gorgens is most passionate about education and women’s
leadership (as an LIWP and HERS alumna). She engages in community education and outreach in areas of disability awareness, biopsychosocial models and criminality—her lectures are featured in venues around the country.

**Michele D. Hanna**, Ph.D. is the Associate Dean for Academic Affairs at the University of Denver Graduate School of Social Work (GSSW). She teaches MSW course in multicultural social work and child welfare practice. She also teaches the Qualitative Research Sequence in the PhD program, Since joining the faculty at GSSW in 2005, Dr. Hanna has been an active advocate for DU’s efforts to become a more inclusive community as a member of the Faculty of Color Association (FOCA), the Inclusive Excellence Collective and Incubator and is currently a member of the Interdisciplinary Research Incubator for the Study of (In)Equality (IRISE) Advisory Board. Dr. Hanna received her PhD in Social Work at The University of Texas at Austin and her MSW at the University of Oklahoma. Prior to pursuing her PhD at The University of Texas at Austin, Hanna’s professional experience included working as an adoption birthparent counselor, a child protective service worker, child welfare adoption specialist, child welfare supervisor and program field representative for a statewide special-needs adoption program. Her research focuses on child welfare, foster care and adoption in the United States. Most recently she served as the evaluator for the City and County of Denver’s five-year, federally funded Diligent Recruitment Grant Denver’s Village: Wrapping Families with Community Support. Dr. Hanna also works with the Butler Institute for Families as the director of the Adoption Competent Practice Certification Program.

**Dr. Nancy Sasaki** is currently the Associate Dean of Natural Sciences and Mathematics at the University of Denver. Although in the past her research interests included microbial degradation of recalcitrant chemicals in the soil environment, her current research involves the professional development of K-12 teachers in the introduction of the claims/evidence/reasoning model of teaching science in the classroom. In her position as Assoc. Dean, she is responsible for organizing and recruiting for STEM activities out of NSM. Currently, she is also a curriculum consultant for the Denver Public School district in grades K-5. Dr. Sasaki still teaches the microbiology courses in the Department of Biological Sciences and enjoys teaching both non-majors as well as majors interested in the topics of Microbiology.

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**Comfort Food and Cocktails: Understanding the Power of Substances on our Brain**

Dr. Debra Austin  
Sturm Hall – Room 333

The stressors of balancing personal lives, careers, personal growth, professional development, care-giving, and self-care can take a tremendous toll on cognitive ability. Women suffer from anxiety disorders at twice the rate of men. Women who self-medicate to improve performance or blunt the impacts of stress may be impairing cognitive capacity. Substances can hijack our brain’s reward system and cause increased stress, cognitive, and health problems. This presentation will cover motivation, reward-seeking, and pleasure (motivation control system); the consequences of substance use; the path to addiction; and strategies for maintaining optimal cognitive function. It will examine the effects on brain function of substances that women commonly use to self-medicate (food, caffeine, study drugs, nicotine, alcohol, and cannabis). It will conclude with resources and recommendations for optimizing cognitive fitness and developing a personal plan for reducing harmful substance use and increasing activities that heal and build the brain.

Level: Fundamental
Dr. Debra Austin teaches legal skills at the University of Denver Sturm College of Law. She received her Bachelor of Music Education from the University of Colorado; her J.D. from the University of San Francisco; and her Ph.D. in Education from the University of Denver. She received the William T. Driscoll Master Educator Award in 2001. She has received grants for teaching and scholarship from LWI-ALWD-LexisNexis; the Morgridge Family Foundation; and the NSF. Her articles on stress and cognitive fitness, and the brain’s reward system and the impact of substances, are available for free download at SSRN at http://ssrn.com/author=1088833.

Creative Entrepreneurs: Musicians’ Perspective
Emily Murdock, Dr. Sara Parkinson, and Deborah Morrow
Sturm Hall – Room 312

Creative entrepreneurship is what started Central City Opera 83 years ago, and today’s artists are embodying that entrepreneurial spirit more than ever. Along with Central City Opera, the soprano/piano ensemble Liria Duo will inspire you to harness your own creative powers and set life in motion. In 2010, frustrated with the traditional models of “making it” in the classical music world, Emily Murdock (soprano) and Sara Parkinson (piano) contacted the Grammy-award winning composer Libby Larsen in hopes of collaborating with her on a recording. With hard work and constant attention to their creative craft, they produced the album Songs of Her Self, featuring music by Libby Larsen and text by three strong-willed, notable women who lived and loved despite all odds. Liria Duo will perform excerpts from their album and talk participants through how they used the power of possibility.

Level: Intermediate

Emily Murdock, soprano, is the Education & Community Engagement Coordinator at Central City Opera, and is also a member of the Central City Opera Ensemble, performing frequently for students, families and adults throughout Colorado and Wyoming. She has also performed with many operatic, orchestral and choral organizations all over the country. She and pianist Sara Parkinson formed a professional duo, Liria Duo, whose premiere album with composer Libby Larsen was released in 2013. She received her Master’s in Voice Performance from University of Colorado and her Bachelor’s in Voice and Flute Performance from University of Montana.

Dr. Sara Parkinson, piano, is currently on faculty at Metropolitan State University of Denver and serves as organist at St. Aidan’s Episcopal Church of Boulder. She received her Doctoral of Musical Arts in Collaborative Piano from University of Colorado, Master of Music in Piano Performance from the New England Conservatory, and Bachelor of Music in Piano Performance from the University of Iowa. Sara is the pianist half of the ensemble Liria Duo with soprano Emily Murdock. When not at the piano, you can find Sara indulging in her husband’s pastries while chasing her two young sons and their cat, Rocky.

Deborah Morrow, Director of Education and Community Engagement, has managed Central City Opera’s school and community programs for over 15 years, creating and implementing such programs as the annual Music! Words! Operal training for educators and students in the creation of original opera in the classroom; En Mis Palabras (In My Own Words), a bilingual opera for middle and high school audiences; and many additional performance programs for students and families. She also manages or serves as producer in partnerships with such organizations as CU Opera, Colorado Children’s Chorale, Inside the Orchestra, Colorado Springs Conservatory and the Colorado Symphony.
Cultivating a Supportive Environment
Rachael Lovendahl (Ed.D. Student); Delma Ramos (Ph.D. Student); Natasha Saelua (Ph.D. Student); Sylk Sotto-Santiago (Ed.D. Student); Kara Trebil (Ed.D. Student); Michele Tyson (Ed.D. Student); Darsella Vigil (Ph.D. Student); Varaxy Yi Borromeo (Ph.D. Student)
Sturm Hall – Room 412

Doctoral programs have traditionally been viewed as highly competitive spaces due to scarce resources and high levels of anxiety related to the workload; however, one group of doctoral women have been successful in minimizing the competitive edge of their program through a cohort model while acknowledging the challenges and conflict within cohorts. Utilizing their own cohort-building efforts as a model for how to center collaboration and inclusion in a naturally competitive environment, the 2013 Higher Education doctoral cohort of women, will present tools that promote the development of collaborative, empowering environments for women. Panelists will share how they, as a cohesive group, continually work to create a supportive environment for everyone in their program through collaboration, individual responsibility, conflict resolution, and agency. Participants will be able to leave with an understanding of the energy and effort involved with building an intentionally inclusive community within a highly competitive environment and utilize some of the strategies presented to cultivate their own collaborative environments in their organizations.

Level: Fundamental

The panelists are a group of women whose research interests range broadly from faculty medicine to service learning and community engagement to nontraditional students, as well as issues of access and retention for specific student populations. These women come from coast to coast and across the globe and are at different stages of the doctoral degree process at DU’s Morgridge College of Education. They met as a cohort in the Higher Education program in 2013 and have since successfully built an environment that is founded on support, collectivism, and collaboration in a traditionally competitive environment. Rather, these doctoral women intentionally worked to build each other up and engage in personal and professional skill development as a collective unit. This group has self-initiated activities, such as a cohort retreat and comprehensive exam study group, above and beyond what is provided by their program. Outcomes of this engaging environment have included individually strengthened research interests, successful partnerships and research collaborations, strong personal relationship building, and 100% retention of all members (upon initiation of this environment).

Empower Yourself, Empower the World
Alex Gil
Sturm Hall – Room 454

Empower Yourself, empower the world. I will share with you the reasons why prioritizing yourself is the first thing you need to do if you want to create changes at your family, company and in the world. We can’t give what we don’t have, we can’t teach what we don’t know.

Level: Intermediate
Alex Gil is a CHEK-certified holistic lifestyle coach level 3 and has been a fitness expert for 20 years. She provides specialized coaching services to people who want to increase their vitality, decrease stress, define their purpose and core values and build the strong foundations required for long-term happiness and health.

Energetic Intelligence – “Transforming Fear Into Power”
Aimée Alley
Sturm Hall – Room 311

Thoughts, fears and emotions are forces that can hold us back from fulfilling our dreams, relationships, careers and expressing our authentic selves. Don’t spend another day living in the shadow of fear—move forward, acknowledge your power and ignite positive actions to transform these fears. This spirited, dynamic workshop will inspire you to take specific actions in your day-to-day life that help uncover a visionary perspective to redefining fear. You’ll learn concrete, practical tools that you can use immediately. Power comes from self-awareness, as well as how your thoughts, words, feelings and actions create the positive, powerful life you desire.

Level: Intermediate

Aimée Alley is a professional speaker, teacher, coach, mother, meditation guide, and author of Heart & Soul, 10 Keys to your Sacred Self and In Case of Emergency - First Aid for Surviving, Living and Thriving Through a Crisis. For more than 25 years, she has helped people connect to their core potential and alleviate their inner conflicts in order to live a more enthusiastic, joy-filled life. Empowering individuals and groups to embrace their authentic selves, see life as an adventure, and use compassion and joy as their compass is at the heart of her work.

Enrich the World Through Diverse Women’s Power
Ruth Chao, Ph.D.; Kelly Lavin, BA; Talia Wolken, BA; Doris Zhang, BA
Sturm Hall – Room 480

In the current society, women in general still suffer from unjust treatment and subordination. For many cultures in the world, women, who attempt to overthrow gender discrimination to establish true equality, tend to be mocked and disdained by the society. However, despite of the unfortunate surrounding circumstances, women have successfully challenged many rules in defiance of unjust legal and religious authorities. To elaborate on the perception of women's power from diverse cultures in the world, this presentation includes: (a) women's suffering related to power in diverse cultures; (b) how women in different cultures define “power”; (c) how women thrive against social discrimination, stereotypes, and stigma; (d) how women's power and success bring enrichment to this world.

Level: Fundamental

Dr. Ruth Chao received her PhD from the University of Missouri-Columbia. She is a member of the American Psychological Association, and received the American Psychological Fund Award, the American Psychological Association Grant Award, PROF Grant Award, and other grants. She publishes in Journal of Counseling Psychology, Psychological Assessment, and Journal of Counseling and Development. Dr. Chao’s primary research interests include multicultural counseling, counselor’s cultural competencies, issues of cultural diversity, racism and mental health, and social justice. She enjoys doing yoga, hiking, traveling, listening to musicals, and eating a wide
variety of foods. Dr. Chao was recently ranked as one of the top 99 counseling psychology professors in the U.S by mastersincounseling.org.

**Kelly Lavin** is a first year Master's student in the Counseling Psychology program at Morgridge College of Education with a concentration in Clinical Mental Health and a specialization in addictions. Kelly is from Brooklyn, New York. She completed her bachelor's degree in Psychology and Criminology and a minor in communications. Her research interests include multiculturalism and trauma. Kelly currently interns at a relapse prevention center for males struggling with addiction.

**Talia Wolken** is a first year Master's student in the Counseling Psychology program at Morgridge College of Education with a concentration in Clinical Mental Health and a specialization in addictions. Talia is from Iowa and received her Bachelor's degree in Psychology at the University of Northern Iowa. Her research interests include multiculturalism. Talia currently interns at a middle school. After receiving her Master's degree, Talia would like to do counseling in Europe and Asia.

**Doris Zhang** is a first year Master's student in the Counseling Psychology program (clinical mental health track) at the Morgridge College of Education. Doris was born in China and immigrated to Canada at the age of 11. She has completed a Joint Major of Business and Psychology during her Undergraduate studies. She is bilingual with fluency to communicate in both English and Chinese. Her research interests include multicultural counseling competences, diversity, and social injustice. Doris currently works in a rehabilitation center to offer counseling services to the addiction population.

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**Power and Political Savvy**  
Kristine L. Schneider  
Sturm Hall – Room 335

Understanding the power and politics of any organization is key to success of career, initiatives and solutions. Different sources of power exist across organizations to the extent that one type of power is one organizational culture will not be effective in another. In fact, it could backfire. That said, understanding and leveraging power requires political savvy and certain skills. Politics exists in all organizations, big or small, for profit or non-profit, public or private. One can no longer afford the stance of "not playing politics". However, understanding the power dynamics of an organizational culture, and understanding the politics at play, can lead to developing skills that result in increased effectiveness and success.

Level: Intermediate

**Kristine L. Schneider** is the Co-chair of Leadership Ascent for Women, a yearlong leadership development program that won the Leadership Excellence Award in the Non Profit Category of HR.Com. She serves as a Facilitator and Coach in that program in addition to being the Lead Facilitator for Mapping Your Success, a workshop focused on planning a career in leadership. Previous she was Lead Facilitator and Coach in the Emerging Leaders Program at Daniels College of Business. Kristine is an experienced consultant and executive coach who helps leaders align their practice of leadership and management with their organization's purpose and promise and then with the required culture for success. Kristine has consulted and coached in a variety of industries, including academia. Previously Kristine was a behavioral health consultant with a managed care company. She holds a MSW from Washington University, St. Louis.
She Asked For It: The Power of Self-Advocacy for Women in Academics
Nichol Weizenbeck, ABD
Sturms Hall – Room 380

This workshop seeks to offer graduate students in various stages of their degrees examples of the power of self-advocacy; to those just starting their doctoral programs, those desperately trying to finish, those finishing their Master’s, those caught in the middle, and those graduating graduates seeking teaching positions. Academic endeavors are filled with negotiations; within departments, with professors, and in our personal lives. Often, women in the academic arena seem fearful of appearing “pushy” or demanding, and often do not voice their needs or aspirations. Negotiating remains key in the realization of goals, of ensuring that women’s voices are not marginalized during the difficult process of obtaining a graduate degree. The graduate journey is filled with classes, teaching, tutorials, advisors and much more. Every step requires asking for what we want, asking for what will not only lead to individual success but also lead to success for our departments and schools.

Level: Intermediate

Nichol Weizenbeck received her BFA in Film Production from CU Boulder in 1995. Seeking global adventure, she attended a translator school in Munich and received her certificate in 1998. After returning to Denver, Nichol wrote for local magazines while raising her amazing daughter. However, she felt a void in her intellectual life and returned to pursue her Master’s in 2006 and then began work towards her Doctorate in 2010. Currently, she is working on her dissertation, researching women novelists of the early eighteenth century.

The 7 Hats of Networking: How to Get Your Foot in the Door, Build Relationships and Create Professional Communities
Lindsey Day, MEd
Driscoll Student Center – Room 1864

“It’s not what you know, but who you know.” Despite major changes in the workforce, networking has remained a powerful, constant force for securing employment, promotion and advancement and navigating organizational politics. While most of us understand the importance of networking, to many, networking can feel shallow and transactional. In addition, some view networking as an extrovert-only skill or an inheritance over which we have limited control. In this workshop, you will:

• Examine your current viewpoints of networking and how these worldviews affect your ability to build professional relationships

• Develop a networking plan including clarifying your professional goals and identifying relevant groups and individuals to target

• Learn 6 proven strategies to “get your foot in the door” and make a strong first impression with key professionals

You will leave this session feeling in control of your professional network and empowered to build a professional community that inspires and supports you over your entire career.
Level: Fundamental

**Lindsey Day** is a career coach, networking strategist and LinkedIn trainer. She has worked with thousands of clients throughout the United States and has presented on networking, LinkedIn and job search strategy at everything from local networking events to large national conferences. Lindsey is passionate about connecting others and helping them build meaningful professional communities that support their entire career, not just their next job search.

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**The Power of Religious Voices: Women and Interfaith Activism**

*Melanie Kesner and Kieryn Wurts*

**Driscoll Student Center – Commerce Room**

This workshop will include a brief overview of religious activism through the Civil Rights Era to how it applies to women's lives today. We will look at famous historical examples and learn about the many applications that interfaith dialogue and activism can bring to the community pursuing social justice. Workshop participants will also get a chance to look at how their own faith plays into their values and passions through dialogue with other participants. By the end of this presentation, women will begin to develop an understanding of the power and necessity of interfaith dialogue and activism.

Level: Fundamental

**Melanie Kesner** is a fourth year student at DU. She is double majoring in International Studies and Religious Studies with a minor in Hebrew and will be graduating this spring. She was in the Social Justice LLC and continues to stay active with the Social Justice Community at DU. She also works with the student-run Social Sustainability Task Force. She is an intern with Abrahamic Initiative and a Service Learning Associate for Center for Community Engagement and Service Learning. She is currently working on a thesis for religious studies on the importance of Pluralism and Inter-religious dialogue within the field of Religious Studies. In her free time she plays club water polo for DU, sings in the The Spirituals Project Choir, and stays active in the Colorado outdoors through hiking, camping, and snowboarding.

**Kieryn Wurts** is a fourth year undergraduate at the University of Denver with a dual BA in Religious Studies and International Studies with a minor in Leadership Studies. She is currently conducting an undergraduate thesis on "emergent" Christianity, and the influence of the emergent schematic on religious communities of Denver. She is passionate about peace and reconciliation through religious and inter-religious engagement, which has led to her work in DU interfaith community. She also has slightly less high-minded passions and hobbies, that include but are not limited to gardening and local food systems, yoga and slacklining, reading old dead philosophers, 90’s throwback dance parties, and of course the Gilmore Girls.

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**The Power to Make an Impact: Exploring the Possibilities to Live a Life of Conviction, Purpose and Meaning**

*Cara Marie DiEnno, PhD, Carolyn Sommers and Sarah Plummer Taylor*

**Sturm Hall – Room 453**

Participants will learn how they can leverage their unique talents to make a social impact on issues they care about. Participants will identify work that aligns their heart (addressing the social and environmental issues that most move them) with their head (their unique gifts). When our head and heart combine and we are in the zone, we have found
our hustle, our unique contribution to the world. We will then explore work that we are doing that does not lead us toward our unique purpose, or hustle. Participants will examine periods where they have experienced a disconnect between what they value and how they allocate their time and energy. The activity will reveal behaviors and actions that aren’t serving us well and we will explore ways to better align our lives to be our most productive and passionate selves.

Level: Fundamental

Cara DiEnno is the Associate Director in DU’s Center for Community Engagement and Service Learning, where she supports faculty, staff and students in their community-engaged work – collaborating with the community to advance social justice and live out the university’s public good vision. Cara holds a PhD in Environmental Communication from the Human Dimensions of Natural Resources Department at Colorado State University. Cara’s work is grounded in her own commitment to social justice and engagement. In 2007, she was the recipient of a Fort Collins Community Civility Award from the mayor’s office for service to the CSU campus and Fort Collins community.

Carolyn Sommers, a Career Advisor at DU, guides students through the self-discovery process and teaches them essential skills and knowledge for career planning. She has a passion for growth and development and is energized when helping individuals answer those key life questions: "who am I, where am I going, and how do I get there?" In addition to a Master’s degree in Counseling, Carolyn brings a range of career advising experience from working in both community and four-year college settings and most recently, with a high school College & Career Readiness program.

Sarah Plummer Taylor is a University of Virginia graduate, disabled combat Veteran, former Marine Corps Intelligence Officer, and 5-time Military Olympic Athlete who is on a mission to empower those who have experienced trauma or difficult life events to “align and shine” and then "just roll with it." Sarah is a published author, internationally sought-after motivational speaker, RYT500 yoga instructor, certified holistic health coach, Masters in Social Work graduate student, and battle-tested leader. She founded SemperSarah.com and co-owns JRWI Wellness LLC, through which she powerfully inspires, instructs, and equips audiences to roll with any challenge life throws at them.
Attention to Detail: Financial Finishing Touches for Women
Molly Perry and Christine Kolm
Driscoll Student Center – Room 1880

“What you do tomorrow depends on what you choose today.” What does your financial future hold? Financial success can often complicate your life and we’d like to help. We are pleased to invite you to join us for an interactive workshop where you’ll learn some ways to stay in control of the portfolio you’ve accumulated.

TIAA-CREF’s workshop leaders will share financial planning strategies:

- Learn how to get your investments and assets allocated
- Know your options when making an estate plan
- Devise an elder care plan that works without worry
- Pursue your passion with insights on life after your career
- Discover the right questions to as a Financial Representative

Level: Intermediate

Molly Perry serves as a Senior Manager within TIAA-CREF’s Individual Advisory Services group. Ms. Perry is responsible for coaching and developing a team of Client Relationship Consultants who partner with teams of Wealth Management Advisors in Denver, Co and Ann Arbor, Mi. Prior to her role as a Senior Manager, Ms. Perry was a TIAA-CREF Wealth Management Advisor. In that role, she provided complex financial planning to clients spread throughout the Western US. She has been with TIAA-CREF since 1998, and has been a part of IAS since it began. Ms. Perry received a B.A. in History from The University of Vermont. She holds the FINRA Series 7 license, Series 63, 65, 24 and State of Colorado Life and Health Insurance Licenses. She also holds the Accredited Wealth Management Advisor designation through the College for Financial Planning. Ms. Perry, her husband, and her two children live in Denver, Colorado.

Christine Kolm is a Director of Wealth Planning Strategies with TIAA-CREF where she provides comprehensive wealth transfer, estate and tax planning services for clients with the most complex needs. Her tax and estate planning knowledge and background allow her to provide high-net-worth families with specialized advice and sophisticated planning strategies. Christine is experienced in handling complex estate, gift and generation skipping transfer tax issues, planning issues with noncitizen spouses and community property. Christine also offers extensive experience with charitable planning. Christine is located in San Francisco, California and works primarily with clients in the West. Prior to joining TIAA-CREF, Christine practiced law as an associate with a large Denver law firm. During her years in private practice, Christine focused on sophisticated estate planning matters. She has experience with wills and trusts containing complex tax and dispositive provisions, family limited partnerships, estate freeze transactions, irrevocable life insurance trusts and charitable planning. Christine is active in several professional organizations including the Colorado State Bar, the State Bar of California and the Bar Association of San Francisco. She received her law degree with honors from The Washington College of Law, American University. She
is a graduate of the University of Maryland, College Park, where she received her Bachelors of Science degree in Finance, with honors.

How to Grow Your Power Through Strategic Relationships
Amy L Shoemaker, PHR, EMBA, CMC
Sturm Hall – Room 312

Have you attended a meeting to discover there was a meeting, prior to this meeting, when the actual decisions were made and will just be approved here? Were you invited to the meeting before the meeting? How to Grow your Power through Strategic Relationships will provide you with the tools to successfully build relationships and obtain support and influence at the leadership level. You will leave this interactive presentation with tools to successfully understand the role of emotional intelligence in leadership, managing organizational politics, leadership networking, and a model for relationship mapping. Avoid surprises in meetings and empower yourself to drive organization strategy today!

Level: Advanced

Amy Shoemaker utilizes more than 25 years of business experience in human resources and training to provide executive coaching and leadership development, merger and acquisition leadership integration, and strategic human resource consulting. She uses her 18 years experience as a vice president and strategic HR leader in entrepreneurial mid-size, and Fortune 500 corporations, to exceed her clients’ expectations. She has coached over 65 executives in transitioning to a new role, increasing their influence, visibility, and effectiveness in their current role, and growing their business revenue. Amy facilitates state, regional, and national conference presentations on a variety of topics to enhance the people aspect of your business. Her presentations are engaging and thought provoking. Education and Certifications: Wichita State University, Executive Masters in Business Administration (EMBA) and Stanford Graduate School of Business, Human Resources Executive Program.

Learning From Our Past: Charting a New Future
Carolyn D. Love, PhD
Sturm Hall – Room 412

“Lift as we climb” is the motto of the National Council of Negro Women (NCNW). While NCNW is an organization founded by Mary McCleod Bethune, an African American woman in 1935, the motto reflects the role women have traditionally assumed when creating social change. The purpose of this workshop is to learn the strategies of the past to inform women’s social activism in the future.

Level: Intermediate

Dr. Carolyn D. Love is the founder of Kebaya Coaching & Consulting, a leadership coaching, training, and change process design company. The company focuses on enhancing the leadership talent in organizations and facilitating meaningful and sustainable change. Dr Love facilitates workshops/trainings on leadership, diversity and inclusion, governance, and organization change. Additionally, Dr Love presented workshops at La Universidad Anáhuac in Mexico City, Mexico and University of Stellenbosch Business School in Bellville, South Africa. Dr Love received her Ph.D. in Leadership & Change from Antioch University. The focus of her dissertation work was race and social
activism. As a Colorado Trust Fellow, she received her master’s degree in Nonprofit Management from Regis University.

Negotiating American Indian Identity and Cultural Connectedness in Urban Spaces: Experiences of Denver Native Women

Nancy M. Lucero, Ph.D, LCSW
Sturm Hall – Room 410

This workshop examines the complex social location of contemporary urban-based American Indian women and the ways in which they construct and negotiate cultural identity and maintain cultural connectedness within the multicultural urban environment. This session will begin by providing foundational information based upon findings from original research conducted in Denver, Colorado, with American Indian women whose families have lived continuously in the city for the past 50-60 years. The women’s narratives were complex and nuanced, and from them emerged a set of psychological and behavioral strategies used to construct strong cultural identities, remain culturally connected, and negotiate the urban environment. Narratives also revealed how many women create “Indian spaces in the city” in order to actively turn the city into a site where they enact and claim their Indianness. These and other study findings will be used to stimulate an interactive group discussion in the second half of the session.

Level: Intermediate

Dr. Nancy M. Lucero is a Research Associate Professor at DU’s Graduate School of Social Work, and serves as Director of Evaluation for Butler Institute for Families’ Capacity Building Center for Tribes. Dr. Lucero conducts research on urban-based American Indians’ cultural identity and cultural connectedness, as well as their experiences of relocation and urbanization. In addition, she is involved in evaluating the design and implementation of practice models in tribal and urban Indian Child Welfare services. Dr. Lucero’s most recent scholarship focuses on articulating how Native child welfare workers incorporate cultural practices and cultural preservation efforts into child welfare services.

Poised, Prepared and in HOT Pursuit of Your Passion

Deborah Hightower
Sturm Hall – Room 380

Poised, Prepared and in HOT Pursuit of Your Passion will equip the listener with components of the success equation. Concepts, such as unique value proposition identification, macro and micro-goal definition and the attainment prescription will be mapped into an actionable plan. Passion is usually tied to talents and desires of an individual; however, one must become poised and prepared for a successful pursuit. This session is designed to propel the human experience to an Aha! moment through the power of motivation and dynamism. This three-tier approach adduces evaluation of poised criteria, level of preparedness and correlates both with the pursuit process. Various scenarios will be discussed as proof that all three work together for the good of goal attainment.

Level: Intermediate
Deborah Hightower is an award-winning financial consultant-award, best-selling author and speaker. A veteran financial consultant of 25 years, she holds a Bachelor's degree in Business Administration and a Master's Degree in Organization and Management. She also holds numerous professional designations in the financial planning arena. Her first book, The Secret to Winning Big: Top Strategies for Winning Big in Life and Business, is a best-seller. Deborah writes for networking and lifestyle blogs and magazines and has been featured in the likes of the Wall Street Journal, Boston Globe, Forbes, Chicago Tribune, Dow Jones, Morningstar, CNBC, NBC, CBS, FOX, and ABC. INC. Magazine name her one of America's Trendsetters in Health, Wealth and Success.

Power Through Entrepreneurship
Martha Brown and Breahna Beecher
Sturm Hall – Room 311

As women, we often wait for other to give us opportunities to develop our careers, but we can empower ourselves through entrepreneurship. This session will focus on the trials of being a female entrepreneur, what you need in order to launch your business, and how to find the support you need to succeed.

Level: Fundamental

Martha Brown is the founder and Internet Marketing Strategist of Brown Bear Social. Brown Bear Social provides startups and nonprofits internet marketing strategies and solutions to help propel their businesses to success. She is currently a University College student, studying New Media and Internet Marketing. She also serves as the Social Marketing lead for 1 Million Cups Denver and as the Communications Board Chair for the Rosedale Neighborhood Association.

Breahna Beecher is the driving force behind Revive Design Studios. She’s formally trained in Web Technologies and put her emphasis on Graphic Design in college. With a background in Website Project Management, she brings a well-rounded skill set to the table. In September 2014 she traveled back to her home state of Iowa to teach HTML/CSS/Responsive Web Development at Devlowa, a University of Iowa web development bootcamp. She is the lead organizer for the Denver Chapter of 1 Million Cups, a Kauffman Foundation program that helps entrepreneurs.

Seven Levels of Leadership
Andrea Dragonfly PCC, CPC
Sturm Hall – Room 333

Everyone is a leader, yet we all have a different leadership style. Our styles are based on our previous experiences and the existing energy we bring. What we know about the nature of energy is that it is always changing; people, as energetic beings, are always changing too. To be an effective leader, in today’s ever-changing world, we are required to balance the demands of our professional and personal lives while continuing to inspire others. In this workshop participants will analyzes the Seven Levels of Leadership and identify their energetic leadership style. Participants will then evaluate the energy they need for optimal leadership performance. This workshop is the first step in developing a personally effective style of leadership; one that positively influences and changes not only yourself, but those with whom you work and interact in both the areas of your professional and personal lives as a whole.
Andrea Dragonfly is the owner of ExtROARdinary Living, LLC, and provides expedition guides, empowerment talks, and workshops to women who are ready to rediscovering their core selves, inner Truth and life’s purpose. Andrea’s passion comes from her own quest to find fulfillment as she struggled to balance her life and values only to watch her foundation crumble. Through the process of Reclaiming self, Overcoming fears, Affirming Truth and Rising above, Andrea found her path and now lives an extROARdinary life. Ms. Dragonfly has 18 years’ experience as a counselor, coach and facilitator of health and wellness, life skills and empowerment programs.

Success Swagger: How to Create Your Personal Success Story  
Jenn DeWall, MBA, CPC  
Sturm Hall – Room 480

The Success Swagger event hosted by Jenn DeWall is focused on giving you confidence and inspiration for 2015! The interactive event is perfect for anyone who wants to reignite a passion for their career and life goals. Jenn will give you tips and tricks for taking control of your life and career as well as inspiration to wake up with a purpose. This event will give you confidence, direction, and motivation to make your dreams a reality: your success swagger! It’s focus is helping you stand up as a leader in all aspects of your life. We will discuss what’s been holding you back and develop strategies to break through the obstacles. You will walk out feeling empowered to start living and creating your success story.

Level: Fundamental

Jenn DeWall is a trailblazer who challenges the status quo and works to empower women to live beyond their comfort zones and flourish in their careers. Her personal belief and philosophy is that we all have the power to “Choose Your Happy Life”. She is the founder of a women’s empowerment group called Rebel Circle, which focuses on empowering women to kill it with confidence and create success. Jenn worked in Corporate America for a large fortune 500 company for almost a decade, which empowered her to become a coach and help women become leaders in their organizations. She is a nationally accredited certified coach with an MBA whom has a vast amount of knowledge and experience on what it takes to be a leader, find happiness, and create the life you love. Jenn founded her own coaching practice, Jenn DeWall Coaching, which offers both one on one, group coaching, and motivational speaking.

The Daring Way  
Donna Tallon, MA, LPC  
Driscoll Student Center – Room 1864

The Daring Way is an experiential methodology based in the research of Brene Brown. When we feel vulnerable we are more susceptible to shame messages that keep us small. These messages prevent us from connecting with our best self and to have courage take risks. For this presentation we will be looking at the societal and cultural messages we hear that keep us small (shame filled). We will also look at the antidote for shame, which is empathy and self-compassion. We will use the metaphor of the arena, the seats in the arena, both the ones that shame us and the ones that comfort and empower us to be our best self. This workshop will use a DVD presentation introducing the
arena by Brene Brown, individual work through handouts, dyad sharing, and if time allows a larger group
experiential exercise.

Level: Fundamental

The Power of You
Jan Shegda, M.A., M.A.
Sturm Hall – Room 453

You can be you; it is the key to your success and happiness. Many of us learn to play a role or adopt a skill set that
will propel us to accomplishment and influence. Often this role is that of the well rounded leader. What if the key to
success is actually leading from your natural style in all of its unbalanced brilliance? This workshop, the Power of
You, will present how living from your identity and expertise increases your power. You will learn the four domains
of leadership as presented by the Clifton StrengthsFinder and how they influence success. Through discussion and
activities you will see the different leadership styles in action. You will leave renewed and inspired to live more fully
from the truest, most natural, most powerful you.

Level: Fundamental

Jan Shegda, founder of Clarity Coaching in 2009, is a Gallup Certified Strengths Coach. Her practice identifies
client strengths and gifts so they can operate within their sweet spot of effectiveness. To accomplish this work, she
uses tools like the StrengthsFinder, Myers Briggs and Enneagram to focus the client to lead from who they truly are.
Her past work environments include Deloitte where she received her initial coach training and Youth Opportunity
Center where she was a therapist for troubled children and their families. Jan holds two masters degrees, an M.A. in
Clinical Psychology and an M.A. in Spiritual Formation.

What is Your Movement?
Adrianne Roman and Lynn Mayton
Sturm Hall – Room 335

We, as the leaders of a diversity and inclusion movement at a Fortune 500 company have been inspired by the
Power of Possibilities and have created a movement and made it stick. We’ll walk through a journey of
accomplishments, barriers and relatable examples that can be taken and applied to the work life of anyone in order
to create their own movement.

Level: Fundamental

Woman Up! Overcome the 7 Deadly Sins that Sabotage Your Success
Aimee Cohen
Sturm Hall – Room 454

When that little voice of self-doubt becomes a screaming roar of self-sabotage, you need proven strategies to
overcome self-defeating patterns of behavior. Global workplace norms, societal expectations, and even friends and
family reinforce behaviors that undercut women striving to succeed, but the greatest challenge is not external - it comes from within. Join other professional women on a journey of self-discovery to identify 7 Deadly Sins that sabotage your success and to learn practical strategies to defeat them. This message is more than motivating...it's an empowering call-to-action. It's time to pull on those "big-girl panties", tap into your inner strength, gain the confidence you need to exceed your goals and expectations, and inspire other women to Woman UP!

**Level:** Advanced

**Aimee Cohen** is a Keynote Speaker, Career Expert, and Bestselling Author of Woman UP! Overcome the 7 Deadly Sins that Sabotage Your Success. For more than 20 years, and with nearly a 100% success rate, Aimee empowers women to pull on those "big-girl panties" and take control of their careers. Aimee also owns Cohen Career Consulting, is a contributing writer for the Denver Business Journal, facilitates a leadership program for executive women, has appeared on local and national radio and television shows, has been featured in the Wall Street Journal, Fortune and Glamour magazines, the Denver Post and other publications, and has received multiple recognitions as an Outstanding Women in Business nominee.

**Women’s Coalition Meeting**
Chambers Center – Room 160

This is an invite-only, internal business meeting for the chairs of the Women’s Coalition subgroups. The Women’s Coalition will communicate directly with those who should attend.
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