

Cumberland Valley Women's Conference

at Shippensburg University



PUTTING THE PIECES OF SUCCESS TOGETHER

Jodi Buhrman

Keynote Speaker

Ms. Jodi Buhrman is the Operations Manager at Amazon. She has a degree in Decision Science from Shippensburg University and has over 14 years of experience in business leadership. As an alumna, Jodi actively serves on advisory boards for Shippensburg University. During her keynote address, she will share her personal experiences of successfully balancing her family and career.

Dress for Success Accessory Drive

The mission of Dress for Success is to promote the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help them thrive in work and in life. The day of the conference we will be collecting new and "very slightly" used accessories – hand bags/purses, jewelry and new unopened make-up for this cause.

www.dressforsuccess.org/southcentralpa

Saturday, November 5th from 8:00 am—4:00 pm
Shippensburg University's—Ceddia Union Building, Multipurpose Room

2011 Registration Form

Deadline: October 26, 2011

Name _____

Address _____

Preferred Telephone number _____ Email Address _____

Indicate 1st, 2nd, and 3rd choice of workshops for each session.

| Session #1 | Session 2 | Session 3 |
|------------|-----------|-----------|
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |

Cost: (includes lunch) - indicate any dietary restrictions or food allergies
 \$20.00 for faculty, staff & community members \$10.00 for college & high school students

Make checks payable to—"Shippensburg University Women's Center"

Return this completed form with your payment to:

Women's Center Shippensburg University
c/o Cumberland Valley Women's Conference
1871 Old Main Drive – Horton Hall 132
Shippensburg, PA 17257-2299
or email your registration to smerdice@ship.edu

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This form may be duplicated for additional registrations The registration fee is transferrable, but non-refundable

Workshops for Session 1

Rev Up Your Networking Power

Yvonne Butts-Mitchell, Writer and Speaker

This interactive workshop provides networking ideas for engaging others. Learn techniques to spark powerful outcomes while reducing the stress of starting conversation with new people.

Reiki: Embodying a Contemplative Healing Prayer Practice for Everyday Life

Cheri Roth, Spiritual Entry

Move from being fragmented into a holy wholeness, with this introduction to the history and practice of Reiki. It is not a religion, but a meditative practice that can be fused with many belief systems.

The Juggling Act - Validating Narratives of Motherhood

Laurie J. C. Cella, Ph.D., Shippensburg University, Department of English & Misty L. Knight, Ph.D., Shippensburg University, Department of Human Communication Studies

Cultural expectations and values place mothers in a vulnerable position in contemporary society. This session will discuss the value of sharing our competing voices of motherhood.

You Too Can Excel, Even With All of Your Responsibilities

Sarah K. Bryant Ph.D. Shippensburg University Department of Finance

Many women see themselves “stuck”. This session will focus on how each of us can take charge of our lives and careers.

Five Stages of Leveraging Your Leadership

Liz Weber, Weber Business Services, LLC

Identify why your team under performs. Learn how you can change your leadership style to enhance your entire team’s performance.

Feminist: The dirty, dirty “F” word

Natalie Liston, Residence Director, Shippensburg University

Learn the true definition of feminism and discuss empowerment and success and how they can be linked for women.

Workshops for Session 1 (continued)

Learning Leadership and Work/Life Balance from Women in History

Amy Ensley, Director, Hankey Center for the Education and Advancement of Women, Wilson College

Explore the history of women’s education in the United States and the status of women at various times and today. Through profiles of successful women, we will look at the leadership characteristics that became evident and the historical and social context that shaped their lives.

Workshops for Session 2

“Honey” Is Not a Title!

Alice Royer, Senior Instructor of English and Women’s Studies, Penn State Mont Alto

Examine exclusionary and sexist words and comments we hear but often hesitate to address. Using non-sexist and inclusive language shows respect and enhances workplace success.

Connecting Classrooms

Dr. Susanna Bartlow, Director of the Dickenson College Women’s Center & Heidi Witmer, Independent Educator

University Women’s Centers, secondary school teachers and high school students can build meaningful educational partnerships. We will demonstrate how we created lessons that united students and teachers from diverse backgrounds.

The Importance of Nonverbal Communication, Gender and Leadership in Groups

Dr. Sabrina Marschall and Dr. Karen Johnson, Shippensburg University Learning Center

This interactive presentation will help participants understand the elements of nonverbal communication by exploring space, body orientation, eye contact, tone and other nonverbal behaviors.

How Well You Retire, Depends on How Well You Plan Today

Cindy Wolf, Financial Advisor, Edward Jones

Make sense out of investing and secure your financial future. Learn about the tools that can meet your retirement needs.

Workshops for Session 2 (continued)

Making a Phenomenal First Impression in all Walks of Life

Ruth Koup, Founder and CEO of Dress for Success, South Central PA

Learn how to make a great first impression by taking stock of your wardrobe choices and using affordable resources to enhance your professional look.

My Child Won't Eat!: Turning Mealtime Battles into Mealtime Success

Dorlisa Minnick, Ph.D. LSW, Shippensburg University, Department of Social Work & Gerontology & Heather Mentzer, OTR/L, Frederick County Developmental Center

Mothers or caregivers struggle emotionally and sometimes physically when their children *just won't eat*. Learn strategies to make mealtimes more successful.

Volunteerism; Creating a New Path to Success

Yvonne Butts-Mitchell, Writer and Speaker

Learn how to make intentional choices about using your free time to leverage volunteerism as a no-risk training ground to bridge resume gaps and connect with your community.

Workshops for Session 3

Been SWOTed? Agents of Change Thriving Within Market-Driven Academia

Dr. Eveline Lang, Department of Human Communication Studies, & Sylvia Brosey, Shippensburg University

This discussion will address how existing academic programs and campus and community organizations can come together to confront oppression and inequality. Using feminist organizational communication theories, we will demonstrate strategies for mobilizing resources, facilitating dialogue and creating successful mentoring relationships.

Mentoring Women the Right Way

Liz Weber, Weber Business Services, LLC

This workshop will explore creating a mentoring program that focuses on talent and development by aligning mentoring relationships with your organization's strategic plan.

Workshops for Session 2 (continued)

Mirror, Mirror on the Wall, Who's the Most Effective Leader of them All?

Dr. Liz Fisher, Department of Social Work & Gerontology, Shippensburg University

Learn about transformational leadership, a style of leading that empowers followers to go beyond expectations. Participants will engage in leadership self-assessment and discussion.

Negotiate THIS! Salary Negotiation Tips and Job Search Strategies

Tammy Samuels, Assistant Director of Internship Programs, Rutgers University

Learn the power of negotiation and gain the confidence you need to get what you deserve. Join this lively, interactive discussion to become a job candidate of choice.

From Nursing to Nursing; Mother to Registered Nurse – Balancing Life

Amy E. Lyman, BA, RN, Carlisle Regional Medical Center & Michael J. Lyman, MSW, Ph.D., Shippensburg University Department of Social Work and Gerontology

These parents of seven children will discuss insights, decision making tools and life experiences that have led to a full, productive and joyful life. Learn strategies for prioritizing and empowering women through education and collaboration.

The BODS, Freaks and Glam Girls! Fit at Every Age

Kimberly N. Camp-Hall, Healthy Habit Fitness Studio

Share in the fun as Kim shares Fit Tips that will fit into your busy lifestyle. Learn about the joys and challenges of being a successful entrepreneur. Be inspired to be more.

Career Information You Wish You Knew Yesterday.

Stephanie Adamchik, Interim Assistant Director of Career Development Shippensburg University & Jason Pfeiffer, Director of Career Development, Wilson College

Review information on writing a resume and conducting a job search. Learn interview and networking skills that will give you an edge.