Teresa Penbrooke
Session Title: Networking is a Lifestyle
Learning Outcomes:
1. Identify common opportunities and blocks for increasing networking.
2. Recognize steps to engage and identify with peers, colleagues, mentors, and future employers.
3. Discover 10 concepts for making networking an effortless lifestyle.

Summary of Session: When you learn and embrace the ten concepts from this session, you’ll learn to connect and engage to move forward. Networking is a lifestyle, not a task. It can be worked into your daily routine, effortlessly and happily. This way, you’ll lessen your anxiety about meeting new people. Let’s connect!

Dale Smith
Session Title: What You Should Stop Doing!
Learning Outcomes:
1. Discussion on what not to move to being more successful.
3. Changing focus to how important learning to stop doing something is versus being better at doing something.

Summary of Session: This will be a facilitated discussion on the pitfalls of negative behavior on your success and your team.

Julie Boland
Session Title: Full Circle: Success Through Building Others Up
Summary of Session: This will be a facilitated discussion on the pitfalls of negative behavior on your success and your team.

Learning Outcomes:
1. Discuss the benefits professional development provides to professionals
2. Demonstrate an understanding of the many types of professional development
3. Utilize information provided to assist others in pursuing their professional goals

Summary of Session: Everyone needs encouragement throughout their life. We, as professionals, seek development opportunities to continue advancing and should focus on how we can assist others as well. This session will provide you with a 360-degree view of professional development and the impacts it can make on one person's life.
Linda Smith  
Session Title: Preparing to Manage/Lead People  
Learning Outcomes:  
1. Participants will learn the differences between a leader and a manager.  
2. Participants will learn what skills are necessary to become a good leader.  
3. Participants will learn how to improve those skills.  
Summary of Session: In this speed session we will have a facilitated discussion about the fundamentals of leading people. What skills are helpful to be a good leader? What resources are available for individuals to improve upon those skills?

Catrina Alexander  
Session Title: Work/Life Balance – Lessons Learned  
Learning Outcomes:  
1. Examine proactive strategies to help with balance.  
2. Identify tasks that have the greatest impact on addressing a healthy balance.  
3. Distinguish approaches that help with a more productive work/life balance.  
Summary of Session: This session examines some of the typical work-life balance conflicts often faced by women who are choosing to balance work and family. To maintain energy and positive focus, it’s critical for women in leadership roles to maintain a healthy and productive balance between their professional and personal lives.

Dina Neeley  
Session Title: Speaking Up—how to assert yourself effectively!  
Learning Outcomes:  
1. Understanding your range of acceptable behavior.  
2. How to use various communication techniques like being ferocious and humble skillfully.  
3. Clarity comes with engagement, not thinking about it.  
Summary of Session: Standing up for yourself can be a hard (and scary) thing to do. This session will help you understand why that is, ways to visualize the struggle, how to set yourself up for success and how to teach others to treat you when you do stand up for yourself.

Sackeena Gordon-Jones  
Session Title: Regaining your Leadership Momentum  
Learning Outcomes:  
1. Recognition of empowerment through leadership.  
2. Understanding a 4 step process to successful leadership.  
3. Recognizing self-reflection and goal attainment for leadership.  
Summary of Session: Far too many women in leadership live and lead beneath their circumstances. When your circumstances frame your future, your dreams don’t have a chance. This session will speak to us about moving mountains and navigating barriers. This year will be different as we RISE. Join us to learn a 4-step process that empowers us to lead personally and professionally in ways that bring fulfillment.
**Sara Burroughs**
Session Title: The value of a personal mission statement, don’t have one? Let’s get started!

Learning Outcomes:
1. Participants will develop an understanding of what a Personal Mission Statement is and its values.
2. Participants will learn what questions they can ask themselves and how to create a mission statement for to serve as a guide.
3. Participants will learn how to use the mission statement, create action from mission!

Summary of Session: Having a personal or professional Mission Statement can help guide you to make choices with purpose. As recreation professionals, we create missions and goals for our communities, departments, and programs, but often forget the success of those Missions starts with us. “If you don’t know where you’re going, any road will get you there.” – Lewis Carroll

**Lisa Wolff**
Session Title: Work/Life Balance-Your Ratio

Learning Outcomes:
1. It comes as no surprise that we all struggle to balance our career with our personal life. We will have a “shout out” session with examples of challenges within our work/life balance so that we have an understanding of where we each are in the overall equation.
2. Everyone’s balance, if it does exist looks a little different. We will discuss the many techniques we use and determine which are most effective.
3. Strategies exist for those who struggle as well as those who are products of perfection. How will your WLB fit into your future personal and professional development?

Summary of Session: Work/Life Balance comes to many of us as a choice between our personal life and our work life. What is the fair ratio or equation which helps us balance our time to meet both the needs of our families or personal life in comparison to our professional career? How do we determine what the priorities are in order to focus on maintaining a balanced and rounded life? Our tactics are varied and our outcomes will become measurable as we openly discuss the success of our personal plan for a balanced equation of work and life!

**Stephanie West**
Session Title: Staying Current and Remaining Relevant

Learning Outcomes:
1. Identify at least three reasons that P&R is evolving.
2. Identify at least three steps for staying current and remaining relevant during one’s career.
3. Identify at least three reasons why and three ways you can help others stay current and remain relevant.

Summary of Session: This information will be used for workshop promotional materials (50 words or less): Innovations in technology, an aging and increasingly diverse population and changes in family structure are likely to have a significant impact on what you do and how you do it, at work and beyond. This presentation will consider how to stay current and remain relevant during your career.
Michelle Hepler
Session Title: Let’s Get Started!
Learning Outcomes:
1. Interactive ice breaker activities to kick start the event
2. Self-awareness and goal setting for the event
3. FUN

Summary of Session: I have spent the majority of my career as an “Outdoor Recreator” and understand how important this field is locally, statewide and nationally. I am going to start this 2017 LeadHERship session by sharing my story and some of the things I have learned along the way!

Joy James
The many and nested facets of Her in leadership
Learning Outcomes:
1. Participants will reflect on their personal leadership clarifying moments.
2. Participants will examine how a personal aspect of herself is expressed in the different facets of leadership.
3. Participants using the nesting doll metaphor will interpret 2-3 cultural influences on their perspective on leadership.

Summary of Session: Opening Russian nesting dolls is one of delight and wonder, not unlike thinking about yourself as a leader. Through trial and error leadership can be a delight or leave us wondering. We will explore the layers of “her” in leadership, helping the participant to understand the influences on their leadership.

Vonda Martin
What’s Your Superpower?
Learning Outcomes:
1. How to figure out what one thing separates you from 99.99% of all humanity?
2. Cultivation of the one core competency that creates value and meaning in your life.
3. Understanding the power you have and using it for good.

Summary of Session: It is not enough to identify your core competency. The real question that needs to be answered is what unique ability of yours is that core competency built on and how will you use that ability to create value and meaning in your life and the lives of those you interact with; that’s your superpower.