

## PAST PRESENT FUTURE

### “Healthy Leadership: Women Finding Balance”

#### LCSC's 6<sup>th</sup> Annual Women's Leadership Conference

**7:30–8:15 AM**

#### **Registration**

**8:30 AM**

**Welcome**—Dr. Julie Crea and Dr. Amy Canfield

**8:40 AM**

**Opening Plenary**—Stacia Morfin, Owner and Operator Nez Perce Tourism and Traditions Gift Shop

*“What We Do Together: Through the Lens of Value Based Leadership”*

**9:20 AM**

#### **BREAK**

**9:30 –**

**10:20 AM**

#### **Workshop Breakout I**

Session A) Hello Conflict. It's Me Resolution! (ACW 133)

- Carrie Cloud

Session B) Finding Significance in Your Visible and Invisible Work (ACW 134)

- Dr. LaChelle Rosenbaum and Lauren Nichols

Session C) Growing and Leading in Non-Profit Work (ACW 135)

- Layci Peer, Suzanne Johnson, and Michelle King

• Moderated by Dr. Amy Canfield

Session D) Don't Assume the Laws are Correct (ACW 136)

- Dr. Aubrey Shaw and Dr. Sharon Stoll

Session E) Time Management: Planning and Prioritizing (WCC)

- Jennifer Uptmor

**10:20 AM**

#### **BREAK**

**10:30 –**

**11:20 AM**

#### **Workshop Breakout II**

Session A) Real Self-care—Stop Using Band-Aid Strategies and Start Healing Yourself and the World (ACW 133)

- Kristine Petterson

Session B) Nourishing Your Body and Mind (ACW 134)

- Dr. Jessica Savage, Dr. Heather Van Mullem, and Grace Hebert

Session C) Panel: Leadership and Public Service (ACW 135)

- Mary Jane Miles (Nez Perce Tribal Executive Committee), Robin Albers (Clarkston City Council), and Sandra Kelly (Moscow City Council)

• Moderated by Dr. Kylee Britzman

Session D) Panel: Community Service Through Life's Changes:

Perspectives from Three Servant Leaders (ACW 136)

- Char Kremer, Staci Baldwin, and Chelsea Weeks

• Moderated by Dr. LaChelle Rosenbaum

Session E) Reflecting on Change and Balance (SGC 229)

- Dr. Rachel Jameton, Samantha Thompson-Franklin, and Dr. Marlowe Dalv-Galeano

**11:20 AM**

#### **BREAK**

**11:30 AM –**

**12:45 PM**

**Lunch and Keynote**—Laynie McClain-Eldridge, President and founder of the Gina Quesenberry Foundation

*“How to Go From Burnout to Balance”*

Thank you to our Conference Sponsors: Zion's Bank (Speakers' Sponsorship), Edward Jones (awards' sponsor), YWCA of Lewiston-Clarkston, LCSC Office of the President & Office of the Provost, School of Career & Technical Education, Division of Social Sciences, Division of Teacher Education and Mathematics, Division of Humanities, Division of Nursing & Health Sciences, Division of Business & Computer Science, Division of Physical, Life, Movement & Sports Sciences, and Center for Arts & History, and Dr. Chris Riggs.

## WOMEN'S LEADERSHIP CONFERENCE

## PAST PRESENT FUTURE

**12:45 PM**

**Presentation of Women's Leadership Awards**

**1:00 PM**

**BREAK**

**1:10-2:00 PM**

**Workshop Breakout III**

Session A) Veteran Women Perspective: Lessons Learned in Leadership (ACW 133)

- Fridah Kumenda (U.S. Air Force), Kat Martin (U.S. Navy), and Tasha Carlson (U.S. Marine Corps)

- Moderated by Vanessa Stedman

Session B) Panel: Advocating for Women in the Legal Arena (ACW 134)

- Justin Coleman and Cori Sanzone

- Moderated by Dr. Heidee McMillin

Session C) Fostering Generative, Thriving Teams (ACW 135)

- Dr. Laura Holyoke, Heather Maib, and Dr. Juhee Kim

Session D): Laughter Yoga (ACW 136)

- Lisa Sanphillippo

Session E) Empowerment Through Art (this session will last until 3 pm and is limited to the first 35 attendees, SUB Solarium)

- Myndie Van Horn

Session F) Student Mentoring (assigned students and mentors only, SUB 225)

- Organized by Dr. Heather Van Mullem

**2:00 PM**

**BREAK**

**2:10-3:00 PM**

**Workshop Breakout IV**

Session A) Panel: Leading with Self-Care (ACW 133)

- Shelly Meisner, Nellie Frost, and Kristina Beckstead

- Moderated by Laurie Lewis

Session B) Manage Your Career—Don't Let it Boss You Around (ACW 134)

- Presented by Erin Cassetto

Session C) Women's Leadership Conference Book Club Discussion: *Yes! You Are Good Enough: End Imposter Syndrome, Overthinking and Perfectionism and Do What You Want*, by Trish Taylor (ACW 135)

- Facilitated by Jennifer Anderson

Session D) Emotional Maturity + Empowerment Through Emotions (ACW 136)

- Presented by Abigail Abts

Session E): Empowerment Through Art (continued from Breakout III)

- Presented by Myndie VanHorn

**3:15 PM**

**Closing Plenary**—Isabelle Penass, Vice President for Training and Technical Assistance, Kauffman and Associates Incorporated

*"Honoring Personal Experiences to Cultivate Leadership"*

**4:00 PM**

**Closing remarks**—Dr. Amy Canfield

**4:30-6:30 PM**

**Closing Reception**—Please join us for a yoga session and/or a no-host reception at the Center for Arts & History downtown. The center is also featuring an art exhibition focused on women's health, entitled "Unconditional Care."

Thank you to our major sponsor:

**ZIONS BANK**

**WOMEN'S LEADERSHIP CONFERENCE**