

Leadership Colloquium For Professional Women *Navigating the World of Work*

Thursday, November 2, 2006

The Colloquium fee of \$99 includes continental breakfast, buffet luncheon, afternoon tea, all sessions, and program materials.

I would like to attend the following *two* seminars:

- Influencing for Maximum Impact: What Makes a Woman Stand Out Among Today's Leaders?*
- Moving from Goal Setting to Goal Achievement in 30 Days*
- Poseidon Adventures - Sailing the Seas of Career Change*
- The Diversity Factor: Capturing the Competitive Advantage of a Changing Workforce*

**REGISTRATION DEADLINE:
WEDNESDAY, OCTOBER 25, 2006**

Name _____
Title _____
Organization _____
Mailing Address _____
City _____ State _____ Zip Code _____
Phone _____
Fax _____
E-mail Address _____

Only checks and money orders are accepted;
please make payable to University of Mary Washington.

Send payment of \$99 and completed form to:
UMW's College of Graduate and Professional Studies
Attn: Colloquium

121 University Boulevard
Fredericksburg, Virginia 22406-7239
540/286-8000 ~ toll-free 888/692-4968

Navigating the World of Work

Thursday, November 2, 2006

- 8 a.m. Continental Breakfast
- 8:30 a.m. *Get Connected ~ A Networking Opportunity*
Janel S. Donohue
Rappahannock United Way
- 9 a.m. Welcome
Meta R. Braymer
University of Mary Washington
- 9:15 a.m. Keynote Speech
Women Change the Workforce
Dolores A. "Dee" Esser
Commissioner,
Virginia Employment Commission
- 10:30 a.m. Seminars
- Influencing for Maximum Impact:
What Makes a Woman Stand Out
Among Today's Leaders?*
Emily Castillo
- Moving from Goal Setting to
Goal Achievement in 30 Days*
Twana Miller
- Poseidon Adventures - Sailing the
Seas of Career Change*
Linda Harber
- The Diversity Factor: Capturing the
Competitive Advantage of a
Changing Workforce*
Mariama S. Boney
- Noon Luncheon
Sponsored by GEICO
- 1 p.m. Patricia Lacey Metzger
Distinguished Achievement Award
Sponsored by MediCorp Health System
- 1:15 p.m. *Managing Your Energy*
Rosemary T. Burke
MediCorp Health System
- 1:45 p.m. Seminars, repeat
- 3:30 p.m. *Get Reconnected*
Tea and Door Prize Drawings



121 University Boulevard
Fredericksburg, Virginia 22406-7239

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13th Annual
**LEADERSHIP
COLLOQUIUM**
for
**PROFESSIONAL
WOMEN**

Navigating the World of Work

**Thursday, November 2, 2006
8 a.m. to 4 p.m.**

*Cosponsored by
GEICO
and
University of Mary Washington's
College of Graduate and Professional Studies*

*Hosted by
University of Mary Washington's
College of Graduate and Professional Studies*

*121 University Boulevard
Fredericksburg, Virginia*

Navigating the World of Work

The Leadership Colloquium for Professional Women (LCPW) prepares women for leadership positions. Highlights include a keynote speech by an accomplished leader, seminars and networking. The Colloquium attracts managers, administrators, educators, business owners and leaders of public, private and nonprofit organizations.



Keynote Address *Women Change the Workplace*

Dolores A. "Dee" Esser, Commissioner, Virginia Employment Commission

Dee Esser became the first woman and state employee named commissioner of the Virginia Employment Commission when she was appointed by then-Gov. Mark Warner in 2002. Esser was reappointed by Gov. Tim Kaine in 2006. She oversees implementation of gubernatorial initiatives in workforce development and assists communities facing economic crisis. Esser also serves as Director of Economic Information Services, managing data on the Virginia labor market. As Gov. Warner's special advisor for workforce development, she coordinated the state's array of workforce development services and worked closely with the business-led Virginia Workforce Council. Esser previously was assistant commissioner managing a staff of 1,100 in 40 offices and responsible for employer and job services, unemployment insurance and workforce investment act programs. A member of national and state workforce committees, Esser strongly advocates for building a well-trained workforce to ensure Virginia's economic vitality in the 21st century. She was a stay-at-home wife and mother for ten years.

Seminars

Influencing for Maximum Impact: What Makes a Woman Stand Out Among Today's Leaders? Emily Castillo

What makes a successful female leader? How do powerful women gain an edge in today's high-speed world of work? How can you become more effective on the job without compromising your personality, your leadership style and most importantly, your integrity? This workshop will explore influencing others through the natural communication skills of women. You will learn how to harness your communication and nurturing strengths, turning them into powerful tools for success.

Emily Castillo is Manager of Associate Development and Coaching at GEICO's Fredericksburg regional office. Employed with GEICO since 1992, Castillo teaches basic and advanced management skills to improve the performance of the regional office's current and future leaders. She holds a bachelor's degree in health education. A member of the International Coach Federation, Castillo has extensive coaching knowledge and experience. She uses practical and innovative techniques to help GEICO continue growing.

Moving from Goal Setting to Goal Achievement in 30 Days, Twana Miller

You have the ability to plan for the future, but do you always accomplish what you set out to do? In this interactive session, you will be introduced to a strategic model that will help you realize that each day offers an opportunity to reach your aspirations. During the seminar, you will develop a 30-day action plan that will serve as the starting point for your journey toward achieving your goals.

Twana Miller works as Training and Development Specialist with The Free Lance-Star Publishing Co., where her responsibilities include facilitating workshops for a 12-week Leadership Development Program and implementing the orientation program for newly hired employees. Miller has an extensive background in training, facilitation, coaching and career development in private industry and government. She has a bachelor's degree in social work and a master's degree in education and human development.

Location

The University of Mary Washington's College of Graduate and Professional Studies. From Interstate 95, take Exit 133 north on Route 17. Travel three miles north on Route 17. Turn left onto Village Parkway at traffic light. Turn right onto University Boulevard.

Poseidon Adventures - Sailing the Seas of Career Change, Linda H. Harber

Does change at work make you hold your breath or feel queasy? Can you ride the rough seas of career ups and downs? Come to this presentation and discuss the impact of change on your daily work and career choices. Learn ways to confidently navigate the sometimes stormy sea of career changes.

Linda H. Harber serves as George Mason University's Assistant Vice President for Human Resources and Chief Human Resources Officer. She has extensive experience in employee relations, career planning, and training and development. Harber has won the College and University Professional Association for Human Resources Distinguished Service Award and National Creativity Achievement Award. She has a master's degree in counseling for post-secondary education and a bachelor's degree in psychology.

The Diversity Factor: Capturing the Competitive Advantage of a Changing Workforce, Mariama S. Boney

How do the dynamics of identity, personal values, culture, and professional abilities thrive or collide at work? Join us to discuss the complexities and opportunities of today's multicultural workforce. Learn about emerging trends and how to build upon your own skills to effectively manage the various dimensions of diversity within your team and workplace.

Mariama S. Boney serves as the Director of Member Initiatives at the American College Personnel Association, where she is developing an infrastructure of ongoing communications, programs, and services and coordinating membership and marketing initiatives. She has served as an educator, diversity trainer and consultant specializing in higher education, program development, management and nonprofit leadership. She holds bachelor's and master's degrees in social work.

For More Information

540/286-8000 ~ toll-free 888/692-4968
cgps@umw.edu
www.umw.edu/lcpw

General Sessions

Get Connected ~ A Networking Opportunity

Get Connected is a creative opportunity to network and connect with the many professional women attending the Colloquium. Don't miss this session: it is the gateway to building lasting professional and personal relationships and essential in navigating the world of work.

Janel S. Donohue, Director of Resource Development for the Rappahannock United Way, has been with the local organization for five years. In this position she is responsible for overseeing the Rappahannock United Way's campaign, which raises more than \$2.7 million annually to improve lives and conditions in the local community.

Managing Your Energy

Physical, mental and emotional energy represent a powerful threesome that can make or break your day. In *Managing Your Energy*, you'll learn how to "fuel" each component to make every day a "Good Day."

Rosemary T. Burke is Director of Associate Health and Wellness, responsible for the health maintenance of more than 3,800 employees of MediCorp Health System. A registered nurse with a master's degree in nursing administration, Burke developed MediCorp's successful at-work weight management program and is currently focusing on a new wellness initiative called "Live Well."

Door Prize Drawings

Local organizations and businesses have generously donated an array of prizes. You must be present at the afternoon tea to win a door prize. Visit www.umw.edu/lcpw for more details about the prizes.

Bring Your Business Cards

Please bring business cards to share. About 130 participants are expected.

2006 Advisory Board

Meta R. Braymer, *University of Mary Washington* • Wendy S. Davison, *Fredericksburg Regional Chamber of Commerce* • Janel S. Donohue, *Rappahannock United Way* • Marcia R. Floyd, *MediCorp Health System* • Kathleen P. Habel, *Germanna Community College* • Mary Louise Holmes, *The National Bank of Fredericksburg* • Theresa A. Liversberger, *GEICO* • Twana Miller, *The Free Lance-Star Publishing Co.* • Diane Monk, *GEICO* • Vera A. Pastore, *Word Choreography* • Amanda H. Talbert, *GEICO* • Ameeta Vashee Rajagopal, *University of Mary Washington*