



Society of Women Engineers
ASPIRE • ADVANCE • ACHIEVE

Professional Development Conference

Sharpening Your Skills - Getting Involved in Your Development

Saturday
April 25, 2009

Yazaki Learning Center
6300 Haggerty Rd
Canton, MI 48187



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Schedule

- 7:30-8:20 am Registration/Breakfast/Networking
- 8:20-8:30 am Introduction and SWE Presentation
- 8:30-10:30 am Keynote Speaker: Cheri Najor
- 10:30-10:45 am Break
- 10:45-11:45 am Breakout Session #1
- 11:45-12:45 pm Lunch
- 12:45-1:45 pm Breakout Session #2
- 1:45-2:00 pm Break
- 2:00-3:00 pm Breakout Session #3
- 3:00-3:15 pm Break
- 3:15-3:45 pm Capstone Speaker: Colleen Haley
- 3:45-4:00 pm Wrap-up and giveaways

Each breakout session includes options from our two tracks: Personal Development and Career Development

For more information visit: www.swedetroit.org or www.swe.org/SWE/RegionH/Detroit/PDC_Website.html

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Society of Women Engineers
Detroit Section
P.O. Box 2978
Southfield, MI 48037-2978





Professional Development Conference

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KEYNOTE: Who Moved My Cheesecake – Cheri Najor

You may have read the classic book, "Who Moved My Cheese?" by Spencer Johnson. In this parable, the author tells the story of how four loveable characters each manage the inevitable changes that occur in life and work using four distinctly different approaches.

Where this classic tale stopped – and where we begin – is to talk about how change distinctly affects women, what unique obstacles we face and the specific steps we can take to manage change positively, proactively and effortlessly. "Who Moved My Cheesecake" is the answer women have been looking for – without the calories. This workshop provides insight into why we resist change, what we can do to reduce the inherent stress it causes, and most importantly – how to increase your chances of making changes that lead to greater happiness and fulfillment.

You'll learn:

- A feminine paradigm that challenges traditional male thinking & power structures
- Specific solutions for dealing with organizational change
- The emotional reasons why people resist change
- The change process and why you often feel stuck when trying to make changes
- Proven techniques for creating an environment where change is possible
- A powerful process for making positive changes in your life

Investing: Market Volatility & Financial Planning – Daniel Bachmann (PD)

With the uncertainty in the market, investing wisely is more important now than ever. Not only is this financially intelligent but it is also necessary in order to protect you and your loved ones from the variability in the economy. This session will discuss the recent market volatility as well as sound financial planning strategies to help dispel some of the confusion surrounding investing and wise money management.

Overcoming Imposter Syndrome & Promoting Your Authentic Self – Joy Beatty (CD)

Do you secretly worry that others will find out that you're not as bright and capable as they think you are? Many successful women experience such secret feelings of fraudulence, called the "imposter syndrome". This session will increase your awareness of the phenomenon of imposter syndrome and discuss ways to help you internalize the success that you've earned. We'll begin an exercise on promoting your authentic self, which you can then complete on your own.

Restoring Balance: Tools for Stress Management – Sandra Finkel (PD)

Stress is so common in our hectic lifestyle, yet there's much you can do to relieve it. Wouldn't you like to feel a greater sense of power and ease in the face of life's stressors? The secret lies in understanding ways we can more effectively respond to events through supportive strategies and practices, such as meditation, journaling, reframing, deep breathing, EFT and visualization.

Multi-Faceted Careers – Beth Grotz (CD)

While engineering experience is critical to career success, a non-technical assignment or two can provide substantial growth and learning. Stepping out of your comfort zone can be scary, but there can be many benefits. The session will review some non-technical assignments and the benefits derived from the assignments in terms of personal growth and engineering capability

Real Women, Real Solutions – A Panel Discussion About Work-Life Management – Lisa Beach, Shannon Filarecki, Sheri Hickok, Faith Kurily Moderator: Silvia Karlsson (PD & CD)

Join us for a panel discussion featuring real women sharing their solutions to real and diverse work-life management challenges. How do you prioritize and sustain harmony throughout the different stages, circumstances or phases of your life? Our panelist will speak from the perspective of single professionals, new moms, graduate students, single mothers and working mothers.

Nutrition On-The-Go – Stephanie Hanes (PD)

Staying sane is hard enough let alone staying healthy. Fortunately, the principles of eating healthy can be applied wherever you go. This presentation will focus on information necessary to stay healthy at the speed of life. There will be recipes, samples, demonstrations and some great guidelines to get you through the day.

Effective Collaboration Between Technical Writers & Engineers – Diane Martinez (CD)

This session focuses on the collaborative nature that these two professions face with some tension, but yet, discuss how it can be a fruitful experience for everyone with some understanding on both sides. This presentation also offers a critical look at the contemporary challenges and rewards for both technical writers and engineers based on an effective collaboration between the two professions.

Dealing with Leadership Burnout – Mary Clor (CD)

SWE section leaders are often "do-ers" and find themselves stretched very thin. A SWE leadership coach will lead the discussion to help you understand and deal with leadership burnout in your section.

Team Building Module – Mary Clor (CD)

Learn about leadership team dynamics and gain insight into the stages of team development. Effective team strategies and behaviors that prevent successful teaming are also discussed.

The Business of Consulting – A Panel Discussion – Tina D'Andrea, Michelle Niese, Kevin Nunning, James Shaw (CD)

Consulting is providing advice and guidance in a particular area. Consultants are hired for their expertise, typically by a company or organization that has been unable to root cause, improve, or grow as necessary using their internal resources. Consulting tends to be an ambiguous career due to the multiple facets within the profession. This panel consists of consultants from various backgrounds to answer your questions and dispel the confusion behind the exciting business of consulting.

Inner Engineer... Are You Willing? – Zarin Pavri (PD & CD)

Are you willing to explore, experience and expand your horizons to achieve a career and life full of endless possibilities? This session will allow you to: explore your inner self in order to capture the opportunities that surround you; establish a framework to discover your capabilities; and ultimately expand your views on your career and life path to fully accomplish your ambitions.

Facilitating Yourself & Others During Change – Beverly Shaw (PD)

A critical skill for success is the ability to manage change, both professionally and personally. This presentation will focus on understanding the basics of change, facilitation methods and applying those learning's to work situations and life changes. Beverly Shaw will share her learning's on this topic through a 32 year career in Human Resources, as well as her personal life experiences.

CAPSTONE: Community Involvement – Colleen Haley

Learn about basic community involvement techniques and strategies to get involved. How do you choose what to volunteer for? How do you get started? How do you find time?

REGISTRATION FORM

Name _____
 Address _____
 City _____ State ____ Zip _____
 Work Phone _____
 Company _____
 E-mail _____

Send form and check payable to SWE-Detroit to:
 Society of Women Engineers
 Detroit Section
 P.O. Box 2978
 Southfield, MI 48037-2978

REGISTRATION MUST BE POSTMARKED
 BY APRIL 20, 2009.

For any travel inquiries, including hotel details please visit our website or contact Cee Scherb at ceespeakin1@gmail.com.

Session Choices

Breakout Session #1

- A: Investing
- B: Overcoming Imposter Syndrome
- C: Restoring Balance
- D: Multi-Faceted Careers

Breakout Session #2

- A: Real Women, Real Solutions
- B: Nutrition On-The-Go
- C: Effective Collaboration
- D: Dealing with Leadership Burnout

Breakout Session #3

- A: Team Building Module
- B: The Business of Consulting
- C: Inner Engineer... Are You Willing?
- D: Facilitating Yourself & Others

Membership Number: _____

Payment Information

You may also register online at
www.acteva.com/go/swedetroit
 Online Deadline is April 22, 2009

Professional COMPES* Member \$40
 Professional Non-COMPES* \$60
 Full-time Student COMPES* Member \$20
 Full-time Student Non- COMPES* \$30
 Unemployed/Retirees \$30

- Subtract \$5 when mailing in your registration!

*COMPES - Coalition of Minority Professional Engineering Societies. Includes Society of Women Engineers (SWE), National Society of Black Engineers (NSBE), & Society of Hispanic Professional Engineers (SHPE).

- Yazaki employees pay professional member price.