

Conference Agenda

Wednesday, November 4

- 4:00 - 5:30 p.m. Registration, Women's Business Expo & Social Hour
- 5:30 - 5:45 p.m. Conference Welcome
- 5:45 - 6:00 p.m. SHERO Recognition
- 6:00 - 7:30 p.m. **Finding Your Mojo: How to Live, Work, and Move in Joy**
Theresa Rose
- 7:30 - 8:00 p.m. Connection Building

Thursday, November 5

- 7:30 - 8:15 a.m. Registration & Continental Breakfast
- 8:15 - 8:30 a.m. Conference Opening & Welcome
- 8:30 - 9:30 a.m. **Inspiring Others and Yourself to Achieve Their and Your Passions**
Nikki Sorum
- 9:30 - 10:00 a.m. **Dream Weaver:** Dr. Caroline Baerg
- 10:00 - 10:15 a.m. Break / Connection & Reflection Time
- 10:15 - 11:15 a.m. **Importance of Mindfulness**
Liz Power Hawkinson
- 11:15 - 11:30 a.m. Break / Connection & Reflection Time
- 11:30 - 12:00 p.m. Lunch / Intentional Conversation
- 12:00 - 1:30 p.m. **Resiliency Through Self-Care Panel**
Kim Sogaard, Michelle Hargrave, Nadine Sugden
Facilitator: Barb Dorn, YWCA Executive Director
- 1:30 - 1:45 p.m. Break / Connection & Reflection Time
- 1:45 - 2:15 p.m. **Dream Weaver:** Melinda Wedzina
- 2:15 - 2:30 p.m. YWCA Update & Support, Spa Package Donated by Liv Aveda Salon & Spa
- 2:30 - 2:45 p.m. Break / Energizer with Jo Radlinger
- 2:45 - 4:15 p.m. **Women, Power, and Authentic Leadership: Secrets Every Woman Should Know to Lead and Live Without Limits**
Gloria Feldt
- 4:15 - 4:30 p.m. Final Connections and Conference Closing
- 4:30 - 7:00 p.m. Happy Hour, Number 4

For additional information visit www.mankatoywca.org or call 507-345-4629.

YWCA Mankato
500 South Broad Street
Mankato, MN 56001



November 4-5, 2015

Verizon Wireless Center, Mankato, MN

Challenging Thinking,

Affirming Women,

Creating Connections.

REGISTER ONLINE TODAY
www.mankatoywca.org

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November 4-5, 2015
Verizon Wireless Center
Mankato, MN
#YWCALEAD2015



WOMEN'S LEADERSHIP CONFERENCE 2015



In its fourth year, the YWCA Women's Leadership Conference is making a difference in the lives of women, impacting the way business is being conducted, and starting community-wide conversations about the contributions of women in Greater Mankato. The YWCA women's leadership programming aims to increase the number of women leading in our community, bring awareness to the current state of women in leadership, and provide support and tools for women looking to lead. This year's conference will continue to heighten awareness of the leadership issues facing women and empower them to take this conversation back to their workplaces, homes, and volunteer activities. Working in collaboration, attendees will build relationships and network with other passionate women, which will strengthen the entire region and allow the voices of all women to be heard. Join us for another year of impactful dialogue and inspiring messages from phenomenal local, regional, and national speakers at the YWCA Women's Leadership Conference!

Leading with Passion, Purpose and Power

Purpose

As the pace and frequency of organizational change accelerates, the need for a different kind of leadership and for women to take their place at the table become ever-more important. During the YWCA Women's Leadership Conference attendees are provided the opportunity to explore together with open minds how women lead, build meaningful connections, discuss trends in leadership and learn strategies and tools to take back to our family, organizations and community. The conference provides a unique experience in that we learn through sharing of stories and experience from our speakers and fellow attendees.

Takeaways

Be inspired to step into authentic leadership by hearing from amazing presenters and participants.

Learn strategies to find the joy in daily interactions and work.

Explore practical tools to inspire yourself and team.

Learn skills to lead through organizational change.

Engage in conversations surrounding the topics of leadership and self-care.

Learn strategies to remain present and engaged in your work.

Explore the opportunities and possibilities for your leadership.

Registration

Earlybird registration (by October 9): \$149

Registration after October 9: \$169

Student rate: \$99

Final registration deadline is October 23

Registration/Information: www.mankatoywca.org

General Continuing Education Credits are included in the cost of the conference. Please indicate your need for the credits at registration.

Emerging Leader Scholarship Program

Greater Mankato women who are making a difference in their community and are in financial need may be nominated for an Emerging Leader Scholarship at www.mankatoywca.org. Recipients will be contacted and invited to be guests at the Conference.

Conference Accommodations: Hilton Garden Inn \$89 + tax
Deadline for room rate is October 9.

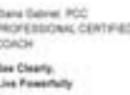
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Finding Your Mojo: How to Live, Work, and Move in Joy

Theresa Rose is a hardcore hoop-dancer, award-winning author, and national speaker on leadership, engagement, and personal development. She was a finalist in the "So You Think You Can Speak?" competition at the National Speakers Association and delivered an electrifying TEDxTalk called, "The Hoop Revolution." Her previous roles include senior management in marketing

and product development for a Fortune 100 company, management consultant, and business owner of an alternative healing center. Theresa will inspire attendees to live, work and move from a place of joy instead of struggling in a state of stress. The session will conclude with a fun, interactive HoopJam.



Inspiring Others and Yourself to Achieve Their and Your Passions

Nikki Sorum leads the Midwest Division of Thrivent Financial. She joined Thrivent in 2002 and has worked in a variety of roles including strategic planning, marketing and investment products, and sales. Prior to joining Thrivent, Nikki served as Senior Vice President for RBC Dain Rauscher and spent eight years as a consultant and partner with McKinsey & Co. Nikki currently serves on

the boards of the Minneapolis YWCA and Twin Cities Habitat for Humanity. Through her experience, Nikki will offer practical insight and useful tools for achieving your dreams and inspiring your team.



Importance of Mindfulness

Liz Power Hawkinson is a licensed Independent Clinical Social Worker who completed her graduate training at the University of Minnesota. She has practiced psychotherapy in community mental health, private practice and, over the past 14 years, in a primary care setting. She taught an eight-week Mindfulness Based Stress Reduction course at the Mayo Clinic Health System-Mankato for over 10 years with more than 200

participants. Liz's talk will leave you grounded, contemplative and mindful of the possible opportunities. You will be reminded of the importance of remaining engaged personally and professionally, and also presented with strategies to help calm the mind.



Women, Power, and Authentic Leadership: Secrets Every Woman Should Know to Lead and Live Without Limits

Gloria Feldt is cofounder and president of *Take The Lead*, the new women's leadership movement to prepare, develop, inspire, and propel women to take their fair and equal share of leadership positions across all sectors by 2025. The bestselling author of

No Excuses: 9 Ways Women Can Change How We Think About Power, Gloria is an acclaimed expert on women, power, and authentic leadership. She's an inspiring keynote speaker who motivates with heart and humor, and as a practical activist provides "Power Tools" for life and leadership.