

Women's Conference

Empowering Women



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TOOLS

FOR

Survival!

Conquering!

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OCTOBER 23, 2009

FOUNTAIN CITY WESLEYAN CHURCH • 5600 US 27 NORTH
RICHMOND, IN

PRESENTED BY THE WAYNE COUNTY FOUNDATION

The Wayne County Foundation is pleased to bring you this one-day conference focusing on empowering women.



The Wayne County, Indiana, Foundation, Inc. exists to foster and encourage private philanthropic giving, to enhance the spirit of community and to improve the quality of life in the Wayne County, Indiana area now and for future generations.

Conference Steering Committee:

Becky Codiano

Sara Coulter

Stephanie Hays-Mussoni

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Darla Randall

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EMPOWERING WOMEN

October 23, 2009

8:00 – 8:30 **Registration and Networking**

8:30 – 8:45 **Opening Remarks and Door Prizes**

9:00 - 10:00 **Workshops**

Finding your AH! place

Presenter: Becky Codiano, Therapeutic Alternatives

You know it's there. That place where you relax and say AH! This session will explore the many tools available to manage the stress in your life. Some of those tools include journaling, breathing/relaxation techniques, meditation, affirmations, guided imagery, yoga and massage. Participation will be encouraged.

Communicating Through Technology

Presenters: Chris Hardie & Jane Holman, Summersault

Having trouble figuring out how to even plug in your laptop, let alone logging into the social media sites that are overtaking society? This workshop will give you tools to unravel sites such as Twitter, Facebook and other equally confusing intergalactic (well, nearly) sites.

Building Your Best Life

Presenter: Clare Seffrin Bond, Certified Life Coach

In this workshop, you will learn how to initiate forward momentum in your life. Using tools presented in the workshop, you will learn how to release the pliers of status quo; chisel away fear; and fine-tune your internal level.

10:15 - 11:15 **Workshops Repeated**
(Follow the same schedule as previous session)

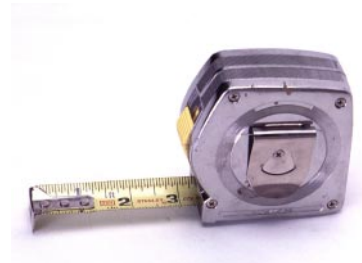
11:30 - 12:15 **Speed Networking**

You've heard of speed dating? Well this is Speed Networking! This interactive session will help you meet more women at the conference while having fun. Don't worry... we've removed the awkwardness of that 'first date' feeling.

12:15 - 1:15 **Lunch**

Keynote Speaker: Grace Trahan, Channel Six News

Known for living a simple life of giving back and putting family first, Grace will share with us her tools of success.



1:30 - 2:30 Workshops

We've Come a LONG Way, Baby!

Roundtable Facilitator: Darla Randall, Birth-to-Five

Ever feel like you're losing your SELF? This interactive session is designed to help you remember why you're awesome. Measure your steps forward and CELEBRATE YOU! A simple exercise to remind yourself that you are someone to be proud of!

Not Another Useless Workshop!

Roundtable Facilitator: Anna Lisa Gross

We go to conferences and workshops, meet great people, hear amazing ideas - but how do we integrate what we've learned into our daily lives? This hands-on session will be a time to develop concrete goals for yourself as an individual and as a community of women in Wayne County.

1:30 - 2:30 Workshops Continued

Let's Be Safe Out There

Presenter: Officer Joni Moore, RPD

With everything else you have on your mind, are you even thinking about your personal safety? This session will focus on staying safe: at home, in your car, when you're out and about. In this session you will learn some simple - yet effective - techniques for staying safe and defending yourself.

How to Become a Successful Investor

Presenter: Alan Spears, First Bank Richmond

Have your investments or 401k taken a huge hit in the past year? Do you worry about having enough money for retirement? Would you like to feel more secure in these uncertain financial times? This workshop will give you answers to these questions and will provide you with information that will calm your fears and have you feeling more in control of your financial future.

2:30 - 3:15 Networking activity and dessert

3:15 - 4:15 Workshops Repeated

(Follow the same schedule as previous session)

4:15 Wrap up and door prizes

Simplify the process by registering and paying online!

<http://www.waynecountyfoundation.org>