



Aspiring Women Leaders

Conferences Department
UNIVERSITY OF FLORIDA

Ignite and Inspire!

Thursday, March 8, 2018

Opening Session 8:30-9:45 am - Welcome and Keynote

How to Win in Business and Life

[Jennifer Ransaw Smith](#)

This interactive session will provide you with often overlooked tools for navigating through your personal, professional or academic life with success and ease.

Morning Concurrent Sessions

Professional – 10:00-11:30

Take Charge of Your Money, Take Charge of Your Life

Julianne McGuinness

Remove the fear and apprehension about money and your finances and learn how to understand, manage and take control of your finances.

Mentoring

Edie Gandy

Participants will learn how to build trusting relationships and utilize tools to communicate effectively: powerful questioning from a positive perspective to help learners surpass self-imposed limitations. There will be discussion on how to support mentees to help them successfully attain goals in a sustainable fashion.

Leadership – 10:00-11:30

The Authentic Leader

Vicki Hall

Learn how you can become an authentic leader and lead in a straightforward and honest way, strengthen relationships, and develop a strong self-awareness.

Effective Delegation: How to get it Done Right

Nadia Alcide

Effective delegation and time management in the age of distraction can be difficult. You will learn proper delegation skills, which will save you both time and energy and how to leverage available technology, best practices, and tools to advance yourself as a leader.

Business – 10:00-11:30

Bias, Barriers and Ceilings (panel)

Cheryl Calhoun

A panel business and community leaders discuss the dynamics and impacts of bias, barriers and ceilings for women in the workforce.

The Importance of Networking: Start-ups, Small Businesses and Incubators

Kathy Sohar

Networking is a vital component of a successful business venture. Join us for a panel discussion about strategies and resources for improving your networking skills and impact.

General Session – 12:30-1:30

Handling Bullies, Bosses and Bias (panel)

Barbara Cotes

This panel session is designed to address positive and proactive approaches to uncomfortable and unproductive influences.



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Afternoon Concurrent Sessions

Professional – 1:45-4:00

Embrace Productive Conflict

[Jennifer Ransaw Smith](#)

This session will teach participants to learn how to engage in conversations they used to avoid and leverage that ability to their advantage.

How to Effectively Assert Yourself

Jennifer Webb

Discover how to assess your personal influences on assertiveness and be able to resolve conflict through smarter awareness, language and non-verbal skills.

Leadership – 1:45-4:00

Communicate with Confidence

Sean Limon

This session focuses on the body language people use to present themselves, and their ideas, confidently. Special attention will be paid to the body language that makes a woman appear unconfident when communicating and what type of body language women can use to appear confident, secure, and sure.

Driving Results Through Effective Strategy Execution

Tara Blythe

Take well-reasoned stands on important issues and responsibility to resolve issues; convey urgency and drive results that have a clear, direct impact on business performance, linking project and process management to organizational strategic execution.

Business – 10:00-11:30

Innovators are Everywhere (panel)

Jane Muir

When leaders can generate ideas and solutions, promote new ways of thinking, and leverage fresh perspectives they will motivate employees and improve the company's bottom line.

Choose your Own Adventure

Stephanie George

You will receive guidance on how to conquer fears as well as gain tools to help you confidently plan for a new business venture or simply look for ways to innovate your life.

Networking Social – 5:00-7:00



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Friday, March 9, 2018

Opening Session 8:30-9:45 - Keynote

Enforcing Boundaries: Supporting Your Core Values, Needs and Goals

Rachel Scherl

Morning Concurrent Sessions

Professional – 10:00-12:00

Managing Career and Life Transitions

Rachel Scherl

Discover how being able to articulate your career and life vision, helps you plan for and embrace change and create alignment with who you are and where you want to go.

You Get What You Focus On

Laurel Brown & Hollie Walker

In this session you will gain insights on the power of focus and determine your current levels of focus. These three factors will be discussed; developing clarity, the capacity to focus on what you want and understanding that habits determine your future.

Leadership – 10:00-12:00

Creative Empowerment

Gregg Jones & Jenny Hill

Rediscover the power of your creative process in the workplace to become an effective, passionate, and powerful 'player' in your organization.

Mindfulness: The Power of the Present

Payal Khurana

In this workshop, we will practice mindfulness meditation and practical applications of mindful leadership. We will explore the ways in which our ability to create space in our day affects our ability to lead— whether we are leading a global organization, a team, our family or our own lives.

Business – 10:00-12:00

Bias, Barriers and Ceilings (panel) [repeated session]

Cheryl Calhoun

A panel business and community leaders discuss the dynamics and impacts of bias, barriers and ceilings for women in the workforce.

Risk Taking: Managing Challenges and Adversity

Anne Favre

Join us as we celebrate and explore how taking calculated risks and the lessons we learn, in the context of rethinking how we approach challenges, can become the engines for uniquely defining our success.

Closing General Session – 1:00-3:00

What does it mean to lead like a woman and where do we go from here?

A panel of speakers will share how we can join together and build a community of committed women who are motivated to keep learning, growing and sharing.