

2024 WOMEN'S ALUMNI COMMUNITY VIRTUAL WORKSHOP SCHEDULE

The Confident Communicator: How to Speak and Present with Power

Date: September 19, 2024

Time: 9:30 AM – 11:00 AM

The most effective, engaging communicators are masters of presence, message and delivery. This workshop develops those skills by exploring fundamental communication pitfalls and methods that help you find your voice and project it with fearlessness. We start with mindset and courage, along with understanding the “Double Bind” and how this delicate balance of displaying competence and warmth is critical for women to be viewed as the leaders that they are. Then we focus on their delivery and dig into the “Seven Deadly Speaking Sins” and common vocal trends to avoid, so attendees learn new techniques to elevate their message.

Key takeaways:

- Mindset and visualization techniques that build confidence for future communications
- Awareness of Impostor Syndrome can negatively impact communication and techniques to overcome challenges
- Understanding of specific challenges women face when it comes to communicating their ideas and how to balance warmth and competence
- Knowledge of the latest vocal trends and common “Speaking Sins” that negatively affect delivery
- Strategies to improve verbal and non-verbal communication to maximize impact

Self-Advocacy: How to Champion Your Needs

Date: January 16, 2025

Time: 9:30 AM – 11:00 AM

We are often our own worst enemy instead of our own best champion. Learning how to represent yourself so you can pursue your passions and goals starts with knowing yourself, your needs, and your plan to fulfill those needs. This session helps you find and harness the power of your voice so you can develop the courage and skillset to follow your mission. Learn how to conquer limiting beliefs and core “enemies” like distractions, drama, energy drains, and detractors that compromise not only your progress but your confidence in yourself. Then you are free to focus on developing and adhering to your leadership plan that will define your success.

Participants will:

- Identify people, issues, and activities draining their emotional energy so they can shift focus to goals and priorities
- Draft a Personal Business Plan to identify and articulate their mission moving forward
- Design their Blue Sky Blueprint™ to power their purpose and achieve their goals

Network Like a Natural: How to Build Connections and Thought Leadership

Date: April 10, 2025

Time: 9:30 AM – 11:00 AM

If you would rather have a root canal than attend a networking event, you're missing out on critical opportunities to identify allies, build your personal brand and connect with potential customers/clients and seasoned executives who can help accelerate your career. Are you afraid of selling yourself, seeming inauthentic, or facing rejection? Do you struggle with conversation starters? If so, this workshop is designed for you.

We begin by shedding the fear--breaking down the barriers that foster discomfort, anxiety, and insecurity. Next, we review actionable strategies to overcome those roadblocks and make it easy to unleash the fearless networker within so you can build authentic win-win relationships based on trust, commonalities, and support. Finally, we craft a three-pronged strategic plan that empowers participants to maximize networking opportunities at work, at industry events and conferences, and online through social media. Even the savviest of networkers will benefit from fresh strategies to create a proactive Networking Plan that becomes a daily pursuit vs an event-specific task.

Key takeaways:

- A purposeful Networking Plan to execute online and in-person
- Techniques to forge new, mutually beneficial connections and refresh existing relationships
- Methods to engage allies and unite others to advance their mission – and have fun along the way