

# 2005 AAWCC Annual Conference

## “Every Contribution Makes a Difference”

**Thursday, November 17th**  
**10:20 – 11:45 a.m.**

### **Walking for your Health**

Join Dawn Dewolf from Lane Community College for a walking session around the bike paths and sidewalks near the Sheraton Hotel. **Meeting Time:** Meet in the main hotel lobby between 10:20 and 10:30. This will allow more time to change clothes (if needed) after the morning keynote. The walk will begin promptly at 10:30 a.m. **Length & Time:** 45 minutes – approx. 2 miles. Terrain is flat. **Clothing Recommendations:** Wear comfortable walking shoes, light to medium weight socks, and bring a light jacket if it's cold outside.

### **Mentoring: Past, Present & Future**

Join a group of women who will form a panel to describe their mentoring relationships. The session will cover the history of mentoring, why it is a particularly fitting relationship for women, and how to get and be a mentor. All women can contribute to their profession and to their institution by being in a mentoring relationship. The panel will include: Dr. Alice Jacobson, retired Campus President, Sylvania Campus, Portland Community College and currently a Leadership & Training Coach; Dr. Linda Gerber, retired Executive Dean, Mt. Hood Community College and currently a Management Consultant in higher education; Ms. Heather Lang, Learning Assistance and Testing Director, Mt. Hood Community College; and Ms. Sharon Juenemann, Learning Assistance Coordinator and Chair, Teaching and Learning Cooperative, Mt. Hood Community College.

### **Redesigning the Future Community College: What Does it Take?**

**Gretchen Schuette, President**

**Liz Goulard, Vice President, Academic Affairs**

**Chemeketa Community College**

Chemeketa has embarked on an ambitious plan to re-design the college's teaching and learning environment and the services that support it. The college is beginning year two of a multi-year journey of professional development, continuous improvement, and creative re-design. Through this process, each employee's contribution will be needed to successfully re-design teaching, learning, and the student-support environment. Join us as we outline the task at hand and share lessons we have learned.

## Health Alternatives for Today's Professional Woman

**Dr. Joseph Dombek, Chiropractor; Dr. Kathryn Sawhill, Naturopathic Physician; and Sarah Johansen Gallagher, Licensed Massage Therapist**  
**Chiropractic Life Center West**

This workshop focuses on women's health issues and how every small thing you do for yourself contributes to your overall health and well-being. Topics include: self-massage and other relaxation techniques; women's health issues and alternatives to western medical approaches; and ergonomics in the workplace.

## The Journey is the Success

**Wanda Clifton-Faber, Student Success Specialist**  
**Blue Mountain Community College**

"Success" isn't a concrete final product to be achieved only once at some given point in your lifetime. Success is more about the quality of your journey and **how** you get to where you're going. Join Wanda Clifton-Faber and a panel of students who will talk about their community college experiences and share their individual success stories.

## The Art of Listening

**Karin Magnuson, Training Specialist**  
**Linn-Benton Community College**

This workshop will allow you the time and space to practice the art, choice, and gift of listening. Explore and practice listening from perspectives you may not have considered or may have taken for granted. Use enhanced listening to enrich your leadership skills at work, at home, and in the community. If we could be even 50% effective as listeners, we would significantly improve our ability to contribute in all areas of our life.

## You are What you Think ... So Re-Think

**Catherine VanWetter, MSW**  
**Teacher & Group Facilitator**

This workshop focuses on the power of our thoughts and our self-talk, and how they affect our emotional, physical, and mental health & well-being. With all the stress, anxiety, and fear so many individuals are experiencing, it is imperative that we re-learn how to manage our emotional and mental states. It is possible to live a life of joy irrespective of circumstances once we learn to manage our minds and truly experience how powerful and gifted we are.

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**Thursday, November 17th**  
**2:45 – 4:15 p.m.**

### **Walking for your Health**

Join Margaret Bradford from Rogue Community College for a walking session around the bike paths and sidewalks near the Sheraton Hotel. Margaret is an avid walker and has participated in the Portland-to-Coast walk. She'll provide tips on how to make walking more beneficial to your overall health. **Meeting Time:** Meet in the main hotel lobby between 2:45 and 3:00. This will allow more time to change clothes (if needed) after the afternoon keynote. The walk will begin promptly at 3:00 pm. **Length & Time:** 45 to 60 minutes – approx. 2 to 3 miles. Terrain is flat. **Clothing Recommendations:** Wear comfortable walking shoes, light to medium weight socks, and bring a light jacket if it's cold outside.

### **Working Styles**

**Mary Spilde, President**

**Lane Community College**

Discover your working style and how that knowledge can help you contribute more fully on the job and communicate more effectively with others. Are you an assertive, take-charge person who focuses on results? Do you share your feelings openly and consider yourself warm, receptive, and outgoing? Are practicality, patience, and perseverance on your list of attributes? Do you focus primarily on others and enjoy being supportive and a strong team player? Mary will guide you through some exercises to help identify your working style and will suggest techniques for improving “versatility” so that you can utilize your less-prominent working styles to help build positive working relationships.

### **Finding Purpose in your Work: Bloom Where you are Planted**

**Lisa Edwards, CEO of Bloom**

This workshop will help women discover how their contribution makes a difference by understanding their unique talents and identifying their personal mission and how that mission relates to their role in an organization. Participants will identify their unique talents that tap into their personal passion; discover how engagement is directly tied to maximizing talents at work; learn how their personal mission is linked to their role in an organization; and identify ways to help employees re-engage in their work.

### **Your Professional Resume**

**Becky Washington, Career Specialist**

**Portland Community College**

Does your resume show you in a positive light, reflecting your skills, talents, and numerous accomplishments? Does your resume need a few minor revisions or a complete renovation? Join Becky and learn techniques for maximizing your resume's impact on the reader. Sing your praises professionally. Communicate your strengths with measurable accomplishments. Get tips and practical solutions to resume challenges.

## Everyone is Welcome at the Table

**Susan Wolff, Dean of Instruction  
Columbia Gorge Community College**

Possibilities are endless when all members of a team contribute to the creativity, critical thinking, solutions, and products of an organization. But the best part of having a full table is creating a sense of place and belonging. Living and leading with integrity and respect for others makes each day an opportunity to enrich our own lives and those of others. Everyone can make a significant contribution to the well being of our colleges if only they are invited.

## Voices of Courage: Insights on Lesbian and Gay Leadership at Your College

A group of women will talk about the challenges lesbian women face as leaders in today's world. The workshop will also feature a 25-minute video from Chemeketa Community College with a panel discussion to follow that brings to light gay and lesbian employee insights of working at community colleges. Jill Ward, Director of Counseling, Career, Disability Services, and Student Life at Chemeketa will facilitate the session and lead a panel discussion.

## Walking the Labyrinth: A Path for Transformation

**Gloria Jost, M. Div., Certified Veriditas  
Labyrinth Facilitator, Viveritas Ministries**

The labyrinth is an ancient symbol for the journey of life and wholeness. In this workshop, you will literally walk across a 26-foot canvas labyrinth and discover how the labyrinth can be a powerful tool for reflection, meditation, and deeper knowledge. Walking the labyrinth allows for people to access the wisdom necessary to know what, where, when, and how they can make a difference with their unique gifts and skills.

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**Friday, November 18th**

**10:15 – 11:30 a.m.**

## Walking for your Health

Join Kristen Jones from Linn-Benton Community College for a walking session around the bike paths and sidewalks near the Sheraton Hotel. **Meeting Time:** Meet in the main hotel lobby between 10:15 and 10:30. This will allow more time to change clothes (if needed) after the morning keynote. The walk will begin promptly at 10:30 a.m. **Length & Time:** 45 to 50 minutes – approx. 2 miles. Terrain is flat. **Clothing Recommendations:** Wear comfortable walking shoes, light to medium weight socks, and bring a light jacket if it's cold outside

## Leading from Where you Are

You don't have to hold a position of director, president, or chief executive officer to be a leader. Women can use their leadership skills in all walks of life, regardless of their position at work or their role at home or in the community. Join Dawn DeWolf, Lane Community College, and Julie Huckestein, Chemeketa Community College, as they facilitate a discussion on how to understand the nature of power and influence and strategies for leading when you are not in charge.

## Ergonomics: Being Comfortable at Work and at Play

**Marilyn Hill**

**Safety Coordinator**

**Linn-Benton Community College**

It's hard to contribute at work or at play if your body hurts! Feel better and do more. This workshop will help you identify tasks you perform at home or at work that may be causing physical discomfort. What are the costs of not changing the way we do things? Sore muscles.....back pain.....carpal tunnel.....injury? We'll review stretching exercises and other tools & techniques to improve your comfort level and reduce injury potential. Changing one small thing can make a big difference in how you feel!

## Playtime: The Contribution of Fun at Work

**Kate Dins, Dean**

**Business, Technology, & Public Services Division**

**Portland Community College**

Is it okay to have "fun" at work and still be productive and maintain your professionalism? Of course it is! "Fun" isn't a 4-letter word. Using dialogue, toys, and interactive activities, this workshop will help participants see how play can be made part of work – and make life more fun and help us feel healthier and happier.

## UP!ward Bound, It Begins with U!

**Joan L. Hartley, Consultant**

Are you feeling stuck? Do you find that the circumstances of life are controlling your outlook? Need a shot of energy and enthusiasm? Those who are UP!Ward Bound maintain a positive outlook and exude energy, confidence, and enthusiasm in everything they undertake. It's about having energy and enthusiasm, appreciating the small daily happenings that make life spectacular, and it's about doing what we love and loving what we do. Join Joan Hartley, motivational speaker and consultant, and discover the magic of being Upward Bound.

## Communication: The Vital Leadership Skill

**Katherine Collins**

**KMC Communications**

Communication is a key ingredient when it comes to effective leadership. Effective leaders are those who understand the importance of public relations and communicating openly – and often – with stakeholders. This workshop will focus on what public relations really is and why building relationships based on trust is mission critical for community college leaders who want to make a positive difference.

### ***Panel of Women Legislators & Community College Leaders***

Join Cam Preus-Braly, Commissioner, Department of Community Colleges & Workforce Development; Andrea Henderson, Executive Director, Oregon Community College Association; and other guest legislators and community college leaders as they share insights about their careers and personal paths. Followed by a question-and-answer session.

### ***Your Story Will Make A Difference!***

**Carolyn Waterfall, Workplace Effectiveness Trainer & Consultant  
Dynamic Worklife**

Use storytelling to persuade, motivate, and inspire in ways that cold facts can't. Learn how to use your personal story to reach people and make a powerful difference in their lives and your own. Engage your learners, invest more meaning in your work, and increase your courage and confidence through sharing your story and listening to the stories of others.