

## AAWCC Fall Conference Workshops 2007

**Thursday November 15 10:15am**

### **OCCA - Who, What, When, Where and Why the Heck Not**

**Garden B**

Kathryn Dysart

This workshop provides an overview of the Oregon Community College Association services and communications. What is it and why do you care?

### **Quick, Simple & Effective Suicide Prevention: A Campus Effort**

**Garden C**

Wanda Clifton-Faber

Suicide is the second leading cause of death for college-aged adolescents. In Oregon it is the second leading cause of death for adolescents between the ages of 10 and 24. The Who, What, Where, Why and How of implementing a suicide prevention program on your community college campus, including resources.

### **Qigong for Soaring into Health**

**Mt Hood C**

JoAnn Albrecht

Participants will learn how to fly to greater health of body, mind and spirit by learning an ancient qigong form for self-healing. This workshop empowers women with the skill to take care of their own health.

### **How Can I Be an Effective Online Instructor?**

**Cascade A**

Diane Shingledecker

This panel discussion will provide practical ideas while inspiring attendees to take the extra-steps to become exceptional online instructors. Success stories will also be shared and celebrated.

### **Healthy Self-Soothing: New Ideas about Calming our Nerves**

**Cascade B**

Sara Reed

Using some new information from interpersonal neurobiology, we will talk about ways to identify our own specific triggers and prevent damage from on-going stressors. We will be looking at specific exercises and processes to increase personal awareness of our present coping mechanisms and improve our ability to self-soothe in healthy ways. This will help us to be more effective helpers/teachers and improve our quality of life.

### **Putting Duct Tape on your Harpies**

**Cascade C**

Jane Kirkpatrick

This workshop introduces six strategies for silencing negative voices that keep us from moving forward. In a time where we sometimes think we have control over little, getting our thoughts in shape can make or break our day. Join Jane as she blends humor and experience to help identify your harpies and find ways to silence them.

## AAWCC Fall Conference Workshops 2007

**Thursday November 15 2:45pm**

### **Pilates Method to a Healthy Mind and Body**

**Cascade C**

Mckenzie Petterson

The practice of Pilates is empowering for all women with the guiding principles of whole body commitment, whole body health and breath guiding the practitioner to a fuller state of being. Learn the eight basic movement principles and apply them to a classic Pilates repertoire.

### **What Makes You Fly? Inspirational Craft Workshop**

**Cascade B**

Heidi Dombeck

Attendees will create a paper cutout faerie that they can embellish with ribbon, glitter, beads etc... They will cut out an inspirational quote, or other words that symbolize their personal life empowerment experience, and glue these to their piece of art. Polaroid photos of attendees will be used so their face can be attached as the head of the figure. The session will end with explanations of their piece if time permits.

### **Finding Your Way with Play**

**Mt Hood C**

Kate Dins

This interactive session will give participants time to explore play as a way to reduce stress, encourage community building, and create a space in which each woman can "Fly with her own wings". The session will include interactive games and time to dialogue about how play can help create a space for us to be who we truly are and encourage others to do the same.

### **Sassy in Salem**

**Garden C**

Julie Suchanek

Understanding how to work with state policymakers outside of Salem increases knowledge and empowers women to be advocates for community colleges while working within their own local communities

### **Question, Persuade, Refer Gatekeeper's Training (Suicide prevention pt 2)**

**Garden B**

Wanda Clifton-Faber

This training is the compliment to the morning workshop on implementing a suicide prevention program on campus. The certified trainer and all resources necessary are provided by the Garrett Lee Smith Memorial Act, Campus Suicide Prevention Act for Higher Education awarded to Blue Mountain Community College (You do not need to attend both workshops.)

### **Quiet Leadership: Six Steps to Transforming Performance at Work**

**Cascade A**

Karin Magnuson

Quiet leaders are masters at bringing out the best performance in others but how do they do it? This interactive workshop describes the concept of quiet leadership and explores 6 key steps to making a positive impact on performance, morale and job satisfaction regardless of your position or official leadership status. Quiet Leadership starts with the individual and blossoms outward.

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**Friday November 16 10:15am**

### **Crisis Communication Skills 101**

**Garden A**

Cherilyn Nederhiser

Be able to communicate effectively under pressure and be able to deal with emotionally charged people and crisis situations. In this workshop you will learn how to respond to and handle conflict & confrontation issues effectively in the workplace, from the everyday to the difficult in the aftermath of Virginia Tech.

### **We've Got Your Back on Healthcare**

**Cascade A**

Kimberly Robinson & Elizebeth Perry

This interactive workshop will focus on successful strategies for women of color and immigrant women entering healthcare professions. Learn about the innovative Health Careers Access Project, how we've supported women on their journey to professional careers and how our success will impact the critical shortage of culturally competent healthcare providers.

### **Flying through the Storm: Coping with Challenges and Transitions**

**Cascade B**

Linda Reisser

Is the unexpected throwing you off? This workshop will present a 5-stage model of transitions, first developed by renowned family therapist, Virginia Satir. The model can be applied to individuals, families, and organizations. This workshop will give you perspective and leave you feeling empowered.

### **Get What You Want in 2008**

**Garden B**

Lisa Anderson

Have you ever put off anything major? Do you still have dreams that you want to realize? Have you ever set goals only to give up after a while? Is your life out of balance? If you've answered yes to any of these questions then this workshop is for you.

### **Sustainability**

**Garden C**

Noelle Studer

### **Zumba - Latin Aerobics**

**Mt Hood C**

DeAnne Hardy

Do you like to dance but hate to exercise? Come join the fun as we move to the beats of Salsa, Merengue, Cumbia, Reggaeton, Tropical, Belly dance and Flamenco.

### **Legislative Update**

**Cascade C**

Cam Preus-Braly & Andrea Henderson

Cam Preus-Braly, Commissioner of Dept of Community Colleges & Workforce Development and Andrea Henderson, Executive Director, Oregon Community College Association discuss what's happening in Salem and how will it affect your students and your job.