




At the Crossroads of Equality and Justice
National Association of Commissions for Women
 45th Annual Conference and Empowerment Summit
 Crowne Plaza Downtown Indianapolis | July 19-23, 2015



Conference Supplemental

Session Descriptions

Sunday, July 19, 2015

8:00 – 9:00 PM

Move and Mingle

The official welcome reception is over. Come spend some time with your colleagues before the conference gets started in the morning. Enjoy a little wine before you turn in for the event. Lateisa Butler, a Licensed Zumba, Zumba Toning and Fierce Funk instructor, will be onhand to help you move and mingle so you're ready for a creative and productive three days in Indy.

Monday, July 20, 2015 – Expand Your Knowledge

10:30 – 11:45 AM Break Out Sessions

Mentoring and the benefits to the community

Description: There are benefits of mentoring to the community. This session will explore how mentorship can not only have real impact on women—both in their professional lives, and in their personal lives—but also on the community.

Human Trafficking

Description: This session will look at the complex issue of human trafficking and how it affects the community. It will provide information about what the Office of the Indiana Attorney general is doing to combat this growing problem in Indiana.

Preserving women's history in the Modern World

Description: This session will focus on how women's history is being preserved with the use of technology and other resources. It will also examine the challenges that may occur along the way.

1:45 – 3:00 PM Break Out Sessions

Leadership Development

Description: The PHD Model-Three Keys to Achieving your goals! This session will address how to remain focused on your dreams in the midst of all of life's daily challenges. Maybe you are at a crossroad in your life, feeling overwhelmed by a major project or simply seeking a process that will allow you to live up to your fullest potential. The PHD Model will provide practical examples for creating a lifestyle that will help you to achieve your life goals.

Trauma-Informed Care of Women and Girls

Description: Trauma Informed Care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. This session will look at how services can be adapted to serve women and girls in a community.

Pregnancy Discrimination Act and You

Description: There have recent high profile cases involving pregnancy discrimination. Akia Haynes, deputy director and general counsel for the Indiana Civil Rights Commission, will review statistics on pregnancy discrimination and provide information on what is being done to prevent it from occurring.

3:30 – 4:45 PM **General Session**

Gender, Sex & Politics Heading toward Campaign 2016

Description: Women candidates have been running for US president since before they won the right to vote, but they have been hindered by our uniquely American political culture that combines narratives of hard work, equal opportunity, and limitless potential with a tacit but forceful prohibition of women's political authority. Even as legal barriers to women's participation in electoral politics have been dismantled, other barriers remain. In this session, Kristina Horn Sheeler will discuss the assumptions about presidential leadership and women voters that make it difficult to see women as a serious political force. She will also discuss ways that we can reframe the conversation.

Tuesday, July 21, 2015 – Recharge Your *Passion*

9:20 AM – 10:50 AM **Breakout Sessions**

Board Commissioner Exchange

Description: Moderated by two members of the NACW board of directors, this session is designed for board Commissioners and will allow participants to share best practices of Commissions from across the country. Be sure to bring examples of the extraordinary work your Commission has done this year and be prepared to share. This is a great time to seek solutions to challenges as well!

Executive Director/ Staff Exchange

Description: Moderated by senior staff members of two commissions for women, this session is designed for executive directors and staff to share the best practices of Commissions from across the country. Be sure to bring examples of the extraordinary work your Commission has done this year and be prepared to share. This is a great time to seek solutions to challenges as well!

Rethink, Regain, Recharge: Get Back Your Authentic Self

Description: To live a successful life, you need a combination of part attitude and part strategy. In this interactive presentation, you'll hear stories of women who have bounced back from adversity and learn their personal strategies to live their most complete lives. You will be inspired and motivated to take a look at your own life, your personal path and what barriers that could be holding you back. You'll be rethinking your purpose, regaining your true-self and learning ways to recharge your life for your true purpose. Through the stories you will hear, exercises and group discussions, you'll be steps closer to your own authenticity- the true key to resilience.

Empowerment through Partnerships (Visioning Session)

Description: In 2014, NACW launched its new three-year strategic plan. Critical to the plan's success was NACW's ability to build relationships amongst peers, form alliances with national partners, and cultivate a national network of supporters. Imagined as a visioning session, this interactive discussion will bring together representatives of national organizations to explore opportunities and challenges of partnerships for individual commissions and for NACW.

2:15 – 3:30 PM **Breakout sessions**

NACW Board of Directors Meeting (NACW Board of Directors only)

Keeping Girls Safe on the Internet

Description: This session will include potential dangers on the internet for youth as well as illustrate ways in which predators target, locate, and meet children using openly available sites and tools on the internet. Methods of dealing with these dangers are also discussed. This session is meant to be interactive and the audience is encouraged to ask questions and discuss the issues as they are addressed.

Service Women, Military Service and Family Life

Description: The presentation will focus on the unique experiences of female service members as well as civilian partners, and wives of military members. They will provide information to the female service members' psychological health and experiences with military sexual trauma (MST). In addition, the career challenges of civilian partners of military members will be discussed. The presentation will also offer practical ways in which attendees could challenge their communities to better support military-connected women.

Wednesday, July 22, 2015 – Strengthen Your *Mission*

9:40 – 10:55 AM Break Out Sessions

Using Social Media/ PR to strengthen your mission

Description: In 2015, public sector organizations will focus more than ever on driving citizen satisfaction with online services and resources. It is not enough for them to simply access information online—they expect their experience with the public sector to be both online and engaging. But how do they make that connection? To account for this evolution, the public sector is providing better experiences by uniquely connecting citizens with services through communication in order to build stronger and more meaningful engagement. This session takes a look at how to leverage points of contact—whether it is a simple website visit or a transaction with a government portal—to build a stronger relationship with the people you serve.

Creating Partnerships, developing relationships and working with stakeholders

Description: This session will be led by two professionals who have mobilized their individuals communities around major celebrations. Aaron Perri recently led South Bend, Indiana, in celebrating its **Sesquicentennial** anniversary while Brooke Thomas is a leading force to Indianapolis' Plan 2020, a pioneering planning process to define the next century for the city and is driven by an extraordinary team of community leaders, in preparation of its Bicentennial celebration in 2020. This session will help participants understand how to create productive partnerships, develop lasting relationships and work with key stakeholders.

11:10 – 12:25 PM Break Out Sessions

Engaging girls in STEM, one princess at a time

Description: Girls outnumber boys when it comes to college graduation and graduate school entry; however, one area where girls are still not competitive is in the STEM arena—science, technology, engineering and math. It is critical to engage girls in STEM, as many careers will be available to STEM professionals in the future, and it has been documented that women in STEM have less pay gap disparity. In this session, we will explore the data on girls and STEM subjects, and discuss methods to encourage girls to say yes to STEM.

Different funding models for sustaining commissions for women

Description: Most Commissions face challenges in raising funds to increase their visibility and run the programs and projects they want with increasing budget cuts for women's issues. Long time presidents of two Friends organizations (which have been in existence for 14 and 25 years) will provide tips on what to do and what *not* to do to set up and operate a nonprofit corporation as a "Friends of the Commission", and share best practices and different models for helping your Commission in its fundraising and development. Phyllis and Susan will share their experience and that of other Commissions and show you the different ways having a "Friends" organization can advance your Commission's long term sustainability and how you can identify and overcome the hurdles you face in the process with your Commission. They will also make available templates, checklists, and sample materials.

Designing a legislative day

Description: Planning a legislative day is an effective way of engaging women and/or girls in your community. These days can focus on informing and motivating women to engage in the legislative process, helping them gain a better understanding of the process and the tools needed to be leaders on policy changes impacting women, and giving women a better understanding of a little understood advocacy method. This session will explore a model for planning a successful legislative day.

2:15 – 3:30 PM General Session

Title Change: A View of the USDOL Women's Bureau

Description: Spend the afternoon with Director of the USDOL Women's Bureau, Latifa Lyles, as she discusses current Women's Bureau initiatives as well as the long history the agency shares with commissions for women.

Drawing *Donations*

Listed below are drawing items that have been donated to NACW. Drawings will take place at all organized luncheons and dinners. Other items may be added throughout the Conference.

Ten Thousand Villages of Granger, IN

Handcrafted Indian Paisley Pleasures Bag

Made of Jacquard Fabric

White House Black Market of Granger, IN

Accessory Item

Jennifer Gabou

1 Wrapped Satin Hands Set

1 Gift Wrapped SkinVigorate Cleansing Brush with Travel Case

2 copies of "Division I"

The Capital Grille of Indianapolis

Gift Card

Ruth's Chris Steakhouse of Downtown Indianapolis

Gourmet Wine Basket

The Gentspa of Downtown Indianapolis

Travel Size of Hair Products and Trial Anti-aging Facial Line

Merle Norman

Vera Bradley Cosmetic Bag

Vera Bradley ID Pouch

Vera Bradley Wallet

Vera Bradley small bag

Vera Bradley prescription case

Vera Bradley Pen

Vera Bradley Travel Bags

Vera Bradley Leather Tote

Marta Pincheira, Chair, Indiana Commission for Women

Vera Bradley Notebooks

Mary Kay Cosmetics Gift Set

Kristin Garvey, Executive Director, Indianapolis Commission for Women

Warm Glow Candle Gift Set

Cinnamon Bun Scent

Warm Glow Hearth Candle

Snickerdoodle Scent

Dr. Erin Albert, Author

"The Amazing Adventures of the Princesses of Planet Stem"

Dr. Kristina Horn Sheeler

Woman President: Confronting Postfeminist Political Culture (2 copies)

Special Thanks

We would like to thank all of the people who made this conference possible.

Conference Sponsors

These sponsors are also listed in the conference program.

\$5,000 Ruby

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\$2,500 Emerald

IUPUI Office of Diversity, Equity and Inclusion

IUPUI Office for Women

The Corradino Group (Just added)

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IU Center of Excellence in Women's Health (Originally listed as Friends of NACW)

Krieg DeVault, LLP

Mentoring Women's Network (Added)

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State Representative Gail Riecken

*Commissioner Kelly Perri styled by Ruth Woodworth of White House Black Market Granger, IN
Conference Program and other related printing courtesy of the Indiana Commission for Women*

Don't Forget to Tweet!

@NACWWomen | #2015nacw

@Indiana4Women | #ICW4Women

2015 National Conference Planning Team

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Other special thanks for their support of the Indiana Commission for Women during the planning of the Conference go to:

Jamal Smith, Executive Director, Indiana Civil Rights Commission
The Honorable Noell Allen, Indiana Civil Rights Commission
Lillian Bailey, Intern, Indiana Commission for Women
Lisa Broyles, Volunteer
Danielle Dean, Indiana Commission on Hispanic and Latino Affairs
James Garrett, Indiana Commission on the Social Status of Black Males
Christine Meyer, Indiana Civil Rights Commission
Kerry Steiner, Indiana Native American Indian Affairs Commission
Ava Taylor, Indiana Civil Rights Commission
Darren Thomas, Indiana Civil Rights Commission
Staff of the Indiana Civil Rights Commission

Change to Program

Samantha Lawson will be conducting the Mentoring Fundamentals breakout session for the Girls' Forum on Wednesday, July 22, 2015

Samantha Lawson, Mentoring Women's Network



As a founder of a non-profit, upcoming published author, and motivational speaker, Samantha Lawson has a passion for giving back to the world through inspiration and motivation. She currently serves as Program Director for the Mentoring Women's Network Foundation, an organization whose mission is to build the largest and most effective professional mentoring program for women.

Samantha values the notion of leveraging opportunity for individuals through mentoring relationships and works to make a difference by helping men and women live their full potential through targeted training and opportunities.