Clemson University
Women’s Leadership Conference

Speak up, Stand out

Clemson University
February 17th 2018
Welcome from the 2018 Women’s Leadership Conference Co-Chairs

Schedule of Events

8:00-9:00 a.m.  Conference Check-in  2nd floor: Hendrix Student Center

8:00-9:00 a.m.  Coffee Hour  
*Coffee & tea sponsored by General Electric  Hendrix Student Center Ballrooms

9:00-9:30 a.m.  Conference Welcome & Kick-Off  Hendrix Student Center Ballrooms

9:35-10:35 a.m.  Concurrent Session 1  
Descriptions & Locations on page 3-4

10:40-11:40 a.m.  Concurrent Session 2  
Descriptions & Locations on page 4-5

11:45 a.m.-1:15 p.m.  Lunch & Keynote Address  
“Speak So They Listen”  Jeneen McNally  Hendrix Student Center Ballrooms

1:20-2:20 p.m.  Concurrent Session 3  
Descriptions & Locations on page 5-6

2:25-3:25 p.m.  Concurrent Session 4  
Descriptions & Locations on page 6-7

3:30-4:00 p.m.  Conference Closing & Wrap-Up  Hendrix Student Center Ballrooms
**Concurrent Sessions**

*If you arrive to a room and it is full, please select another session!*

9:35-10:35 a.m.

**Working in a Male Dominated Field: Armed Forces Edition**

*Andrea Collins; Delta Zeta President*

*Talia Pekari; Clemson University Tour Guide*

*Lizz Sampson; SVA President*

*Amanda Nicks; United States Navy Veteran*

_Hendrix Student Center, McKissick Theater_

Working in a male dominated field is never simple, let alone working for/alongside the men of the Armed Forces. Are you considering pursuing a career in the Armed Forces but worried about being “too masculine” or “too mean”? Join these women in an open discussion about working in a male dominated field and how to combat the common stereotypes that come along with it.

**Burnout to Balance: Identifying Triggers that Lead to Burnout and Establishing Skills to Rebalance Your life!**

*Madeline Keith; Thomas F. Chapman Leadership Scholar*

*Hannah Maisel; Thomas F. Chapman Leadership Scholar*

*Bailey Hack; Thomas F. Chapman Leadership Scholar*

_Hendrix Student Center, Meeting Room A_

Pressure in our society drives young women leaders to perform at a superior, perhaps unrealistic standard. Business models glorify those who build empires, generate billions of dollars, and appear to do so with ease. In our session Burnout to Balance, we will discuss the symptoms and warning signs of burnout: the physical or mental collapse caused by overwork and stress. We will take a close look how the broad topic has specific impacts on Clemson University undergraduate women as they attempt to adhere to traditional depictions of business leadership. Presentation of national and Clemson University research will validate that stress and overwork cause work to be less efficient, less effective, and the leader feeling discouraged. Through literature reviews, statistical analysis and personal interview of successful, seasoned professional leaders such as Beth Clements, Dr. Almeda Jacks, and others, we will unpack these issues and empower our listeners to recognize negative patterns and redirect toward successful habits.

**Be a Leader, Be Yourself: Translating Personal Values to the Workplace**

*Kyra Lobbins; Director, President’s Leadership and Strategic Initiatives*

*Kelly O’Hara; Graduate Assistant for the President’s Office (Leadership and Strategic Initiatives)*

*Claire Wagner; Graduate Assistant for the President’s Office (Leadership and Strategic Initiatives)*

_Hendrix Student Center, David Peebles Room_
Whether you are looking to sharpen your leadership skills or are already confident in your leadership style, this session will encourage self-reflection and leave participants feeling more self-aware. In this session, we will facilitate intimate discussions that allow the group to select values and share ideas relevant to personal and professional growth. By selecting values that each individual identifies most with, this will allow the opportunity to discuss how to incorporate these values in a leadership style, encouraging women to lead in their own way.

**She’s in Science: How Do We Eliminate the Gender Gap in STEM Fields?**  
*Amanda Palecek; MS/PhD Student (Biological Sciences)*

*Hendrix Student Center, Meeting Room B*

While women now earn the majority of undergraduate college degrees, there is still a clear gender gap in STEM fields and advanced graduate degrees. Stereotype threat, a lack of visible female role models, and biased hiring practices all contribute to the difficulties women have in achieving advanced level careers in STEM. How can we encourage girls to explore STEM fields? How can we encourage young women to continue their education to pursue STEM careers? Ultimately, how can we rid STEM fields of the gender gap with the goal of having women proportionally represented across all areas?

**10:40-11:40 a.m.**

**Exploring Leadership through a Different Lens**  
*Mila Padgett; Director, Campus Recreation & Wellness; University of South Carolina Aiken*

*Hendrix Student Center, David Peebles Room*

This presentation will facilitate leadership exploration with the use of Visual Explorer (VE). Visual explorer is a tool that utilizes visual images to encourage people to pay attention to ideas, emotions and intuitions surrounding leadership. It is a way to explore solutions to challenges from a different lens and imagine alternatives when it may feel that there are not any in sight. Participants will engage in the Visual Explorer program and be a part of the creative conversation and synergy that often comes from practicing dialogue and reflective listening.

**I Did That.**  
*Amanda Rickert; Undergraduate student (Industrial Engineering)*

*Hendrix Student Center, McKissick Theater*

There seems to be a problem plaguing some women in the workplace and in academic settings – we aren’t able to take credit for the things we’ve done. It can appear in the form of you giving people undue props for contributing to a group project that you definitely did yourself or you allowing people at work to say something was their idea when it was clearly yours. That hurts advancement in many cases and becomes taxing. It is important to start working towards a mindset where you take credit for your accomplishments. You do amazing work and it is okay (and even good) to take credit
for your amazing efforts. Make sure people see the you behind your work. Aim to overcome the habit of downplaying your contributions and allowing others to infringe upon them. That amazing thing? You did that.

**Filling in the Gaps: Creating an Invisible Council to be Your Best Self**  
*Alison Fecher; Assistant Director Cooperative Education Program*

*Hendrix Student Center, Meeting Room A*

Do you sometimes want to be more assertive, a better listener, or more empathetic? We all wish parts of ourselves were better, and the invisible council is a concept where you intentionally channel another personality to help you be who you wish to be. It’s like re-calibrating your internal compass with the people who inspire you to help you be a better you. We all have gaps in who we want to be and using the invisible council can push you to close that gap and achieve your goals!

**A Call to Action: Leveraging One’s Cultural Wealth to Promote Change**  
*Jennifer Loh; Graduate Assistant-Enrichment and Retention in Student Transitions and Family Programs*  
*Sarah Dumas, Coordinator- Peer Engagement in Student Transitions and Family Programs*

*Hendrix Student Center, Meeting Room B*

When considering advocacy in relation to systems of privilege and oppression, we want to encourage everyone, especially women, to recognize their sphere of influence and how they can invoke their cultural wealth to become change agents in their communities. Oftentimes women experience Impostor Syndrome in the work they do, so we will be providing a tool to equip attendees with knowledge to leverage the wealth they already have.

**1:20-2:20 p.m.**

**#TreatYoSelf**  
*Taylor Gladieux; Graduate Assistant for Bridge to Clemson Academic Advising & Support*

*Hendrix Student Center, Meeting Room B*

Google the term “self-care” and you would see a million results. But what does self-care actually mean? As this term has grown in its popularity it has become yet another thing women are expected to be good at, and something men aren’t allowed to talk about. Join us as we explore a more holistic view on self-care and discuss that although these actions are for yourself, they’re anything but selfish.

**Confident, Considerate, and Crushing It**  
*Angela Benjegerdes; Graduate Assistant*  
*Katie Pope, Graduate Assistant*

*Hendrix Student Center, McKissick Theater*
Is it true that men are more likely to be heard and influence the decision of a group? If so, why? This program will examine alleged differences in language patterns, including the use of hedges, mitigated language, tag questions and more. We will discuss when language goes from being considerate to being powerless, and how the overuse of certain phrases may lead to decreased credibility and personal confidence. Join us in exploring how to use language strategically to make your voice heard.

When it Doesn’t Apply to You: How to Show Up through Intersectional Allyship
Anna Claire Dodd; Graduate Community Director
Alli Coleman; Graduate Community Director

Hendrix Student Center, Meeting Room A

Understanding that there are many layers to our work with college students, the presenters look at the importance of intersectional allyship. Intersectional allyship calls upon individuals to recognize that systems of oppression are actively intertwined. Utilizing feminist movements as an example, the presenters examine the history of the women’s movement in the United States to demonstrate how vital intersectionality is to social justice work and supporting students across identities.

Pink Blazer Testimonials
Haley McKay; Undergraduate student

Hendrix Student Center, David Peebles Room

Come join me and my pink blazer as I talk through the story of how I got to where I am today. I’ll share some testimonials of my experience with life as I reflect on how I got to where I am today. These testimonials will contain body image struggles, insecurities, and moments of depression, but they will also contain systems of support, self-realizations, moments of empowerment, and some thoughts that I have yet to figure out. I’ll use my blazer as an extended metaphor of how I work to embrace myself as I am, how I work to identify as a feminist, and how I engage with the world around me. While I don’t have a specific goal for this conversation, I hope that engaging with other and sharing a piece of my story might help them navigate their own testimonials.

2:25-3:25 p.m.

Shift Your Mind to Cultivate Your Credibility
Dina Maloney; Co-Founder, EPIC Coaching and Consulting

Hendrix Student Center, Meeting Room A

As a female, do you ever feel the need to substantiate your value? If so, has it lead you to focus on paying dues and earning credentials - your WHAT, rather than you WHY? In the end, years of experience, plaques on the wall, and letters next to your name don't translate to leadership success. It's the ability to lead with passion and perseverance that instills credibility and empowers and
motivates others to greater heights. It's a shift, from a "I have to and need to" mindset to an "I want to" perspective that enables one to change how people feel so they'll change what they do.

**Preventing Domestic Violence by Engaging Youth**

*Amanda Moon Callahan, MA; Director of Prevention, Safe Harbor*

*Nia Avila, BA; Prevention Coordinator, Safe Harbor*

*Dr. C. C. Coffman; Lecturer in Sociology, Clemson University*

*Hannah Blaine; Undergraduate student, Clemson University*

*Lacey Elliot; Undergraduate student, Clemson University*

*Charity Shaw; Undergraduate student, Clemson University*

*Lillie Addis; REP graduate, Seneca High School student*

**Hendrix Student Center, David Peebles Room**

Safe Harbor will present the basics of their prevention curriculum and program; The Relationship Education Project (REP). REP serves 10,000 middle and high school students in Upstate SC. REP is research-based curriculum that builds upon the Socio-Ecological Model for prevention and aims to equip students with the tools and resources to stop relationship violence before it starts. Just this year, REP collaborated with Clemson’s Department of Sociology and Anthropology in a Creative Inquiry to engage college students in educating middle and high school students about violence, relationships, and how we can work together to prevent it. This panel style program will feature REP students, Clemson professor and students, and SH staff talking about the impact of the program and its future.

**Establishing Your Personal Brand**

*Rebecca Atkinson; Director of Orientation Programs in Student Transitions and Family Programs*

*Kristin Walker; Associate Director of Analytics and Initiatives, Center for Career and Professional Development*

**Hendrix Student Center, Meeting Room B**

Just like you may easily recognize Nike, Target or Starbucks with great experiences or products, your name can be synonymous with great work. Building your personal brand begins with reflection of who you are and what you want your brand to reflect. This session will utilize some practical strategies to begin building your personal brand.
"Speak So They Listen"
Jeneen McNally
Keynote Presenter

In this unique signature workshop, it’s not just WHAT you say, it’s HOW you say it.
You will learn and practice to visually guide your audience and use your voice to sound credible and approachable (in person & virtually).

Speak so you’re listened to and understood in all your: 1:1 conversations, meetings, and presentations. Create perceptions to positively influence others by:

- Refining how you present your ideas, sell, coach, ask questions, teach, facilitate meetings, solve problems, network, etc.
- Reducing stress when having tough conversations