8:30-9:00 a.m.  | REGISTRATION and BREAKFAST  
| Hilary J. Boone Center

9:00-9:45 a.m.  | KEYNOTE: Sonja Feist-Price, D.Rh., Ph.D.

Dr. Feist-Price assumed the position of Vice President for Institutional Diversity March 20, 2017, and reports to President Capilouto. She advises the President and Provost on all academic, fiscal, programmatic and administrative policy decisions regarding the University's diversity and inclusivity goals; on development, implementation and annual assessment of the University's diversity plan; and engagement of diversity issues in the community, Commonwealth of Kentucky and beyond. Dr. Feist-Price is the senior administrative officer responsible for promoting collaboration among all members of the university community including students, faculty, staff and administrators in an earnest pursuit of UK's diversity agenda.

Hilary J. Boone Center, Rose & Columbia Rooms

<table>
<thead>
<tr>
<th>SESSION I</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-10:45 a.m.</td>
</tr>
</tbody>
</table>
| Building Confidence in Your Public Speaking  
| Jillian Pyatte  
Public speaking is an essential skill for professionals yet remains a top ranked fear. Public speaking in the workplace often looks like leading meetings, pitching your ideas, facilitating trainings, or instructing a course as opposed to giving a speech to a large audience. If those tasks make you nervous or you just want to hone your skills, this session is for you. In this session we will discuss and practice methods for reducing fear and building confidence in your public speaking such as power poses and visualization. Participants will learn different styles of public speaking to determine which is better suited for their purposes and tactics for becoming a more engaging speaker. Depending on group size limited opportunities to practice these new skills will be provided.  

Find Some Zen in Less than Ten  
| Beth Hanneman  
We work hard every day to help our UK students, but sometimes it can be overwhelming. Learn a few simple tips and exercises that you can do in your own office or anywhere on campus to help to get your zen back during the day. The session will talk about basic mindfulness, yoga, breathing, and reflective practices that can help you slow down during a stressful day.  

Crash and Burn(out):  
Enhancing communication to build resilience and relationships.  
| Alison Buckley  
What do perfectionism, control, and guilt have in common? They are all often experienced by women and also not openly discussed. As a result, women find themselves stressed in multiple areas of their lives, including the workplace, and find themselves burnout. This session will highlight the need for resilience for women and outline practical ways they can improve their communication and coping skills. By practicing these skills, women will feel more equipped to engage in individual self-care while also enhancing relationships to build community, resulting in more success in and outside of work.  

<table>
<thead>
<tr>
<th>SESSION B</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00-11:45 a.m.</td>
</tr>
</tbody>
</table>
| Niche Marketing: How to Build Your Brand  
| Debra Locker Griffin & Liz Toombs  
Advertising, public relations, social media, blogging: which medium is the best for telling your story? As entrepreneurs who cut through the media clutter, Liz Toombs and Debra Locker use all of the tactics and will tell you if they are worth your time or not. You will leave with tools that can immediately be implemented into building not only your business, but also your personal brand. This session will give attendees take-home tools to make educated decisions on which medium(s) to use the best tell their story in order to see a measurable difference in their bottom line.  

Adopting the Attitude of Gratitude  
| Heather Spears  
Adopting the Attitude of Gratitude teaches one how to train the brain to think positively, how to practice gratitude, and how the attitude of gratitude improves overall health.  

Crash and Burn(out):  
Enhancing communication to build resilience and relationships.  
| Alison Buckley  
What do perfectionism, control, and guilt have in common? They are all often experienced by women and also not openly discussed. As a result, women find themselves stressed in multiple areas of their lives, including the workplace, and find themselves burnout. This session will highlight the need for resilience for women and outline practical ways they can improve their communication and coping skills. By practicing these skills, women will feel more equipped to engage in individual self-care while also enhancing relationships to build community, resulting in more success in and outside of work.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 12:00-1:00 p.m. | **LUNCH**  
*Announcements and Door Prizes*  
*must be present to win*                      |
|                 | **Afternoon Sessions**                                                  |
| 1:00-1:45 p.m. | **SESSION C**  
**Niche Marketing: How to Build Your Brand**  
Debra Locker Griffin & Liz Toombs  
Advertising, public relations, social media, blogging: which medium is the best for telling your story? As entrepreneurs who cut through the media clutter, Liz Toombs and Debra Locker use all of the tactics and will tell you if they are worth your time or not. You will leave with tools that can immediately be implemented into building not only your business, but also your personal brand. This session will give attendees take-home tools to make educated decisions on which medium(s) to use the best tell their story in order to see a measurable difference in their bottom line.  
**Mindfulness and Relaxation for Women’s Health**  
John Patterson  
Women are more likely than men to report having a great deal of stress, report that stress has increased in recent years and report physical and emotional symptoms of stress. This presentation will offer you a toolkit of self-care resources to help you:  
- Skillfully manage stress-related chronic conditions  
- Listen deeply and speak kindly  
- Cultivate optimism, gratitude and compassion  
- Relax the body, quiet the mind and open the heart |
|                 | **SESSION D**  
**Inspiring Excellence through Mentorship**  
Arion Jett-Seals  
This session will provide the opportunity to review the value of mentoring. Mentoring and mentorship programs have proved beneficial for professional and personal growth, as well as job satisfaction and employee retention. Attendees will be armed with best practices, different forms and models best fit for faculty mentoring, as well as activities that can be incorporated in the mentoring relationship. Dispelling the misconception that mentoring is one sided, the ultimate objective of this session is to encourage staff and faculty to actively participate in this mutually beneficial relationship, which will ultimately benefit the institution.  
**Mindfulness and Relaxation for Women’s Health**  
John Patterson  
Women are more likely than men to report having a great deal of stress, report that stress has increased in recent years and report physical and emotional symptoms of stress. This presentation will offer you a toolkit of self-care resources to help you:  
- Skillfully manage stress-related chronic conditions  
- Listen deeply and speak kindly  
- Cultivate optimism, gratitude and compassion  
- Relax the body, quiet the mind and open the heart  
**Preparing for your Worst Case Scenario**  
Laurel Wood & Shelley Bendall  
Are you tired of carrying the mental load? Are you always the one in your family having to remember every detail that goes into your work and personal life? The mental load is almost completely borne by women. It’s permanent and exhausting work. Moreover, it’s invisible. Let the women at the forefront of disaster preparedness and recovery take the mental load of disaster planning for your family off your shoulders. The to-do list and step-by-step guide has already been made for you. Here are some of the topics this presentation will cover: Having a survival mindset; How to make a disaster kit for your home / office; Creating a family emergency communication plan; Including your children in disaster preparation; Resources in your community to strengthen your level of preparedness |
| 2:45-3:00 p.m. | **Conclusion and Door Prizes *Must be present to win*** |