



## WOMEN'S ISSUES in the WORKPLACE

DEC. 5 | CINTAS CENTER | XAVIER UNIVERSITY

### **Keynote: The Power of a Positive Attitude**

**Presented by: Cammy Dierking, Evening News Anchor, WKRC-TV**

It's not the circumstances of our crazy lives that determine our happiness, but how we deal with them. You can make tremendous strides in your personal and professional life, have more energy and self-confidence and achieve your goals – if you make a choice to be happy. The recent financial crisis is certainly a major source of stress, but with the right attitude we can enjoy a different kind of wealth and create an extraordinary future. Cammy will discuss how to change negative thinking and focus on the good things in life. With practice, positive thoughts will become second nature and you won't have to work so hard at being happy. How much joy can **you** stand?

### **Making the Most of your Mentoring Relationship**

**Presented by: Amy Ruberg, Ruberg Advisory Services LLC  
Jenna Steiger, Communication Arts major**

What can you do to engage your mentor or mentee and take your relationship beyond a basic level? Participants of the Xavier University Mentoring Program are encouraged to attend this session and listen to lessons learned from an experienced mentoring pair. Mentors and mentees will learn together how to best utilize time spent with one another. Time will be dedicated to hear from current participants who are encouraged to exchange their thoughts about overcoming mentoring obstacles as well as tips for success.

### **Achieving Work/Life Balance**

**Presented by: Deni Tato, Conscious Dynamics, LLC**

Do you feel as though school, work, family, and friends are constantly competing for your time? Do you find that “me time” has become a thing of the past? For many women, juggling the demands of career and personal time is an ongoing challenge, but excelling professionally does not mean that you have to sacrifice your personal life.

### **Negotiating a Job Offer: For Women, It's More than Just Negotiating Salary**

**Presented by: Nielsen/BASES**

After months of job searching, it is tempting to accept the first offer extended to you – just as it is. But is there room for negotiation? While salary tends to be the first thing that comes to mind, what else is negotiable? In this session, participants will gain resources for researching salary and benefits for their chosen career, cost of living information, and techniques for the actual negotiation process.

### **Women for Others**

**Presented by: Angela Gray, Peace & Justice Programs, Xavier University**

It is important to help each other along this journey in life. Whether it is through informal ways of supporting and encouraging one another or through any type of formal mentoring relationship, supporting each other and embracing our female working relationships is key. This session is about women helping women and ways in which we can continue to do so through our normal everyday life.

### **Making your Contacts Count: The Importance of Networking to Women in the Workplace**

**Presented by: Betsy John-Jennings, Northern Kentucky University**

Many people cringe at the word “networking,” imagining formal “business after-hours” events of forced conversation and an uncomfortable exchange of business cards. But, developing a professional network – crucial to the job search and career advancement – does not have to be a painful experience; in fact, it can be fun! Learn strategies for building meaningful professional contacts in a variety of ways including professional organizations, YP groups, social media, and much more. You may just be surprised at how enjoyable networking truly can be!