

WWHEL Conference October 8th – Board Meeting

WWHEL Board of Directors Meeting OR Dinner with the Presidents

6-8pm Room E116

Dinner and board meeting or discussion with the Presidents

WWHEL Conference October 9th – First Day

Pre-Conference WWHEL Board Breakfast OR Board Meeting

8:30am-10am Room E116

Breakfast and discussion with college presidents or board meeting

IR Introductions, Information, and Networking Time

10am-11am Auditorium

Conference Registration & Networking Lunch

11am-12:30pm Gym

Conference Welcome

12:30pm-12:45pm Gym

Wendy Weaver (WWHEL President)

Shelly Mondeik (Mid-State Technical College President, WWHEL Board Member)

Missy Skurzewski-Servant (Mid-State Technical College, WWHEL Board Member)

Keynote: “Wake Up and Thrive” – Meg Daly

12:45pm-2:15pm Gym

(Centered Leadership – Overview and Meaning)

Creating a more “high vibe” life personally and professionally isn’t always as easy as it sounds. The feelings we want to feel, the goals we strive to reach, and the life we desire to create may sometimes look unattainable. The answers, however, often lie in having the courage to be authentic and vulnerable. Join Meg as she facilitates an experience around the 5 elements of Centered Leadership and how they have the power to produce massive amounts of joy for not only yourself but those you work with... and live with!

Break

2:15pm-2:30pm

Breakout Session A: “Get Grounded” – Meg Daly

2:30pm-3:30pm Auditorium

(Centered Leadership – Managing Energy)

Overwhelm. Stress. Anxiety. All the things holding you back from your purpose and potential. What would your daily experience as a leader within your community, home, or organization feel like with more self-care and ease? Join Meg as she facilitates a discussion around one of the key elements of Centered Leadership, “Managing Your Energy,” and how it can make your daily experience feel more “in flow.”

Breakout Session B: “Being Women Who Rock the World: Engaging in Centered Leadership” – Annette Jacobson

2:30pm-3:30pm L133/134

(Centered Leadership – Engaging)

Have you been intimidated when speaking with someone, or been afraid that you were ineffective when you spoke? Were you ever in a situation where you took action, and questioned that the choice was the right one, engulfed by thoughts of what could go wrong? In this session, you will explore the practices and techniques that Annette has used to create unshakeable confidence, having the courage and power to make decisions, take action, and communicate effectively, both at work and in your personal life. Learn how to walk through fear, letting go of frustration and feeling guilty for wanting to live a life that reflects your potential, as Annette has done. From being pronounced DOA at birth, to being the first in her family to graduate from college, having a successful career, marriage and motherhood only to deal with depression that almost took her life, recovering from PTSD and embracing new careers, she now lives a full life, embracing challenge and filled with happiness and peace. You, too, will learn to engage and create the life you desire, right now.

Break & Snack

3:30pm-3:45pm Snack area - TBD

Breakout Sessions A&B – Repeat of Above Breakout Sessions

3:45pm-4:45pm Auditorium & L133/134

Evening Reception, Awards Presentation, & Fun!

To include various “booths” with fun Mid-State related program and continuing education activities and demonstrations.

5pm-8pm LiNK

WWHEL Conference October 10th – Second Day

Morning Campus Walking Tour

7:30am-8:30am

Walking tour of campus inside & outside

Breakfast

8:30am-9:30am Gym

Keynote: “eNLiTENMENT” – Ali Starr

9:30am-11am Gym

(Centered Leadership – Positive Framing)

Tashi Deley is a Tibetan greeting that means, “I see you, and I honor the greatness within you.” One of its goals is to assist in the journey of “getting better at getting better” through: leadership intensives, group dynamic work and inspirational speaking. Tashi Deley has developed a tool to assist you in creating the next best version of yourself. This tool is called eNLiTENMENT. eNLiTENMENT assists us in our practice of obtaining a higher level of Emotional Intelligence. Emotional Intelligence is the ability to be more aware of our emotions and the emotions of others. The 5 main components of EI are: self-awareness, self-regulation, motivation, empathy and communication (Daniel Goleman). These 5 concepts are common sense, but not always common practice. Each concept can be practiced independently. However, when they are all top of mind it allows for real, transparent communication. Resulting in a deeper level of understanding, trust and alignment. Honored to share the eNLiTENMENT tool with you!

Break

11am-11:15am

Breakout Session A: “Don’t Believe Everything You Think!” – Ali Starr

11:15am-12:15pm Auditorium

(Centered Leadership – Positive Framing)

Ladder + Coin: In this growth session, you will learn the importance of practicing the art of honoring the greatness within yourself and others by being aware of the stories we tell ourselves. Our brain rewards us on the story we tell it, regardless of accuracy. Our thoughts, both accurate and inaccurate, might be more vital than how we communicate with one another. During this growth session you will be introduced to the ladder of assumptions and will be reminded of what happens when our assumptions go unchecked. The coin serves as a reminder to be curious and ask good questions. We will practice the art of responding to one another by asking good open-ended questions versus leading with our thoughts, opinions or experiences. It is so powerful to take time to respond versus react!

Breakout Session B: “How To Connect With Anyone” – Allison Garner

11:15am-12:15pm L133/134

(Centered Leadership – Connecting)

As higher education has shifted to meet the demands of the market, the student population has changed significantly. There are young students, middle-aged students, and elderly students. There are Christian students, atheist students, and Muslim students. There are heterosexual students, gay students, and students who identify with other sexualities. There are female students, male students, and students who identify with different genders. Some students are married, while others are single or divorced. Some have years of corporate experience while others are straight out of high school. Here’s the tough part: you must serve ALL of them.

As a social chameleon, I have mastered the art of getting along with anyone, and I mean anyone. Individualization is my top talent. Because I was born this way, I never thought it was a superpower until I realized that many people cannot do what I do. As a highly analytical person, I wanted to break this process down in an effort to understand what it is that I, and other social chameleons, do. I now know that what I do has a name: Emotional Intelligence. I also know that, even if it isn’t innate, it can be learned, practiced, and mastered. I’d love to share with you how to connect powerfully with anyone. This will allow you to meet every student where they are at and then prepare them for their next steps in life.

Connecting deeply with others requires us to be able to connect deeply with ourselves. Addressing the needs of a diverse group of people means finding something in them with which you can connect yourself. So you have to be self-aware, open minded, and curious. In this breakout session, we will experience several opportunities to discover what makes us uncomfortable about connecting with others and then find a way to deal with that discomfort rather than avoid it. You will leave the breakout session with a better understanding of why connection is critical and how to do it well.

Lunch

12:15pm-1pm Gym

Breakout Sessions A&B – Repeat of Above Breakout Sessions

1pm-2pm Auditorium & L133/134

Conference Closing & Thank You

2pm-2:15pm Gym

-----For Those Staying for the Leadership Intensive Workshop-----

True Colors Session

3pm-5pm L133/134

Break & Travel

5pm-6pm

Dinner & Discussion

6pm-8pm Off Campus location

WWHEL Conference October 11th – Extra Day

Breakfast

7:15am-8am A124 MondoPad Room

Leadership Intensive Workshop: “Centered Self for Centered Leadership” – Ali Starr & Allison Garner

8am-Noon A124 MondoPad Room

The purpose of our Leadership Intensive is to create a safe place for self-exploration and create a support community for those of us who love this type of work. Our Leadership Intensives exist to ignite a deeper connection with ourselves and honor the greatness in each other. We do this by taking participants through a series of experiences focused on shifting mindsets, processing through insights and discoveries, coaching in the moment, and providing meaningful feedback. Participants will discern what centered looks like, what is required to get there, and how to get back to centered when we drift off track.

Closing & Thank You – Boxed Lunch to Go

Noon A124 MondoPad Room