

WOMEN

A FORCE IN BUSINESS

APRIL 21, 2020 | CHARLOTTE, NC

Tentative Breakout Sessions

Breakout Times to Be Determined (11:00 am or 2:40 pm)

Easy Ideas for Hard Conversations: How to Effectively Use Your Voice to Always Say the Right Thing

Bridgett McGowen, Professional Speaker, Coach and Author

You show up to the office with every intention of having an amazing day and making a difference. And just as you feel like you are hitting your stride - maybe you're even ready to high-five the entire office because you have had a pretty good day so far - it happens. Someone comes to you unhappy about one thing or another, and you have to handle a difficult conversation. What do you do, and more importantly, how do you keep your cool?

In this interactive session, learn how to prepare for and handle difficult conversations with ease and diplomacy. You will also learn how to understand the communication styles of others so you can consistently create positive experiences and excel in interpersonal conversation.

Overcoming Imposter Syndrome: Strategies to Build Confidence

Amy Wartham, Director of Corporate and Custom Training, UNC Charlotte

Ever felt like a fraud at work? As if at any moment, everyone else is going to realize that you've bluffed your way to your current position? This phenomenon is known as the Impostor Syndrome. Research shows that although Imposter Syndrome is experienced by men, it is particularly prevalent among women with over 70% of us experiencing 'imposter symptoms' during, and in many cases throughout, our careers. This program will share some specific strategies to overcome Imposter Syndrome and build confidence.

The Effect of Longevity on Your finances and Life Priorities

Cynthia Hutchins, Director of Financial Gerontology, Bank of America

We have added 20 years to our life expectancy just since 1950 and we are adding 1 month for every year that passes. This "longevity bonus" presents us with

unprecedented opportunities but also with new challenges that we must contend with as we plan for what could be a 20, 30 or even 40-year retirement. This session will highlight some of the financial challenges that we now must plan for in order to align our lifespan with our "health span" and "wealth span".

Negotiation, Conflict and Relationship Management in the Workplace

Whether advocating for yourself or working to resolve differences among colleagues, negotiation is a critical skill women need to adapt, grow and achieve success. This session will tackle the role negotiating plays in self-advocacy, handling team dynamics and counterproductive workplace behaviors, influencing others, and managing relationships at work. Our speaker will give you the tools to powerfully position yourself and achieve your professional goals, while still remaining accessible and approachable in the workplace.

Sponsors and Mentors: Advancing Women in the Workplace

One of the best tools for career success is finding the appropriate mentor and sponsor. This session caters to anyone who wants to become a better sponsor/mentor, or who is seeking a qualified sponsor/mentor. We will discuss how to find your perfect match, best practices for your specific role, and strategies for effectively advocating for yourself and others.

Let's Get Real: How to Lead with Authenticity in an Ever-Changing World

Authenticity is more than buzzword; it's a key ingredient to effective leadership and a welcoming workplace culture. In this session, you'll learn timely strategies for flexing your unique brand of leadership while also remaining flexible in a workplace environment that undergoes flux and change.

Pathways to the C-Suite

There's more than one avenue to an executive role; in fact, the pathway to the C-suite is rarely linear. In this session, you'll hear from panelists whose journeys to the corner office were anything but typical. After this lively discussion, you'll walk away with an updated tool kit for advancing your career long-term, including tips on lateral moves, strategic networking, reskilling and more.