



The New Jersey State AFL-CIO



Friday, March 19, 2010

5:00 p.m. – 6:00 p.m.

Registration and Reception

Welcome Remarks: Charles Wowkanech, President
Laurel Brennan, Secretary-Treasurer

5:00 p.m. – 7:00 p.m.

Health Screenings

6:00 p.m. – 7:00 p.m.

Dinner

Health Care Reform – What it means to you

Description: A straightforward explanation of what health care reform will mean to you and your family and what insurance companies can do to control rising costs.

Speakers: Congressman Frank Pallone, Jr. (D-06)
Kim Bimestefer, CIGNA Healthcare Segment Leader

Leadership 101 with Speaker Sheila Oliver

Description: Learn about what it takes to be a successful and effective leader through the stories and experiences of Assembly Speaker Sheila Oliver.

Speaker: Assembly Speaker Sheila Oliver (District 34)

Saturday, March 20, 2010

8:00 a.m. – 9:00 a.m.

Continental Breakfast

9:00 a.m. – 9:30 a.m.

Plenary Session

AFL-CIO Young Workers Campaign

Description: A comprehensive look at the national AFL-CIO's young workers campaign, a project aimed at involving more young people in the labor movement.

Speaker: National AFL-CIO Secretary-Treasurer Elizabeth Shuler

10:00 a.m. – 12:00 noon

Workshops

Workshop #1: What the Tech??? – Technology Training

Description: Learn how to integrate technology into organizing campaigns and how to mobilize using different social networking tools and websites.

Facilitator: Kathryn Slavin, Bergen CLC

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Workshop #2: Empowerment through Mentoring

Description: Discuss and understand what makes a good mentor, the benefits of a mentoring relationship, and how to reach your goals through the mentoring process.

Facilitator: Connie Ellis, Director, Corporate Programs
Center for Women and Work &
Institute for Women's Leadership

12:15 p.m. – 2:00 p.m.

Lunch and Learn (Sponsored by CIGNA Healthcare)

Good Health is Our Most Treasured Asset

Description: Learn how we can all take responsibility over our own health and make it a priority in our busy schedules, and discover key strategies for improving self-care.

Speaker: Kim Bimestefer, CIGNA Healthcare Segment Leader

2:00 p.m.

Wrap-up

Building Beyond WILD

Conference Sponsors

The New Jersey State AFL-CIO thanks all the organizations which made this conference possible through their generous contributions and support:

Amalgamated Life Insurance Company
American Income Life Insurance Company
Bonamici Colletti
Burlington Central Labor Council
CIGNA Healthcare
Coalition of Labor Union Women
CWA 1036
Dimensional Management Eastern Dental
Hudson Central Labor Council
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IBEW Local 456
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