

Women In Leadership Development

We are pleased to announce the seventh annual (WILD) **Women In Leadership Development** Conference, to be held at the East Brunswick Hilton on Friday, March 19 through Saturday, March 20, 2010.

This conference brings together union women from diverse generational, geographical, and occupational backgrounds for the purpose of sharing ideas and experiences. WILD is about empowering union women through self-care, communication, and coaching.

At WILD, personal engagement is key, and participants will once again have the opportunity to interact with people who are models of achievement in their field and can provide a valuable perspective on women's issues.

This year, everyone will have the opportunity to participate in two workshops based on the concept of intergenerational mentoring.

Participants will also learn about how to measure their personal health and receive free blood pressure, glucose and body mass index (BMI) screenings from on-site nurses.

For further information or any questions, please call New Jersey State AFL-CIO Secretary-Treasurer Laurel Brennan, at (609) 989-8730.

Conference Sponsors

Women In Leadership Development is co-sponsored by the New Jersey State AFL-CIO, Coalition of Labor Union Women, the Rutgers University Center for Women and Work, the Rutgers University Union Leadership Academy, and the Labor Council for Latin American Advancement.

RUTGERS
School of Management
and Labor Relations



106 West State Street
Trenton, NJ 08608

New Jersey State AFL-CIO

**7th Annual (WILD)
Women in Leadership
Development**



March 19 - 20, 2010

CONFERENCE SCHEDULE

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

Scheduled to pass by the end of January, health care reform will be of great consequence to all Americans. Congressman Frank Pallone, Jr. will join us and present a straightforward explanation of what health care reform will mean to you and your family. Also, a representative from the insurance industry will provide an interesting perspective on what insurance companies can do to control rising costs.

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

Leadership 101 with Speaker Sheila Oliver

A model of achievement in the State Legislature and the Speaker of the New Jersey State Assembly, Sheila Oliver will talk about her experiences and the key to her success as an accomplished leader.

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

National AFL-CIO Secretary Treasurer Elizabeth Shuler is the face and principal coordinator for the national AFL-CIO's young workers campaign as well as the first woman to be elected national AFL-CIO Secretary-Treasurer. She will join us to explain the importance of involving young people in the labor movement, and to discuss her new leadership role.

Speaker: National AFL-CIO Secretary-Treasurer
Elizabeth Shuler

Saturday, March 20, 2010 (continued)

Workshops

10:00 a.m. — 11:00 a.m.
and
11:00 a.m. — 12:00 noon

What the Tech??? - Technology Training

This one hour workshop will discuss how to integrate technology into organizing campaigns and recruiting young workers. We'll start with a brief background on how technology fits into organizing today and then move into explanations of how to use different social networking websites and tools in the labor movement.

Facilitator: Kathryn Slavin, Bergen CLC

Empowerment Through Mentoring

Mentoring relationships help to identify and confirm your value and leadership qualities. During this workshop participants will discuss 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

Lunch and Learn

12:15 p.m. — 2:00 p.m.

Good Health is Our Most Treasured Asset

As women leaders and mentors in the labor movement, it is critical that we take responsibility over our own health and make it a priority in our busy schedules. Our luncheon speaker will provide us with important information and strategies for improving our self-care.

Speaker: Kim Bimestefer, CIGNA Segment Leader

2:00 p.m. Wrap-up

Building Beyond WILD

The opportunities for union women to advance as leaders are limitless. We will conclude by reiterating the importance of subjects discussed during the conference such as mentoring, communication, and empowerment through personal and group leadership.

REGISTRATION

Registration Fee: \$100

Includes: Meals, Program, and Materials

To guarantee a spot at the conference, please fill out the information below and mail it, along with a check payable to the New Jersey State AFL-CIO, to the following address:

Attn: WILD Conference
New Jersey State AFL-CIO
106 West State Street
Trenton, NJ 08608

Name

Organization

Address

Phone

Email

Reserving Your Room

Conference will be held at the
East Brunswick Hilton Hotel

3 Tower Center Boulevard
East Brunswick, NJ 08816

Anyone interested in staying at the Hilton Hotel is responsible for making their own room reservation by calling (800) 445-8667.

To guarantee room availability, the deadline is
Thursday, March 4, 2010.

Identify that you are with the **New Jersey State AFL-CIO WILD Conference** to receive the discounted room rate of **\$109.25** (tax included).