



**2023 Agenda**  
**Officer Women Leadership Symposium (OWLS)**  
**Leading for Impact**  
 13-14 April 2023

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**Thursday, 13 April 2023 (9:00a - 6:00p EST) Hybrid Event (In Person and Virtual)**

9:00a - 4:30p EST	<b>2023 CAREER COACHING WORKSHOP</b> <i>(Refer to the Career Workshop agenda for more details.)</i>
4:30p – 6:00p EST	<b>EVENING RECEPTION AND 20 YEAR CELEBRATION OF ACADEMYWOMEN</b> <i>Celebrate 20 years of AcademyWomen and connect with military and veteran women from all services. Open to ALL REGISTRANTS of the Career Coaching Workshop &amp; Officer Women Leadership Symposium. Also an option for participants to attend the reception ONLY.</i> <i>(Sponsored by the Schar School of Policy and Government of George Mason University)</i>

**Friday, 14 April 2023 - OWLS (9:00a - 5:00p EST) Hybrid (In Person and Virtual)**

9:00a - 9:05a EST	<b>EVENT OPENING AND OVERVIEW</b>
9:05a - 10:30a EST	<b>PERSPECTIVE FROM THE TOP</b> Senior leaders from different services share insights about leadership, life, and managing a career in the military.
10:30a - 10:40a EST	<b>Break</b>
10:40a - 12:00p EST	<b>BALANCING WORK, LIFE, AND SANITY</b> <i>Panel Discussion</i> In the face of daily pressures, work of national importance, and the urgency of family, friends, and significant others, how do you maintain balance to make decisions and lead effectively? This panel shares stories and offers perspective while offering tips and lessons learned about how to balance a range of responsibilities while maintaining peace of mind and sanity.
12:00 - 12:10	<b>Break, Grab Lunch, and Join Roundtable</b>
12:10p - 12:35p EST	<b>ROUNDTABLE DISCUSSIONS (Part 1)</b> <i>In-person participants will join a table topic discussion of choice. Virtual attendees will join others in small-group moderated discussions. Topics include:</i>  <i>Service-Specific Table Updates: Army, Air Force-Space Force, Coast Guard, Marine Corps, Navy; LGBTQ and Navigating Military Life; Understanding Loss and Grief; Health and Wellness; Financial Preparedness; Relationship Building vs. Networking: The Woo-Woo Matters; The Six Triple Eight All Black, Women Army Corps Battalion to serve overseas during World War II; Work-Life Shuffle; Mentoring; Sexual Assault - Survivorship and Advocacy - Survivorship and Advocacy - Zoomies Against Sexual Assault (ZASA)</i>

12:35p - 12:45p EST	<b>Change Roundtable Discussion</b>
12:45P - 1:10p EST	<b>ROUNDTABLE DISCUSSIONS (Part 2)</b> <i>In-person participants will join a new table topic discussion of choice. Virtual attendees will join others in small-group moderated discussions. Topics include:</i>  <i>Service-Specific Table Updates: Army, Air Force-Space Force, Coast Guard, Marine Corps, Navy; LGBTQ and Navigating Military Life; Understanding Loss and Grief; Health and Wellness; Financial Preparedness; Relationship Building vs. Networking: The Woo-Woo Matters; The Six</i>

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	<i>Triple Eight All Black, Women Army Corps Battalion to serve overseas during World War II; Work-Life Shuffle; Mentoring; Sexual Assault - Survivorship and Advocacy - Survivorship and Advocacy - Zoomies Against Sexual Assault (ZASA)</i>
1:10P - 1:20p EST	<b>Break</b>
1:20p - 2:20p EST	<b>LEADING FOR IMPACT: UNDERSTANDING CHANGE AS LOSS</b> <i>Workshop led by Victoria Grady, Professor in School of Business at George Mason</i> Work and life are constantly evolving yet people move at different speeds with different levels of adoption. In this session learn how to better manage people through change by using a key mechanism for human interactions: attachment.
2:20p - 2:30p EST	<b>Break</b>
2:30p - 3:30p EST	<b>MEN AS ALLIES</b> In a male-dominated career of the military, how are men supporting and mentoring women effectively? Hear from prominent male leaders about ways they are building cultures in which women are able to thrive with strong allies.
3:30p - 3:40p EST	<b>Break</b>
3:40p - 4:55p EST	<b>LOOKING BACKWARDS, SIDEWAYS, AND FORWARD TO LEAD WITH IMPACT</b> <i>Panel Discussion</i> Women have established respect, built trust, and led successfully over time through a range of circumstances. Yet often those forging new paths still feel alone. This panel shares stories and offers perspective while offering tips and lessons learned about how to lead with impact with a reminder that as a leader you are shaping new history with significant legacy and support.
4:55p - 5:00p EST	<b>EVENT DAY SUMMARY AND CLOSE</b>

9:00a - 5:00p EST	<b>ONGOING THROUGHOUT THE DAY</b> <i>Proudly Sponsored by: Laura Hatcher Photography, a veteran-owned business.</i> PROFESSIONAL HEADSHOTS & MILITARY PORTRAITS, HEADSHOTS & MILITARY PORTRAITS WILL BE OFFERED AT A SPECIAL EVENT RATE OF \$95 + 6% VA STATE TAX ON A FIRST COME, FIRST SERVED BASIS. SIGN-UP SHEETS WILL BE AVAILABLE AT THE EXHIBIT TABLE ON THE DAY OF THE EVENT. Professional Headshots are the new calling card. Your online first impression is an important part of your personal branding, career transition and job search. If you don't have an updated headshot or don't recognize "you" in your headshot, then it's probably time to invest in yourself and schedule a professional photography session.
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**Topics of Moderated Roundtable Discussions (Virtual and In-Person)**

**Roundtable I (12:10p – 12:35p EST) & Roundtable II (12:45p - 1:10p EST)**

TOPIC	SESSION MODERATOR AND OVERVIEW
ARMY Service Specific Table	Connect with your service representative to learn more about the latest policies and programs that are relevant to women and career development  <i><b>ARMY Expert (In Person and Virtual)</b></i>
AIR FORCE AND SPACE FORCE Service Specific Table	Connect with your service representative to learn more about the latest policies and programs that are relevant to women and career development  <i><b>AIR FORCE AND SPACE FORCE Expert (In Person and Virtual)</b></i>
COAST GUARD Service Specific Table	Connect with your service representative to learn more about the latest policies and programs that are relevant to women and career development  <i><b>COAST GUARD Expert (In Person and Virtual)</b></i>
MARINE CORPS Service Specific Table	Connect with your service representative to learn more about the latest policies and programs that are relevant to women and career development  <i><b>MARINE CORPS Expert (In Person and Virtual)</b></i>
Work-Life Shuffle	How do you maintain balance while juggling the daily stresses of life to include career, family, health, friends, and more? Discuss best practices and share ideas about ways to build balance into your life.
Wellness for a Lifetime	How do you maintain good health and fitness through all phases of life - especially when dealing with stress, extensive travel, physical limitations, family constraints, and/or time challenges? Discuss best practices and share ideas about ways to build a lifestyle of wellness.
Relationship Building vs. Networking: The Woo-Woo Matters	Some imagine the process of networking as feeling cold, transactional, and singular in nature. This often happens with the attitude, “what’s in it for me” and a sense that it’s about one person. However, the Woo-Woo as it relates to Relationship and Community Building is about intention, investment of time, effort, and energy, authenticity, and commitment. This discussion will talk through five traits to support relationship building and how when you put them into practice it leads to transformative results both personally and professionally.
The Six Triple Eight All Black, Woman Army Corps Battalion -	Understand the significance and historical perspective of this unit that made significant contributions during World War II and is now being celebrated in a Broadway Musical.
Mentoring for Impact	The benefits of mentoring are widely accepted. Research shows how mentoring is a key factor and contributes to professional success, yet mentoring is an art that may look different for everybody. How do you find a good mentor? How can you be an impactful mentor? Discuss best practices and nuances of mentoring that make it as beneficial as possible.
Financial Preparedness	When life shifts or the unexpected happens, consider how to be ready with the financial freedom you want – regardless of your stage of life. How do you develop a plan to stay on track for the financial life you want?
Sexual Assault - Survivorship and Advocacy	Connect to discuss some of the issues and resources available to survivors and advocates of sexual assault.
LGBTQ and Navigating Military Life	Military life is uniquely challenging for LGBTQ. Connect to discuss lessons learned, resources, and helpful mindsets.

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Understanding Loss and Grief	When you are leading people and life takes a turn and you or a loved one are struck by tragedy, how do you manage and where do you turn for help? How do you support others around you who might be dealing with loss or grief? Connect to discuss ideas to manage unexpected turns in life for you or for those you lead.
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