



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

Draft 15 Feb 23

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

9:00a - 4:30p EST	2023 CAREER COACHING WORKSHOP <i>(Refer to the Career Workshop agenda for more details.)</i>
4:30p – 6:00p EST	EVENING RECEPTION AND 20 YEAR CELEBRATION OF ACADEMYWOMEN <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 & 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> Dean Rozell and Dr. Bonnie Stabile of Schar School of Policy and Government; Moderated by Mo Barrett and Katy Stevens

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

9:00a - 9:05a EST	EVENT OPENING AND OVERVIEW <i>Susan Feland, Founder of AcademyWomen and Elisabeth Auld, OWLS Chair</i>
9:05a - 10:30a EST	PERSPECTIVE FROM THE TOP Senior Panel Discussion Senior leaders from different services share insights about leadership, life, and managing a career in the military. <i>Commandant of the Coast Guard Admiral Fagan, Navy Admiral Franchetti</i>
10:30a - 10:40a EST	Break
10:40a - 12:00p EST	BALANCING WORK, LIFE, AND SANITY Panel Discussion In the face of daily pressures, work of national importance, and the urgency of cultivating healthy relationships with family, friends, and significant others, how do you maintain balance to make wise decisions and lead effectively? This panel will share stories, perspectives and lessons learned about how to balance a range of responsibilities while maintaining peace of mind, and sanity. <i>Panel: Marine Corps COL Tamara Campbell, Space Force LtCol Bree Fram, Army Command Sgt Major Tomeka O’Neal, Navy Commander Beth Teach (Moderator)</i>
12:00 - 12:10	Break, Grab Lunch, and Join Roundtable
12:10p - 12:35p EST	ROUNDTABLE DISCUSSIONS (Part 1) <i>In-person participants will join a table topic discussion of choice. Virtual attendees will join others in small-group moderated discussions.</i>
12:35p - 12:45p EST	Change Roundtable Discussion
12:45P - 1:10p EST	ROUNDTABLE DISCUSSIONS (Part 2) <i>In-person participants will join a table topic discussion of choice. Virtual attendees will join others in small-group moderated discussions.</i>
1:10P - 1:15p EST	Break

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1:15p - 2:00p EST	<p>LEADING FOR IMPACT: UNDERSTANDING CHANGE AS LOSS <i>Workshop led by Victoria Grady, Professor in School of Business at George Mason</i></p> <p>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.</p>
2:00p - 2:05p EST	<p>Break</p>
2:05p - 3:00p EST	<p>MEN AS ALLIES <i>Panel Discussion</i></p> <p>The data is clear - improving gender representation and diversity in the workplace benefits everyone - our workplace culture, our professional development, our society, and the financial bottom line. Visionary men have long been public champions and behind the scenes dealmakers for the cause of women's inclusion. However, despite the growth in understanding and support from male colleagues, greater awareness and action is still needed to advance women and workplace diversity - from the classroom to the highest leadership roles. Especially in male-dominated careers like the military, these gains are only attainable with the support of our male colleagues, mentors, and sponsors. This discussion will explore how prominent male leaders are shaping environments where women (of ALL races, cultures and backgrounds) are able to thrive.</p> <p>Panel: <i>Mr. Anselm Beach (Pending), Deputy Assistant Secretary of the Army, Equity and Inclusion Agency, Office of the Assistant Secretary of the Army: Manpower and Reserve Affairs (Pending Confirmation); Brigadier General Devin Pepper, U.S. Space Force; Colonel Allen Herritage, U.S. Air Force; James Bogle, USC & Army Col, Ret (Moderator)</i></p>
3:00-3:35p EST	<p>VISION FOR THE FUTURE <i>Keynote: General David H. Berger</i></p> <p>The Commandant of the Marine Corps, General David H. Berger will share insights for today's military leaders and share his vision for the future.</p> <p><i>Commandant of the Marine Corps, General David H. Berger</i></p>
3:35p - 3:40p EST	<p>Break</p>
3:40p - 4:55p EST	<p>LOOKING BACKWARDS, SIDEWAYS, AND FORWARD TO LEAD WITH IMPACT <i>Panel Discussion</i></p> <p>Women have earned respect, built trust, and led successfully over time through a range of circumstances and challenging environments. Yet still today, those forging new paths often feel isolated and alone as leaders. This panel will share stories and lessons learned about how to lead with impact with a reminder that as a trailblazer - you are shaping the course of history and imparting a significant legacy - and that you are never alone while doing so. You walk in solidarity and with support from those who blazed paths before you, and from those who are - and will continue to do the same - now and into the future.</p> <p><i>Panel: COL Edna Cummings (USAR), Professor Sharon Prezler (LtCol Air Force, Retired), Air Force Colonel Nichole K.A. Scott, Major General Roberta Shea (USMC) Pending, Moderated by Dr. Bonnie Stabile</i></p>
4:55p - 5:00p EST	<p>EVENT DAY SUMMARY AND CLOSE</p>

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9:00a - 5:00p EST	<p>ONGOING THROUGHOUT THE DAY <i>Proudly Sponsored by: Laura Hatcher Photography, a veteran-owned business.</i></p> <p>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.</p> <p>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.</p>
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Topics of Moderated 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	<p>Connect with your service representative to learn more about the latest policies and programs that are relevant to women and career development</p> <p><i>ARMY Expert (In Person and Virtual)</i></p>
AIR FORCE AND SPACE FORCE Service Specific Table	<p>Connect with your service representative to learn more about the latest policies and programs that are relevant to women and career development</p> <p><i>AIR FORCE AND SPACE FORCE Expert (In Person and Virtual)</i></p>
COAST GUARD Service Specific Table	<p>Connect with your service representative to learn more about the latest policies and programs that are relevant to women and career development</p> <p><i>COAST GUARD Expert (In Person and Virtual)</i></p>
MARINE CORPS Service Specific Table	<p>Connect with your service representative to learn more about the latest policies and programs that are relevant to women and career development</p> <p><i>MARINE CORPS Expert (Colonel Adam Jeppe)</i></p>
Finding and Pursuing Passions	<p>How do you find and pursue your passions and hobbies? Discuss best practices and share ideas about ways to build hobbies and passions into your life.</p> <p><i>Jean Spendlove, USMC</i></p>
Work-Life Shuffle	<p>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.</p> <p><i>Beth Teach, USAF</i></p>
Wellness for a Lifetime	<p>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.</p> <p><i>Elexa Orange Former Olympian, Army officer (USMA, '91), corporate executive, and mom who has not only honed her own wellness, but coached others at pivotal phases in their lives to achieve happiness, peak fitness, and wellness.</i></p>

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<p>Relationship Building vs. Networking: The Woo-Woo Matters</p>	<p>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.</p> <p><i>Summer Watson, MHS, PhD Evaluation and Empowerment Coach, Dr. of Clinical Psychology, Podcaster, Event Producer, Live Show Host, Author, and Military Spouse. Dr. Summer Watson is the Founder of KORE Women, LLC. Summer is also the creator of the live show, “The Life, Love & amp; Money Show.”</i></p>
<p>The Six Triple Eight All Black, Woman Army Corps Battalion -</p>	<p>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.</p> <p><i>Edna Cummings, Army Colonel and historian</i></p>
<p>Mentoring for Impact</p>	<p>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.</p> <p><i>Expert Mentor Air Force Colonel (retired) Suzy Streeter</i></p>
<p>Financial Planning</p>	<p>Finances are the underlying foundation of your ability to live the life you choose with financial security. An expert shares basic insights and asks questions to help you make savvy financial decisions.</p> <p><i>First Command Financial Advisor Alan Besiniak</i></p>
<p>Life Planning</p>	<p>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?</p> <p><i>Kimberly Barboza A former Naval Officer (USNA, '94) who is a financial advisor, business owner, and passionate about supporting other women to wisely manage their money for their own financial freedom.</i></p>
<p>Sexual Assault - Survivorship and Advocacy</p>	<p>Connect to learn about Zoomies Against Sexual Assault (ZASA) and the work they are doing to support survivors of sexual assault. ZASA works with and advises USAFA leadership on effective prevention programs. They also advocate for policies such as Safe To Report which is being implemented across the DOD.</p> <p><i>Leisa Meyer and Kate Smith</i></p>
<p>LGBTQ and Navigating Military Life</p>	<p>Military life is uniquely challenging for LGBTQ. Connect to discuss lessons learned, resources, and helpful mindsets.</p> <p><i>Bree Fram</i></p>
<p>Career Coaching</p>	<p>Are you interested in working with a professional coach? If so, how do you make the most of your time with an expert focused on helping you perform your best and reach your goals?</p> <p><i>Kendra Chappell, Life Coach</i></p>
<p>Understanding Loss and Grief</p>	<p>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.</p> <p><i>Chaplain</i></p>