





2023 Agenda
Women in Transition
Career Coaching Workshop
Hosted Virtually and Onsite
13 APRIL 2023 | Arlington, VA
<https://bit.ly/OWLS2023>
(FINAL as of 11 APR 2023)



Thursday, 13 April 2023 <i>(Business Casual Attire or Uniform of the Day)</i>		
8:20a – 4:20p EST		<p>Proudly Sponsored by: </p> <p><i>(ongoing throughout the day)</i> INDIVIDUAL FINANCIAL CONSULTATIONS: TIPS FOR AN INFORMED FINANCIAL TRANSITION FROM THE MILITARY AND BEYOND FREE INDIVIDUAL FINANCIAL CONSULTATIONS WILL BE OFFERED THROUGHOUT THE DAY ON A FIRST COME, FIRST SERVED BASIS.</p> <p>When you're preparing to separate from the military and for other major life transitions, financial readiness is key to your success and financial security. A First Command financial planning expert will listen to your concerns and offer customized advice that will help to address your needs, update your budget, transition your military benefits, assess your retirement approach to investing, and more.</p>
9:00a – 9:05a EST		WELCOME AND OVERVIEW
9:05a – 9:15a EST		<p>OPENING REMARKS</p> <p>Lourdes Tiglaio, a U.S. Air Force Veteran and Director of the Center for Women Veterans (CWV) at the U.S. Department of Veterans Affairs, will offer welcoming remarks and provide updates regarding the work of the CWV on behalf of women Veterans.</p>
9:15a – 9:35a EST		<p>UNDERSTANDING CAREER OPTIONS, OPPORTUNITIES, AND PATHS</p> <p>Select employers and exhibitors will introduce themselves and provide valuable insights in understanding the array of opportunities, resources and career options available to military women within their organizations and industries.</p>
9:35a – 4:15p EST	EMPLOYER & SPONSOR EXHIBITS OPEN	<p>Proudly Sponsored by: </p> <p><i>(ongoing throughout the day)</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.</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> <p>Not ready for the civilian look just yet? Consider celebrating your service and military legacy with a military portrait. You may not realize this now, but when you reach the end of your career, whether it's four or 30 years long, you might discover you didn't take enough pictures while in uniform. Make a promise to memorialize yourself at every rank through military portraits. Avoid the regret and capture the memories. Your family and legacy will thank you for it.</p> <p>Laura Hatcher Photography is a Veteran Woman owned business.</p>
9:35a – 11:00a EST		<p>CAREER RESOURCES & JOB FAIR <i>(IN-PERSON EVENT ONLY)</i></p> <p>Meet and speak directly with representatives from top-caliber, military friendly companies and organizations to explore a range of available career resources and job opportunities. So come prepared and look your professional best.</p>
11:00a – 11:15a EST		BREAK



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SESSION I: 11:15a – 11:55a EST	LUNCHTIME SMALL GROUP DISCUSSIONS A LIST OF IN-PERSON AND VIRTUAL SMALL GROUP DISCUSSION TOPICS FOLLOWS ON PAGES 5 – 14. Join small group discussions while enjoying a delicious lunch with employers, exhibitors, presenters, and fellow participants around a topic of interest which will be facilitated by seasoned professionals. You will be able to select from a wide-range of timely and important issues related to career transition and professional development. This will be an excellent opportunity to network with your colleagues, career transition experts and potential employers.
SESSION II: 12:00p – 12:40p EST	
12:40p – 12:50p EST	BREAK
12:50p – 1:20p EST	Proudly Sponsored by: leidos BUILDING, DEFENDING & LEVERAGING YOUR PERSONAL BRAND A personal brand is your reputation — you can't build (and maintain) an exemplary one without doing actual work. In professional settings especially, your image, personal brand and reputation are of the utmost importance. These are the factors that people and potential employers take into account while forming a perception about you. They are a combination of what others think and feel about you, dependent on your work and how you interact with them, and ALSO what they have heard about you – true or not. Because let's face it, if you don't control your own narrative, someone else will. So even if you carefully follow the "rules" of building an exemplary personal brand - what do you do when your reputation is purposely undermined by others - or marred by your own mistakes? Join the discussion where a learning and development expert will share strategies to build, defend, maintain and leverage your personal brand. <i>Facilitated by:</i> Katherine Winchek Specialist, Ohio Army National Guard Learning and Development Consultant, Leidos
1:20p – 1:30p EST	BREAK
1:30p – 2:45p EST	Proudly Sponsored by: Purpose Linked Consulting **FINDING YOUR FIT: HOW PASSION AND PURPOSE TRANSFORM A CAREER INTO A LIFESTYLE **NOTE: COMPLETING AN ONLINE PASSION PROFILER™ ASSESSMENT AS PRE-WORK IS ASSOCIATED WITH THIS SESSION AND WILL BE ASSIGNED TO YOU IN ACCORDANCE WITH THE SCHEDULE FOUND ON THE EVENT SITE'S PASSION PROFILER™ TAB. YOU MUST REGISTER NLT 5 APR IN ORDER TO RECEIVE A LINK TO TAKE THE PASSION PROFILER™ BEFORE THE EVENT, AND YOUR ASSESSMENT MUST BE COMPLETED BY THE PUBLISHED DEADLINE TO GUARANTEE RECEIPT OF YOUR REPORT ON OR BEFORE THE DAY OF THE EVENT. THOSE WHO REGISTER AFTER 5 APR WILL RECEIVE THEIR PASSION PROFILER™ ASSESSMENT AND REPORT AFTER THE 13 APR EVENT. VISIT THE PASSION PROFILER™ TAB TO LEARN MORE. Many military veterans experience an identity crisis during their military transitions. Some may even settle for careers and lives that underutilize their innate skills and leadership talents. As a result, in a world that is desperate for strong leaders, our society loses out on the full potential military members bring to any organization. Successful transitions back into the civilian world require that service members leverage their full leadership capabilities by seeking roles that provide purpose, fulfillment and happiness. So how does that get done?



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1:30p – 2:45p EST	E M P L O Y E R & S P O N S O R	<p>When you are exploring your next career move, finding the right fit requires that you align your skills, passions and values with a work role. Doing so can determine your success now and long into the future. The journey to discovering your fit begins with understanding your passion archetypes - which define your overall approach to work and life – and provide insight into how you can be motivated to deliver your very best. Armed with knowledge of your unique passion archetypes, you better align your passions with all aspects of your life, from what you choose to study, to the relationships you form with others, to the career path you decide to pursue.</p> <p>The Passion Profiler™ scientifically assesses an individual's expression of purpose as work-related passions. Built on the fieldwork of Purpose Linked Consulting and informed by the empirical literature on socio-cognitive identity development, The Passion Profiler™ is a groundbreaking tool created by Alaina Love, a leadership and team development expert, and researchers at the University of Michigan.</p> <p>Once completed, you will receive an 18-page customized report that highlights not only your affinity to all 10 passion archetypes, but also defines the styles of passion you are currently utilizing at work, measuring your connection to the organization and your occupation. For current and future job seekers, the Passion Profiler™ will provide you with a competitive advantage that you can use to identify ideal career paths, develop a powerful personal branding message, focus your job search and stand out from the rest of the pack in the interview process. This interactive workshop will help you interpret your assessment results and learn practical, actionable strategies to find your best career fit.</p> <p><i>Facilitated by:</i> Alaina Love, SPHR President and CEO, Purpose Linked Consulting</p>
2:45p – 3:00p EST		BREAK
3:00p – 4:15p EST	E X H I B I T S O P E N	<p><i>Proudly Sponsored by:</i> WATERSHED negotiations</p> <p>BUILDING CONFIDENT WOMEN AT THE NEGOTIATION TABLE</p> <p>Women are powerful negotiators, but too often don't draw on their existing skill sets to achieve maximum success. Considering research and reality, this interactive and fun session will help women professionals build confidence and skills to negotiate for and in their next career position (and in their daily lives). We will address gender-specific assumptions, cultural implications, and the real-life backlash of male counterparts, bosses, and colleagues. A negotiations expert who has served the negotiation training needs of high-profile clients across industries and professional functions, will help you to:</p> <ol style="list-style-type: none"> 1. Embrace the strengths that women bring to the negotiation table and overcome the challenges that limit us. 2. Learn tips when negotiating with those in positions of influence and power. 3. Know what we can do before, during and after a negotiation to maximize success. <p>Join this workshop to learn practical strategies women can use to enhance their confidence and competence at negotiation. You will be able to apply the lessons learned immediately — and the value will endure, benefiting not only you, but your organizations as well.</p> <p><i>Facilitated by:</i> Leslie Mulligan US Air Force Veteran Negotiation Expert, Watershed Associates</p>



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4:15p - 4:30p EST	CLOSING REMARKS AND ACKNOWLEDGEMENTS
4:30p - 6:30p EST	<p><i>Proudly Sponsored by:</i></p> <div>   </div> <p>EVENING RECEPTION: CELEBRATING 20 YEARS OF ACADEMYWOMEN</p> <p>Join AcademyWomen in celebrating our 20th year of cultivating the leadership of military women to impact positive change locally, nationally and globally. Enjoy opportunities to meet and interact with guest speakers, George Mason University faculty and students, participating partners and sponsors, as well as your fellow military women and colleagues. An open bar and refreshments will be available.</p> <p>Attendees of the Career Workshop <u>and</u> OWLS are invited to attend.</p>
14 APRIL 2023	 <p>2023 OFFICER WOMEN LEADERSHIP SYMPOSIUM (OWLS)</p>

A list of IN-PERSON and VIRTUAL Career Workshop Small Group Discussion Topics follows on pages 5-14.



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13 APR SMALL GROUP DISCUSSION TOPICS



SCAN THE QR CODE OR CLICK THE LINK BELOW TO LEARN MORE ABOUT EACH SMALL GROUP DISCUSSION FACILITATOR. CLICK ON THE 'SPEAKERS' TAB, THEN ON THE SPEAKER'S IMAGE TO VIEW ADDITIONAL DETAILS. [HTTPS://BIT.LY/OWLS2023](https://bit.ly/OWLS2023)

Join small group discussions while enjoying a delicious lunch around a topic of interest which will be facilitated by seasoned professionals. Select from the topics below which include a wide-range of timely and important issues related to career transition and professional development. This will be an excellent opportunity to learn from - and network with - colleagues, executive coaches, career transition experts and potential employers.

IN-PERSON DISCUSSION TOPICS [\(back to agenda\)](#)

<p>TABLE A</p>		<p>Mentoring for Career Success</p> <p>The road to success is different for every traveler, but nearly all who excel in their careers can point to the invaluable presence of a mentor who helped them along the way. Finding a mentor and being a mentor positively correlate with career outcomes such as salary level, promotion rate and job satisfaction. Join us for an interactive discussion on the importance of mentoring and the practices that mentors and protégés can cultivate to maximize the chances of a highly successful, productive mentoring relationship. Participants are also invited to share their professional development and mentoring needs.</p> <p><i>Facilitated by:</i> Suzy Streeter Colonel, USAF (Retired) Board of Directors, AcademyWomen</p>
<p>TABLE B</p>		<p>The Implications of Gender Disparities in Public Service and Related Fields</p> <p>Public affairs education, including professional Masters Degrees in Public Policy and Public Administration, can provide critical preparation for careers in public service, with graduates advancing in private sector consulting, NGO's/nonprofits, and federal, or state and local, government. Women comprise over half the student body of such programs, but still remain underrepresented in leadership positions in many areas, including Emergency Management, and Budgeting and Finance. We'll discuss the origins, implications and antidotes to such disparities, and emphasize the importance of networking, preparation and awareness for women leaders.</p> <p><i>Facilitated by:</i> Bonnie Stabile, PhD Director, Gender and Policy (GAP) Center Associate Dean of Student and Academic Affairs Schar School of Policy and Government, George Mason University</p>
<p>TABLE C</p>		<p>Demystifying the Application Black Hole</p> <p>Ever wonder where your application goes after clicking "submit"? Let's breakdown and discuss the job application world to better increase your chances of securing your next (dream) career. We will cover topics such as: best practices on when and how to apply and follow up with prospective employers, marketing yourself most effectively, application processes, assessments tools, hiring channels, and eligibility alignment.</p> <p><i>Facilitated by:</i> Alex Verhulst Corporate Talent Acquisition Military Program Manager, Leidos</p>



IN-PERSON DISCUSSION TOPICS [\(back to agenda\)](#)

<p>TABLE</p> <p>D</p>	<div data-bbox="272 699 522 791"> </div> <p>How Business Education Can Facilitate Your Successful Transition</p> <p>The Master of Business for Veterans (MBV) is a fully accredited one-year graduate degree offered by University of Southern California (USC) which was created specifically to support military veterans, active duty and reserve personnel in transition to new civilian careers. The program is designed to leverage the management and leadership experience already gained during military service. By leveraging the influential networks of USC and the Marshall School of Business, the MBV is able to not only provide a rigorous business curriculum, but also cultivate students' career options by offering networking opportunities with top business leaders nationwide and career workshops that support the acceleration of their transition. Join the discussion to learn more about how the MBV, and other academic programs, can facilitate your successful transition to the civilian workforce.</p> <p><i>Facilitated by:</i> James Bogle Lieutenant Colonel, USA (Retired) Director, Master of Business for Veterans (MBV) USC Marshall School of Business</p> <p>Jamie Saure Associate Director, Master of Business for Veterans (MBV) USC Marshall School of Business</p>
<p>TABLES</p> <p>E & F</p>	<div data-bbox="269 1381 527 1476"> </div> <p>Veterans in Tech</p> <p>The strong leadership, strategic skills and tactical proficiency gained during military service often make veterans uniquely well-suited for work in the technology sector. According to data from the Government Accountability Office, over 130,000 veterans used their GI Bill to pursue degrees in STEM fields between 2019 and 2021, with many then using these educational resources as a jumping-off point towards a career in tech. So why then are so few involved as leaders within the industry? Join the discussion where leaders from one of the world's premier gaming companies will dispel common myths about the tech industry, offer tips for transitioning into the myriad leadership roles available, and examine how Activision Blizzard King is paving new paths for the inclusion and retention of veterans in tech.</p> <p><i>Facilitated by:</i> Angela Scott USN Veteran Senior Personalization and Content Manager, Activision Blizzard King</p> <p>Michael Perry Lieutenant Colonel, USA (Retired) Diversity and Military Programs Sourcing Manager, Activision Blizzard King</p> <p>Jeff Luer Sergeant, USMC Reserve Technical Delivery Manager, Activision Blizzard King</p> <p>Richard Gray USAF Veteran UX/UI Designer, Activision Blizzard King</p> <p>Sienna Echon USN Veteran Team Admin, Activision Blizzard King</p>







IN-PERSON DISCUSSION TOPICS [\(back to agenda\)](#)

TABLE G	Deloitte.	<p>An Overview of Deloitte Military and veteran community, come learn more about Deloitte! Bring your leadership to the workplace! Deloitte supports a diverse workforce and an inclusive culture to help enable a productive and prosperous society. We value the skills and unique perspectives the military veteran community brings to Deloitte, the workforce, and society. Through our own recruitment processes to support uncovering skills and job trajectories, our purpose is brought to life by helping the military community.</p> <p><i>Facilitated by:</i> Leah Jones USN Veteran and Military Spouse Lead Experienced Veteran Recruiting Specialist, Deloitte</p> <p>Brennan O'Boyle USMC Veteran Veteran & Military Spouse Recruiting Specialist, Deloitte</p>
TABLE H	Los Alamos NATIONAL LABORATORY	<p>Opening Your Job Search Aperture You don't know what you don't know! With a myriad of unexplored and new industries available to you as you make your next career move, many companies and career opportunities may be unknown to you or not even on your radar as viable options. However, opening yourself to having conversations with companies you may not have previously considered, can lead to unexpected outcomes. Like in the case of Los Alamos National Laboratory (LANL), there is the assumption that only scientists are hired. But if you look more closely, you'll discover a cutting-edge Defense, Science, Technology and Engineering company that is growing at a rapid pace and includes 20,000 of the best and brightest minds in not only science, but also leaders in positions ranging from technicians, supervisors, construction engineers, facility managers, project managers and more. Located in the foothills of New Mexico's Rocky Mountains, and boasting some of the most generous benefit and relocation packages in the nation – LANL is hiring and looking for exceptional leaders like you to continue your mission with us!</p> <p><i>Facilitated by:</i> Michelle Mazanec Military Spouse Veterans Recruiter, HR - Office of Diversity and Strategic Staffing. LANL</p>
TABLE I	FIRST COMMAND Get Squared Away	<p>You and Your Money: Mindful Financial Planning to Create the Life You Love This discussion is designed to help you understand the unique challenges encountered at different life stages and the opportunities available to you through thoughtful financial planning. Confused about things like insurance, investing, risk management, estate planning or some other area of personal finance? This is your opportunity to get straightforward answers from an industry veteran, former Army Officer and West Point graduate who has just about seen and heard it all.</p> <p><i>Facilitated by:</i> Alan Bisenieks USA Veteran Financial Advisor, Principal and District Advisor, First Command</p>
TABLE J	Laura Hatcher Photography	<p>A Roadmap & Resources for Aspiring Entrepreneurs If you are considering applying your passion, tenacity, perseverance, resilience and leadership to a business venture after military service, this table topic is for you! Join the discussion to learn about entrepreneurship as a post-service opportunity and discover the resources that are available to help you find (and fund) your passion and learn business-savvy skills to turn your ideas into a growth venture.</p> <p><i>Facilitated by:</i> Laura Hatcher Captain, USN (Retired) CEO, Laura Hatcher Photography</p>



IN-PERSON DISCUSSION TOPICS [\(back to agenda\)](#)

<p>TABLE K</p>		<p>VA Updates</p> <p>Join the Director of the Center for Women Veterans (CWV) as she answers your questions and provides updates on the latest benefits and services for Women Veterans - including the PACT Act and Deborah Sampson Act. She will also share opportunities available to ease the transition into VA's ecosystem, as well as other trainings and resources accessible to current Servicewomen.</p> <p><i>Facilitated by:</i> Lourdes Tiglao, SES USAF Veteran Director, Center for Women Veterans, US Department of Veterans Affairs</p>
<p>TABLE L</p>		<p>Understanding Your VA Benefits: Delivering the Right Benefits at the Right Time</p> <p>The Veterans Benefits Administration (VBA) will provide a general overview of VA benefits and services, to include how to access them. A VBA senior leader will speak briefly about VBA benefits such as disability compensation, non-disability compensation (pension), education, home loans, insurance and vocational rehabilitation and employment. Throughout the day, attending VBA team members will also assist all interested workshop participants with registering for eBenefits accounts.</p> <p><i>Facilitated by:</i> Ann Duff Rear Admiral, USN (Retired) Director, Office of Survivor Assistance and Post Separation Initiatives Veterans Benefits Administration, US Department of Veterans Affairs</p>
<p>TABLE M</p>		<p>Transitioning into the Consulting Industry: Life in the Private Sector at Accenture Federal Services (AFS)</p> <p>Are you wondering what the transition will be like from military to corporate life, or into the consulting industry? Well, you're not alone. Transitions may be tough, but your journey can be made easier when those who have successfully navigated the path you may soon travel, share their insights and wisdom gathered along the way. Join the discussion to ask questions and pick the brains of military women now working at AFS, who will provide advice about what to expect, and the best strategies to prepare for a corporate role in the consulting industry. They will share their real-life experiences, unexpected challenges, lessons learned along the way, and give advice on how to best present yourself when looking for a career in the consulting industry.</p> <p><i>Facilitated by:</i> Delisa Brownley USAF Veteran Executive Agile Coach, Accenture Federal Services</p> <p>Mia Holley Lieutenant Colonel, USAF Reserve Strategy & Consulting, Human Capital Practice, Accenture Federal Services</p>
<p>TABLE N</p>		<p>Be Your Own Boss ... Own Your Own Franchise!</p> <p>Are self-employment, franchising and business ownership the right career options for you? Approximately 75% of the adult population has had some curiosity about being their own boss during their lifetimes. An experienced career transition and business coach will help you explore the exciting option of owning a franchise. In this interactive discussion you will learn:</p> <ul style="list-style-type: none"> ○ Whether you have what it takes to be self-employed; ○ How to be in business for yourself, not by yourself; ○ How to find the right business franchise to achieve your financial & lifestyle dreams and goals; and



IN-PERSON DISCUSSION TOPICS [\(back to agenda\)](#)

		<ul style="list-style-type: none"> Why veterans and military spouses are naturally adept business owners. <p>The discussion will end with an evaluation to help you determine whether becoming a franchise owner might be a good fit for you!</p> <p><i>Facilitated by:</i> Tom Solitario Major, USAF (Retired) Career Transition and Business Coach, DreamRealizer</p>
TABLE O	 FEMA	<p>Special Non-Competitive Direct-Hire Authorities to Appoint Veterans into Federal Government</p> <p>The Federal government offers a number of hiring programs that benefit veterans. Veterans may even be given preference during the hiring process when applying to government positions and may also qualify for special hiring authorities. However, many veterans struggle with understanding the Appointment Authorities afforded to them. A veteran's employment professional will discuss the hiring authorities that veterans can use to be considered for positions within FEMA and other federal agencies, as well as provide you with a clear understanding of the Veteran Recruitment Appointment (VRA), Veterans Equal Opportunity Act (VEOA) and Schedule A Appointment Authorities.</p> <p><i>Facilitated by:</i> Chip Lankert USA and USMC Veteran Lead Talent Recruiter, Federal Emergency Management Agency (FEMA)</p>
TABLE P	 GE Aerospace	<p>Mock Interview Prep: How NOT to Implode in an Interview!</p> <p>Think you're prepared to go into an interview and "wow" a potential employer? Almost everyone does! And yet, many qualified candidates still find a way to snatch defeat from the jaws of victory. In this discussion, we'll coach you through mock interview questions, identify common fails and learn how smart women can sidestep them. Questions welcome!</p> <p><i>Facilitated by:</i> Christin Burrows USAF Veteran Military Officer Leadership Program, GE Aerospace</p> <p>Courtney Slater USAF Veteran Military Officer Leadership Program, GE Aerospace</p>
TABLE Q		<p>The Senior Executive Service (SES): Navigating the Pathway to Leadership in the Federal Government</p> <p>Many of us have heard of the Senior Executive Service (SES), but aren't really familiar with its mission, or furthermore, how to gain entry into its ranks. The SES was established to ensure that the executive management of the Federal Government is responsive to the needs, policies and goals of the nation. The 7000+ members of the SES operate and oversee nearly every government activity in approximately 75 Federal agencies, serve in key positions just below the top Presidential appointees, and are the major link between these appointees and the rest of the federal workforce. During this discussion you'll discover:</p> <ul style="list-style-type: none"> A further understanding of the SES and an overview of its key features. The two types of positions and four types of appointments available in the SES. The criteria, qualifications and critical leadership skills sought after for those seeking SES positions.



IN-PERSON DISCUSSION TOPICS [\(back to agenda\)](#)

		<ul style="list-style-type: none"> ○ Qualifications Review Boards (QRBs), appeals and the process of securing an appointment as an SES. ○ Advice from a retired SES (and Executive Coach) regarding ways to assess your fit for the SES. ○ Tips, best practices and lessons learned for navigating the SES appointment process and succeeding in your role once appointed. <p>This will be a fantastic opportunity to engage directly with a retired SES member who has walked a similar path, and is eager to provide information, answer your questions and potentially facilitate your journey to becoming a leader in the SES within the Federal Government.</p> <p><i>Facilitated by:</i> Daphne Jefferson Retired Senior Executive Service (SES) Executive Coach and Principal, Jefferson Consulting Group</p>
TABLE R		<p>Radical Self Care: Mitigating Stress and Living Your Best Life</p> <p>Self-care is all about caring for yourself to ensure that your physical, emotional, and spiritual needs are met. It is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your body, mind, and spirit, you'll be better equipped to live your best life. Unfortunately, with the frenetic pace of life - many view self-care as a guilty pleasure, rather than as a necessary priority. As a result, passionate, well-intentioned, and highly skilled leaders often experience burnout from living an unbalanced, stress-filled life and are left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges. This discussion will help you discover:</p> <ul style="list-style-type: none"> ○ The definition and associated benefits of self-care ○ The consequences of chronic stress and poor self-care ○ The key areas of well-being associated with self-care ○ 'Radical' self-care techniques ○ Steps to create your own self-care journey <p><i>Facilitated by:</i> Ellexa Orrange-Allen USA Veteran Olympian, Executive Coach, and CEO LEAP Coaching and Speaking</p>
TABLE S		<p>Cultivating a Growth Mindset</p> <p>Achieving big goals and performing at high levels requires intentionality and focus about your personal and professional growth. This discussion will help you to cultivate a growth mindset by learning strategies that raise self-awareness, equip you with tried-and-true growth principles, and help you develop a growth action plan for future success.</p> <p><i>Facilitated by:</i> Cherryann Joseph, PhD Colonel, USAR (Retired) Executive Coach and Director, Maxwell Leadership Certified Team</p>
TABLE T		<p>Ready. Set. Change!</p> <p>Transitioning out of the military is a huge life change, and when that change occurs, you have to be S.M.A.R.T! Many often focus on the ACHIEVABLE, REALISTIC, TIME-BOUND portions of the acronym while neglecting the other components - making their transitions more difficult as a result. During this discussion, we'll dive in and kick start your S.M.A.R.T! change by getting SPECIFIC and defining your MEASUREMENTS for success.</p> <p><i>Facilitated by:</i> Sarah Carter US Navy Veteran and USMC Spouse Life Coach and CEO, New You Coaching</p>



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IN-PERSON DISCUSSION TOPICS [\(back to agenda\)](#)

TABLE



How to Fearlessly Launch a Revolutionary Clothing Brand in the Modern Fashion World

The fashion industry is huge - and launching a successful clothing brand is no easy feat. Join the discussion where Haley McClain Hill - an Air Force Veteran, former NFL Cheerleader, and the 2022 Veteran Shark Tank winner who built an innovative military apparel and lifestyle brand - will share strategies for how to capitalize on the skills developed in military service to build a brand that captures hearts and sales. You will learn how to identify opportunities to transform specific clothing niches into modern, revolutionizing brands that connect and inspire!

Facilitated by:

Haley Marie McClain Hill | USAF Veteran
 CEO and Founder, TORCH Warriorwear

VIRTUAL DISCUSSION TOPICS [\(back to agenda\)](#)

ROOM

1



How Business Education Can Facilitate Your Successful Transition

The Master of Business for Veterans (MBV) is a fully accredited one-year graduate degree offered by University of Southern California (USC) which was created specifically to support military veterans, active duty and reserve personnel in transition to new civilian careers. The program is designed to leverage the management and leadership experience already gained during military service. By leveraging the influential networks of USC and the Marshall School of Business, the MBV is able to not only provide a rigorous business curriculum, but also cultivate students' career options by offering networking opportunities with top business leaders nationwide and career workshops that support the acceleration of their transition. Join us to learn more about how the MBV, and other academic programs, can facilitate your successful transition to the civilian workforce.

Facilitated by:

Kathy Takayama (MBV 2019) | USN Veteran
 Adjunct Professor of Data Science and Operations
 USC Marshall School of Business

ROOM

2



Military and Civilian Stereotypes: Effectively Communicating Your Experience, Skills and Brand to Bridge the Gap



"Thank you for your service! (But I can't hire you.) ... Military veterans all have PTSD. ... Air Force? What are we hiring pilots for? ... Command and control: Give or take orders, military folks are far too rigid. ..."

With less than 1% of the population serving in the military, what stereotypes do the 99% of civilians have about you? More importantly, what can you do to tip the scale in your favor? Many, if not most, interviews you will have will be with *individuals who have never served in the military*. So it's important to be able to translate your skills and leadership experiences into language that they will understand. You will also need to be able to express the depth and breadth of your responsibility as a military officer, NCO or military spouse.

Join a conversation on what to be aware of and how to best approach the vast majority of individuals you may encounter during your career transition. Learn strategies to best communicate who you are and what you have to offer, in order to quickly dispel any negative stereotypes



VIRTUAL DISCUSSION TOPICS [\(back to agenda\)](#)

	<p>others may have about you and the military community. This discussion will be led by an industry insider (and civilian) who has heard and countered just about every stereotype from inside his organization, while assisting numerous individuals from the military community to get employed within the last two years. He will be joined by two Army Veterans who will share their thoughts, experiences and observations.</p> <p><i>Facilitated by:</i> Jim McMahon Director Talent Acquisition & Military Outreach, Travelers Bridget Larson USA Veteran, Construction Underwriter, Travelers Carly Schultheis USA Veteran, Bond & Specialty Insurance Underwriter, Travelers</p>
<p>ROOM 3</p>	<p> ANGEL PARTNERS LLC <small>Accelerating women leaders</small></p> <p>Networking Made Easy Your professional network can help you stay current on work-related information, connect you to valuable job-related resources, and introduce you to mentors, among other things. However, many women do not know how to effectively network to build career-benefitting relationships. If your networking point-of-reference is a large event where you meet someone, exchange business cards (or send invitations to connect on LinkedIn), and then move on to the next person, think again.</p> <p>This discussion will help you understand the types of people who should be in your network, how to build your network, and how to maintain those relationships over time. You will learn practical networking steps that you can put into action right away and have fun while doing so ... to help you become a networking maven in no time.</p> <p><i>Facilitated by:</i> Janice Ferguson Founder and Principal Consultant, Angel Partners LLC</p>
<p>ROOM 4</p>	<p></p> <p>Entering a New Chapter: Releasing That Which No Longer Serves You Career transitions can be hard – and especially for those newly transitioning from military service to the civilian world, this major life change can awaken feelings of fear and uncertainty about the path that lies ahead. When you are stepping into a completely new chapter of your life, where do you even begin?</p> <p>Although your transition may seem scary - with the right mindset - it can also be a fun start to an exciting new life! By purposefully harnessing the positive experiences gained during military service, while simultaneously letting go of the “things” that may hold you back as you move into a new chapter - your thoughts will shift, your eyes will be opened to the possibilities, and you will feel inspired to leap courageously into the unknown. In this discussion, a personal development mindset expert will help you gain clarity about:</p> <ul style="list-style-type: none"> ○ What you want to utilize from your past experiences (and how these experiences can help you in your next chapter) ○ What you can (or should) leave behind that no longer serves you ○ What leads to success in your next new chapter ○ How to gracefully step into your new chapter and the NEW YOU <p><i>Facilitated by:</i> Juju Rafii Technical Sergeant, USAF (Retired) Personal Development Mindset Expert & Founder, Empowered Boss Babes</p>



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Women in Law Enforcement

Women are still vastly underrepresented at the top ranks of law enforcement, but that trend is changing nationwide and particularly in the Department of Justice where they are striving to lead the way to achieve gender equality in this industry. Join a leader who is spearheading this effort at the FBI as she discusses the many exciting career opportunities available to women who want to grow with a premier federal agency and become a part of their movement to achieve gender equality in law enforcement.

Facilitated by:

Nicole Palmer | Special Agent, Federal Bureau of Investigation (FBI)

Lauren Balestrieri | Tactical Specialist, FBI

Pao Mei Lin Fisher | USA Veteran | Special Agent, FBI

Michelle Gagnon | FBI

Madelyn Penagos | FBI

Christopher Petrellese | Forensic Accountant, FBI

Isis Samuels | FBI

ROOM

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Writing a Federal Résumé

The private sector résumé is not the same as a federal résumé. There are significant differences. Many veterans and military spouses make the common mistake of writing a private sector résumé and using it to apply for career opportunities in both the private and government sectors. This mistake usually leads to qualified individuals not getting noticed (or hired) by federal government employers. Federal résumés require more detail and a level of specificity usually not seen in a private sector résumé. The federal résumé is the applicant's best marketing tool, allowing the applicant to emphasize their strengths, highlighting relevant knowledge, skills and abilities to perform the job. Join a federal resume writing expert to learn the basic structure of a federal résumé, tips to better market yourself for government employment, best practices for describing your experiences, and methods to communicate veteran- and military spouse-specific information on your federal résumé.

Facilitated by:

Hope White | Career Coach and Senior Business Consultant
 Hopeful Speaking and Consulting

ROOM

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Pushing Past the Fear:

Turn Your Obstacles into a Profitable Business Opportunity

In this discussion, a highly-acclaimed business coach, "Go To Expert" for nationally syndicated news programs, best-selling author and entrepreneur who overcame domestic violence and sexual assault trauma while building a multi-million dollar business, will help you discover: the top seven business fears (obstacles) faced by every woman entrepreneur; the root cause of YOUR #1 business fear that stands in the way of success; strategies to confidently push past your fear; and a roadmap to efficiently plan your #1 business goal in order to turn your business fear into a profitable opportunity. A free downloadable workbook will be provided during this discussion.

Facilitated by:

Gwendolen Wilder | Master Sergeant, USAF (Retired)
 Founder, Impossible to Possible Women



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Understanding the Federal Job Search Process

While the federal job search process may be similar to that of the private sector, there are significant differences due to the many laws, executive orders and regulations that govern federal employment. Join the discussion where a retired Senior Executive Service (SES) member, with executive leadership experience within multiple federal agencies, will help you learn how to find and apply for federal jobs including: competitive service vs. noncompetitive service positions, appointment methods, locating job opportunities, job announcement highlights, and steps in the hiring and selection process.

Facilitated by:

Ralph Charlip | Lieutenant Colonel, USAF (Retired)
 Retired Senior Executive Service (SES)
 Owner, Inspiration Creek Management Consultants

ROOM

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LinkedIn Strategies to Execute a Successful Career Pivot

LinkedIn is an excellent tool for career transitions because unlike a resume, it is forward-focused rather than backward-looking. Since LinkedIn is not bound by the same rules or limited reach as a resume, your LinkedIn profile can highlight and target your career aspirations in a way that a resume can't. Join the discussion where an expert in LinkedIn optimization and career transitions, will share tips and strategies to help best position your LinkedIn profile, and create an online presence, that helps you pivot and step successfully into your next career.

Facilitated by:

Dr. Elisse W. Barnes, JD, PhD, Your LinkedN Driving Instructor
 CEO and Lead Trainer, Of a Certain Vintage Workforce Education LLC

ROOM

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Self-Advocacy and Equity: In Your Life and in Your Workplace

Self-advocacy is the ability to effectively convey, communicate and negotiate or assert one's interests, desires, needs and rights. It is one of the best tools women can use to seek improved personal outcomes, workplace equality, compensation, and career advancements. Come join the discussion where an Industrial & Organizational (I/O) Psychology Professional and Certified Veteran Developmental Coach will share strategies and tactics that will leave you feeling empowered with the skills to better advocate for yourself in life and at work.

Facilitated by:

Destinee Prete, PhD | USA Veteran and Military Spouse
 President, We2AreVets

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*Career Transition Resources will be provided during the small group discussions and can also be found on our website. To download a resume template, translate your military skills into civilian terms and more, please visit us at: www.MilitaryOWLS.org under the "Transition Resources" tab.