



2025 Agenda
Officer Women Leadership Symposium (OWLS)
Theme: Power of Connection
 2-3 April 2025 | Hybrid Event | Arlington, VA

The Officer Women Leadership Symposium (OWLS) offers participants the opportunity to hear from powerful and motivational speakers, acquire new leadership skills, gain insights, mentor and be mentored, while developing personal and professional networks.

Power of Connection: This event theme emphasizes the profound impact that relationships have on personal growth, resilience, and collective strength. This symposium explores how strong connections to – self, a community of warriors, and the world – provide insights and skills necessary to lead for impact.

NOTE: The Career Coaching Workshop (2 April 2025) precedes the Officer Women Leadership Symposium (3 April 2025). Both professional development events serve different purposes and are linked by the Evening Reception to be held 2 April 2025 from 5:00-6:30p.

as of 12 February 2025 (subject to change)

Wednesday, 2 April 2025 (9:00a - 6:30p EST) Hybrid Event (In Person and Virtual) <i>(Business Casual Attire)</i>	
9:00a - 5:00p EST	<p>2025 CAREER COACHING WORKSHOP <i>(Refer to the Career Workshop agenda for more details.)</i></p> <p>The Career Coaching Workshop is designed to successfully prepare military women leaders and military spouses for career transition. Workshops, keynotes, and panel discussions provide techniques and tools for participants to optimize talents and accelerate career options that align with professional purpose, goals and opportunities.</p>
5:00p – 6:30p EST	<p>EVENING RECEPTION Connect with military and veteran women from all services over refreshments and heavy hors d'oeuvres.</p> <p><i>The evening reception is open to ALL REGISTRANTS of the Career Coaching Workshop <u>and</u> Officer Women Leadership Symposium. There is also an option for participants to attend the evening reception ONLY.</i></p>

Thursday, 3 April 2025 - OWLS (9:00a - 5:30p EST) Hybrid (In Person and Virtual) <i>(Business Casual Attire)</i>	
9:00a - 9:05a EST	<p>OWLS EVENT OPENING AND OVERVIEW</p> <p>The Officer Women Leadership Symposium (OWLS) provides participants with the opportunity to engage with powerful and motivational speakers, develop leadership skills, gain valuable insights, both mentor and be mentored, while cultivating personal and professional networks.</p>
9:05a - 10:20a EST	<p><i>Keynote Panel</i> CONNECT WITH LIVING LEGENDS: HARNESSING THE POWER OF RELATIONSHIPS TO NAVIGATE CHANGE</p> <p>Influential leaders will share their personal journeys of navigating challenges by harnessing connection and mentorship. Learn how building strong relationships can elevate your leadership, drive motivation, and foster resilience in times of instability. This session will provide practical strategies for cultivating impactful connections, inspiring action, and leading confidently through change.</p>

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(Business Casual Attire)

10:20a - 10:30a EST	Break
10:30a - 11:40a EST	<p><i>Panel Discussion</i> CONNECT TO INNOVATE: LEVERAGING TALENTS TO DRIVE MEANINGFUL CHANGE</p> <p>Discover how tapping into your unique talents can spark innovation and drive transformative change. Hear from trailblazing leaders who have used their skills in unconventional ways to overcome obstacles and inspire progress. This session focuses on leveraging strategic connections while fostering a mindset of creative problem-solving and continuous growth to amplify your influence and create lasting impact.</p>
11:40a - 11:50a EST	Break and Snack
11:50a - 12:50p EST	<p><i>Workshop</i> CONNECT TO COMMUNICATE: MASTERING THE ART OF IMPACTFUL CONVERSATIONS</p> <p>Have you ever felt like you're speaking a different language than your peers or superiors? Or that people listen, but don't truly hear you? Effective communication is essential for leadership success. In this workshop, learn how to align your communication style with your intentions to bridge gaps and ensure your message is heard and understood. Explore strategies for fostering stronger relationships, delivering clear messages, and creating meaningful connections in both professional and personal conversations.</p>
12:50p - 1:50p EST	<p>LUNCH and ROUNDTABLE DISCUSSIONS (IN-PERSON EVENT ONLY) In-person participants will join a table topic discussion of choice. Virtual attendees will have a break for lunch.</p>
1:50p - 2:50p EST	<p><i>Workshop</i> CONNECT WITH SELF: LEVERAGING HUMOR AS A TOOL FOR HEALING AND GROWTH</p> <p>In today's world, leaders must adapt and build resilience in order to thrive. This session explores how to harness humor to enhance your mindset, boost emotional resilience, and foster personal growth. Learn how to use humor as a powerful tool for healing, navigating obstacles, and maintaining balance in high-pressure situations.</p>
2:50p - 3:00p EST	Break
3:00p - 4:10p EST	<p><i>Panel Discussion</i> CONNECT TO MASTER CONFLICT: DEVELOPING LEADERSHIP SKILLS TO OVERCOME WORKPLACE CHALLENGES</p> <p>Conflict is a natural part of any team dynamic, but how you handle it as a leader makes all the difference. This discussion will provide tools to help you proactively address challenges and resolve conflicts before they escalate. Learn how to manage difficult relationships, maintain team cohesion, and create a positive work environment, all while ensuring mission success and fostering collaboration.</p>

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4:10p - 4:20p EST	Break
4:20p - 5:30p EST	<i>Panel Discussion</i> CONNECT WITH HERSTORY: THE POWER OF STORYTELLING TO INSPIRE AND EMPOWER Stories shape history and sharing your own story can inspire others. This discussion will explore the power of storytelling to connect with others, motivate change, and create impact. Learn about valuable resources that will enable you to craft and share your narrative in a way that resonates with others, empowering both yourself and those who hear your story.
5:30p EST	EVENT DAY SUMMARY AND CLOSE