CONVERSATIONS TO GROW BY:
A WOMEN IN TECHNOLOGY FORUM

A DAY OF CAREER-FOCUSED DISCUSSIONS WITH WOMEN IN TECHNOLOGY

Join us for a series of conversations surrounding professional women working in technology fields. Each conversation begins with a panel discussion of industry experts, a short exercise for personal reflection on the topic, discussion around the table with your peers, and then a sharing of thoughts among the entire group. By day’s end, you will have learned much about yourself, gained new perspectives, and made connections with other women working in technology.

Wednesday, April 29th 2020 8:30 a.m. - 4:00 p.m.
Additional information is outlined on the next page.
8:30 A.M. COFFEE AND NETWORKING

9:00 A.M. CONVERSATION ONE
Challenges of a Technology Workplace: Is your environment promoting the professional you?
Women face unique challenges in any workplace. This conversation gives voice to common and known challenges, and brings to light other more subtle issues that women navigate each day. As you listen to the experts, and share your own thoughts, you will realize where you might be vulnerable, and discover that you have great strengths. Talking with other women will help validate your thoughts and provide new ideas to add to your professional skills.

10:15 A.M. CONVERSATION TWO
Promoting Your Value: Aiming your sights on opportunities to prove value and earn recognition.
True professionals work hard, contribute to the organization’s success, and bring innovative solutions to the table. Many exceptional professionals, especially those who are humble, also go unnoticed. This conversation will help you recognize your own value, convey ownership and pride in your work, and find the courage to take credit for your efforts. When you learn to bring your accomplishment into view with grace and confidence, new opportunities will open to you.

11:15 A.M. CONVERSATION THREE
Creating Career Opportunities for Peers: Opening doors for other talented women.
Technology professions and organizations can be intimidating to approach, difficult to gain entry, and challenging to maintain a secure and productive space for the most competent and confident among us. If we hope to diversify the workforce, it is incumbent upon those of us who are building careers in technology to help women enter and thrive in our workplaces. This conversation reminds us to encourage women to enter technology fields and to assist them in their academic and career pursuits.

12:30 P.M. LUNCH CONVERSATION
Learn to Thrive between 9 and 5: Caring for yourself is critical to career success.
If you work in any technology field, you may be sitting for a good part of the day. Conversely, you may run all day without stopping to breathe. How many health risks can you count: a sedentary lifestyle, weight gain, eye stress, ergonomic strain, overwhelming work pressures, chronic brain drain—what’s not to love? This conversation urges you to think about the health consequences of a successful technology career and provides methods to take control and make changes to build a healthy lifestyle.

1:30 P.M. CONVERSATION FOUR
Building Numbers, Strength, and Respect in the Workplace: Supporting the women around you.
Diverse perspective, skills, and approaches in technology fields foster success for the organization and the individual. Women who have made their way in a technology workplace know the ins and outs of the work, the environment, and the unique personalities. This kind of knowledge can be extremely helpful to someone just entering the field, the organization, or the workforce. This conversation encourages women to seek out or become mentors to other women in technology.

2:30 P.M. WALK AMONG OUR COMBINED THOUGHTS
Take a walk and review the thoughts, comments, and questions generated throughout the day by other women at the forum. Validate your own thoughts. Get inspired. Take away new ideas.

2:45 What’s Next? An exercise in creating a successful future in technology.
Before you leave, take time to think about what you have learned. Then, let’s focus on an action plan. We will give you time to consider these questions:
- What am I taking away?
- What can I share?
- What will I do?

3:45 FINAL CONVERSATION: Experts and attendees share advice.
This conversation allows everyone to share the best piece of career advice they have with the entire forum. What can you share? How did you gain this wisdom? What did the experience cost you? How did it help you grow? Help guide and inspire other women in the room.