

# WOMEN'S NETWORKING ASSOCIATION

SPRING SEMESTER 2016

**FREE and open to all! RSVP required.**

Please call (517) 353-1635 or email [wrc@msu.edu](mailto:wrc@msu.edu) (with "Networking" in the subject line).

## Wednesday, January 27, 2016: "Night On the Town with the Women's Networking Association"

5:15PM—9:00PM, Brody Hall, Room 221 (2nd floor) & Breslin Center. Socialize and network with professional women at Michigan State University, enjoy dinner at Brody Hall and cheer on the MSU Women's Basketball team vs. Purdue University during this evening on us. Space is limited. Registration is **required by January 22, 2016** to the MSU Women's Resource Center via email: [wrc@msu.edu](mailto:wrc@msu.edu) or via phone: 517-353-1635.

## Wednesday, February 24, 2016: "Strategically Bold: Overcoming Limits and Barriers"

Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), **Chittenden Hall, Room 110**. This seminar will teach participants to reprogram their thinking from complacency and coping to dynamic and daring! The strategies, which will be described and practiced, are a culmination of presenter, Regina Carey's, work as a learning specialist, educational consultant, and Empowerment Coach. From posture to purpose, participants will learn techniques for overcoming the "Imposter Syndrome" and gaining confidence and respect in the workplace.

## Wednesday, March 23, 2016: "WorkLife Balance: Fantasy or Reality?"

Choose one of two sessions 8:30AM—10:00AM, **Chittenden Hall, Room 110** OR 3:30PM—5:00PM, **MSU Union**, Mosaic: Multicultural Unity Center (2nd floor). As professional women, life can blend into work and work can overlap with life, sometimes in ways that make us feel unbalanced. Join us for an honest discussion with the new Executive Director of the MSU WorkLife Office, Dr. Barbara Roberts. Leave with tips for success and a better understanding of how to strike a "balance" that will work for you.

## Wednesday, April 27, 2016: "Communication & Conflict Resolution"

Choose one of two sessions 8:30AM—10:00AM, **Chittenden Hall, Room 110** OR 3:30PM—5:00PM, **MSU Union**, Mosaic: Multicultural Unity Center (2nd floor). Have you ever experienced a breakdown in communication at work? At home? Both? Miscommunication and gender bias in communication can be major causes for conflict in the workplace. Dr. William Donohue, MSU Department of Communication, will provide tips and skills for successfully communicating and resolving conflicts at work to help you be a leader in positive and effective communication.

*The mission of the Women's Networking Association (WNA) is to connect professional women across campus through meaningful and empowering relationships. Providing an opportunity for women to network and support one another is an essential step for building women's leadership at Michigan State University and in the Greater Lansing community.*



Women's Networking Association

Accommodations for persons with disabilities may be requested by contacting the WRC at 517-353-1635. Requests received will be honored whenever possible.

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