



UWHEN Leadership Conference 2024 Utah Valley University

- **8:00 AM - 8:30 AM : Check in & Breakfast (Ballroom Commons, Student Center)**
- **8:15 AM - 8:25 AM: UVU Green Man Group Performance in Ballroom**
- **8:30 AM - 9:45 AM: Welcome General Session (Grande Ballroom, Student Center)**
 - *Welcome: Violeta Vasilevska, UWHEN—UVU Chapter President*
 - *Video Remarks from Astrid Tuminez, UVU President*
 - *State of the UWHEN: Tasha Toy, UWHEN President*
 - *Unleash Your Potential: Tasha Toy*
 - Prepare to be inspired as we unlock the transformative power of active listening. Discover how this essential skill can amplify your leadership abilities, strengthen your professional relationships, and pave the way for success in academia and beyond.
- **10:00 AM - 10:50 AM: Breakout Sessions (5 Sessions to Choose From)**
 - 206 A
 - Justine Gamble (UVU), *Working Mothers Conference: A Case Study*
 - In November 2022, Utah Valley University hosted its first Working Mothers Conference to begin the conversation around the social, religious, and familial pressures that working women in Utah face. The conference included keynote speakers, breakout sessions, and support groups on topics such as aspirational shame, setting healthy work boundaries, family-friendly leadership, maternal health, and more. This session would discuss the benefits of such events, the process of organizing them, and the potential state-wide partnerships and expansions.
 - 206 B
 - Beka Grulich (UVU), *Setting Healthy Work Boundaries*
 - Based on the book *Set Boundaries, Find Peace* - a guide to reclaiming yourself by Nedra Glover Tawwab, participants will be able to identify areas that they need to set a boundaries, discuss why they are over capacity and complete a self inventory to lead to setting healthy boundaries at work.

- 206 C
 - Richelle Andersen (UVU), *EmpowerHer Salary: Negotiation Theory*
 - Historically, fewer women than men negotiate for a higher salary at the time of being hired or during an annual review process. Join us to explore practical tips for navigating the intimidating world of salary negotiation including an introduction of negotiation theory. Through interactive discussion and role play, participants will gain insight into strategies to prepare for these important conversations.
- Centre Stage
 - Susan Madsen (USU), *A Bolder Way Forward: Next Steps in Moving Forward on Campuses*
 - Utah continues to have high levels of domestic violence, sexual assault, child sexual abuse, and gender-based discrimination, while also ranking as the worst state for women's equality and having low levels of women's leadership representation in nearly all domains. The Utah Women & Leadership Project and hundreds of organizations in Utah have partnered to launch and start moving a 7-year initiative titled A Bolder Way Forward that is built on a systems-thinking framework and research about change movements. Utah institutions of higher education can become powerful entities to propel this movement and positive change within the state. In this session, we will help attendees catch up on what has happened thus far in a BWF and catch the vision of next steps to move things forward. We will discuss ways this initiative can impact women in higher education as well, and there will be ample time for questions and small group discussions.
- 208
 - UWHEN Networking Room
 - Enjoy the opportunity to mingle and network informally with peers from across the state during this open networking time. Light snacks available.
- **11:00 AM - 12:30 PM: Lunch (Grande Ballroom, Student Center)**
 - **11:30 AM-12:20 PM: Virtual Keynote**
 - Marjorie Hass, President Council of Independent Colleges
 - Marjorie Hass is a philosopher, leader, award-winning teacher, mentor, author, and an influential thinker in independent higher education. She has led the Council of Independent Colleges since 2021. Hass is inspired by CIC's impact on hundreds of member institutions and the more than two million students they serve. She is the author of *A Leadership Guide for Women in Higher Education*. Insightful and relevant, Hass combines first-hand

leadership experience with data-informed analysis. She has a deep understanding of the challenges presidents face and compassion and admiration for the work they and other campus leaders do.

- **12:45 PM - 1:35 PM: Breakout Sessions (5 Sessions to Choose From)**

- 206 A

- Ali Threet (Utah Tech), *Cultivating Abundance: A Workshop on Embracing an Abundance Mindset for Personal and Professional Growth*

- In this engaging and informative session, participants will delve into the intriguing concept of a spirit of abundance and its profound implications for mental health and human flourishing. Through theoretical insights and practical examples, attendees will explore how cultivating an abundance mindset can lead to increased resilience, collaboration, and personal fulfillment. Drawing from renowned works such as Covey's "The 7 Habits of Highly Effective People" and Fredrickson's broaden-and-build theory, participants will gain a deeper understanding of the power of positive emotions and interdependence in promoting well-being. Additionally, the session will feature original research conducted by Ali Threet, Assistant Vice President, and Dean of Students at Utah Tech University. By the end of the session, attendees will be equipped with practical strategies for embracing abundance in their lives and fostering a culture of growth and positivity in their communities.

- 206 B

- Tammy Nguyen (WSU), *Jumping for Joy: What skydiving has taught me about myself and how I carry this into the work I do.*

- Many of us experience challenging times in our lives. When we overcome those challenges, we continue to learn more about ourselves. This session focuses on how skydiving changed everything for me (for the better) and how I built confidence in myself, overcame imposter syndrome, utilized the skills from skydiving and incorporated it into my work, and moved from surviving to thriving.

- 206 C

- Marcy Hehnly, Tiana Wynn, & Havalah Roberts (UVU), *Cultivating Confidence: Mentorship and Mental Resilience in Women*

- This session explores the dynamics of mentorship in academia, with a focus on symbiotic faculty-student relationships and how the benefits of these efforts spill over into the community. The presentation will emphasize the impact of mentorship initiatives on enhancing student retention and degree completion rates, particularly among female students. It concludes by examining

how women can “Lift, Inspire, Focus and Empower” other women through community initiatives and support of one another.

- Centre Stage
 - Stephaine Santarosa (U of U), *What's Really Going On? Leadership Insights using the Authentic Action Wheel*
 - As leaders we are often confronted with complicated problems and need to make decisions about how to address them. The Authentic Action Wheel (Terry, 1993) can help us understand the nuances of a situation and choose the most fitting response. In this session, participants will be introduced to Authentic Leadership theory and given a chance to explore what is really, really going on by analyzing a practical, real-life example they are currently facing in the workplace...or outside it!
- 208
 - UWHEN Networking Room
 - Enjoy the opportunity to mingle and network informally with peers from across the state during this open networking time. Light snacks available.
- **1:45 PM - 2:35 PM: Breakout Sessions (5 Sessions to Choose From)**
 - 206 A
 - Stephanie Speicher (WSU), *Amplifying Voices: Leveraging Digital Tools for Professional Growth and Connection*
 - In this interactive workshop, attendees will experience the transformative power of digital storytelling as a tool for empowerment and professional growth. Through hands-on activities and discussions, attendees will discover the potential of digital platforms to amplify their voices, share their journeys, and connect with others in meaningful ways. From crafting compelling narratives to navigating various online channels, this session will equip women in higher education with the skills and confidence to leverage digital tools effectively in their professional endeavors. Whether aiming to showcase achievements, advocate for change, or build new connections, attendees will leave with actionable insights and strategies to shape their digital presence and propel their careers forward.
 - 206 B
 - Anne Arendt (UVU), *Charting New Paths: Curiosity and Action for Women and the Marginalized*
 - In this conference presentation, we delve into the pivotal role of curiosity and action for women and marginalized individuals in making change for themselves and the world around them. We explore how curiosity serves as a catalyst for empowerment,

encouraging us to bypass restraining norms and challenge limitations. Through reflection on internalized biases and the importance of taking initiative, attendees will leave equipped with practical tools to navigate their paths with curiosity-driven action. Ultimately, we aim to inspire a shift towards empowered, curious living for all who feel marginalized but have the potential to break through.

- 206 C
 - Jodi Chowen, Julie Rash, & Adrienne Chamberlain (BYU), *Mindset as a Common-Sense Approach to Leadership and Better Relationships*
 - Our mindset plays a major role in establishing trusting relationships with others. Drawing on the Arbinger Institute mindset principles, we will examine our own inward v. outward mindsets and learn how we may invite the very dysfunction that drives us crazy. We will discuss real-life scenarios which reveal how quickly we can move from one mindset to another. Attendees will leave with common-sense, application tools which will create better engagement, greater productivity, and foster more meaningful relationships along the way.
- 213 B
 - Stella Liechty (U of U), *Empowering Women in Higher Education through Service Design*
 - This presentation will explore the intersection of service design and women's empowerment in higher education. It starts with a brief look at the evolution of service roles and introduces service design principles such as design thinking and human-centered design. Through an interactive poll, we'll touch on the challenges women face in academia and suggest how service design can help overcome these barriers. The session aims to offer a foundational understanding of service design and spark ideas for applying it in everyday scenarios to support women's empowerment. Attendees will leave with a starting point for recognizing and initiating change.
- Centre Stage
 - Candida Mumford (SLCC), Ali Threet (Utah Tech), Sarah Westerberg (BYU), Heather Ogden (SUU), & Kate Gildea-Broderick (SLCC), *Deans United: A Panel Discussion with Women Dean of Students in Utah*
 - Have you ever wanted to advance into an administrative role, but you're not sure how to get there? This panel discussion will focus on the various experiences and perspectives of women Deans of Students from various institutions. The discussion will focus on strategies for career advancement, insights on how women can balance complex leadership and family responsibilities with self-care, and how to claim a seat at the table with confidence.

- **2:45 PM – 3:45 PM: Reception (Roots of Knowledge Gallery, Fulton Library)**
 - 3:15 p.m.-3:30 p.m.: UWHEN Awards Ceremony
 - Opening Remarks: Angela Belnap, UWHEN Awards Committee
 - Presentation of Awards
 - Brad Mortensen, President of Weber State University/UWHEN Presidential Sponsor
 - Tasha Toy, UWHEN President