Wise Women Rise!

The MSU Women’s Resource Center is proud to host its 2nd annual leadership conference intended for staff, faculty, and graduate students. This year’s conference, entitled “Harvesting Bold Possibilities: Wise Women Rise” will bring together a diverse group of women from across campus who are interested in gaining more perspective on what it means to rise through their employment and educational experiences at MSU. The conference, which will be held October 22, 2015 from 8:15AM—12:30PM at the Kellogg Hotel & Conference Center, will be a morning of empowering conversations that will allow women the opportunity to learn skills that recognize and push back against gender bias in its various forms in the workplace.

The featured keynote for the conference is Ms. Heather Hathaway Miranda. Heather is currently completing a doctorate in Policy Studies in Urban Education, Department of Education, University of Illinois at Chicago and received her Master’s in Child Development from Michigan State University.

Breakout sessions at the conference will include: Microaggressions in the Workplace (back by popular demand), Living Your Truth at Work, Wise Risk-Taking for You and Your Team, and Leading with Confidence. Each session is intended to assist women in navigating the terrain of the workplace whether it is in the classroom or office.

Registration for the conference is still open and in addition to the details above, the fee includes brunch and parking in the Kellogg Center parking ramp. Additionally, the Early Bird registration fee of $39.00 has been extended through Friday, October 2nd. Questions about the conference can be directed to the MSU Women’s Resource Center at: 517-353-1635 or by e-mailing the WRC at wrc@msu.edu. You can also register for the conference online at: http://www.wrc.msu.edu under the “Events” tab. Those wishing to pay using a MSU departmental account number will find the registration form on the website as well.

We hope to see you on Thursday, October 22nd at the Kellogg Hotel & Conference Center for the “Harvesting Bold Possibilities: Wise Women Rise” conference. The conference will begin promptly at 8:15AM and will end at 12:30PM allowing everyone to return to the workplace feeling more empowered in their roles at MSU!
The House of Promise/MSU LEAD Campaign
Lauren Dietz

On Tuesday, September 15, 2015, an informational meeting was held at the MSU Union Building to commence The House of Promise/MSU LEAD Campaign to fight human trafficking. A diverse group of students, Resident Assistants, staff, and community members were in attendance to receive more information about the MSU Women’s Resource Center’s newest campaign. With ranging levels of knowledge on the topic, the passionate attendees were willing to engage in conversation and ask questions regarding both human trafficking and The House of Promise; the MSU LEAD Campaign’s local benefiter. The House of Promise will serve as a holistic healing residence for women and girls who have escaped or who have been rescued from human trafficking in the Greater Lansing area.

The student staff of the MSU Women’s Resource Center, through the Student-Led Series, has developed The House of Promise/MSU LEAD Campaign to be a year-long effort in both raising awareness and funds for The House of Promise in the fight against human trafficking. Human trafficking, by definition, is the commercial practice of using human beings for labor or sex work (Polaris 2015). Human beings all around the world, including MSU and the Greater Lansing Area, are being bought and sold into the institution that is modern slavery. While many people remain oblivious to this fact, we as citizens of the United States are not free from this injustice. Michigan especially, with its proximity to waterways and its international border make it extremely susceptible for human trafficking in the United States (The Detroit News, 2013). Citizens from all backgrounds, ages, and genders are being stripped of their human rights and forced into this now estimated $150 billion industry of labor and or sex work.

Shari Montgomery, the founder and president of The House of Promise, was in attendance at the informational event and spoke to the crowd of interested students, staff, and community members about the dire need for a residential safe place in Lansing—the first of its kind in Michigan. Stressing how very serious the issue of human trafficking is in Greater Lansing and how badly these rescued victims need our support and assistance, Shari truly inspired the crowd. At this point in time, there are zero homes to provide shelter to victims once they’ve succeeded in escaping traffickers. Too often, Homeland Security calls Shari with newly rescued women and girls in search of a healing home, and there is nowhere to put them at this time. Unlike many state-funded shelters across the United States—in which victims are only housed for six months—The House of Promise will house and provide healing services for victims for a minimum of two years.

Kiana Elkins, a student aide at the MSU Women’s Resource Center, and an impassioned initiator of The House of Promise/MSU LEAD Campaign, followed Shari’s speech in providing a detailed information segment focusing on human trafficking both inside and outside of the United States. With some individuals sharing their immense knowledge on the subject, and some simply seeking the opportunity to learn more, many great conversations were had throughout the session.

The house itself has been chosen, and with roughly 100 acres of land to expand and grow upon, The House of Promise is guaranteed to make an immense impact on Lansing and its surrounding communities. Shari’s passion for her work and her confidence in the MSU LEAD Campaign reaching its fundraising goal to purchase The House of Promise undoubtedly inspired the crowd, and will surely contribute to the campaign’s success in the year to come.

For details about the Campaign, including the many challenges across MSU’s campus and community and how to donate and/or become involved, visit the MSU Women’s Resource Center’s website (under the “Human Trafficking” tab) to learn more.

It only takes one group of passionate people to start a chain reaction.

WHO WILL? SPARTANS WILL.

Sources:
http://www.polarisproject.org/human-trafficking/overview

Becky Barann
2015 MSU Student Employee of the Year
Lauren Dietz

At the time of her award, Becky Barann had been an office assistant in the James Madison Admissions Office since 2011. Her job involved aiding both the James Madison admissions advisor and recruitment coordinator in putting together events for prospective students, as well as handling registration set-ups, contacting students and faculty, and making sure mailings were sent out in a timely manner.

Being named the 2015 MSU Student Employee of the Year was truly a great honor for Becky. This award ranks among the top awards she had received during her time at Michigan State, although she says her nomination for this award was a complete surprise. She had no idea that her boss had even planned to nominate her. Upon hearing that she had been selected to receive the award, she was completely shocked. Becky knows there are so many people who work so hard on this campus and is still so honored to have been chosen as the one and only recipient. The award highlights all of the hard work she has done over her five years in her office.

During spring semester 2015, her biggest project was training the employee who would follow in her steps since she had been in her position for so long. She aimed to pass on as much information and guidance as possible while also organizing the office for her departure.

Becky graduated as a double major between accounting and social relations and policy here at MSU, and will be beginning a job with Plante Moran accounting firm this fall in their downtown Detroit office.

During her time at MSU, Becky was also a member of the Spartan Marching Band for her five years, and took on the role of President this past year. Before she was elected as President, there had not been a female band president in a very long time. Being in charge of organizing so much for the Spartan Marching Band and training the freshmen was a very rewarding and cool experience for Becky.

Becky's approach to any job is simply to work very hard to make sure that she does not fall behind on deadlines. She recommends asking for due dates on all projects, big or small, so that your failure to meet a deadline does not negatively impact a coworker or boss. She believes that the biggest key to any job is communication. Being professional and timely in all communication with a boss or coworker is essential.

October 2015

STOP HUMAN TRAFFICKING
WHO WILL? SPARTANS WILL.
Meet Nancy Allen
Kiana Elkins

“Building an active lifestyle doesn’t have to feel like work.”

Nancy Allen, a Spartan alum, is the Health Promotion Services Coordinator at MSU and oversees Health4U, previously known as HealthyU. She is an accomplished Health Education Specialist with an undergraduate degree in what is now known as Clinical Laboratory Sciences from Michigan State University, and also holds a Master’s degree in Public Health Education from Central Michigan University. After graduating from Michigan State University, Allen had the opportunity to intern at Sparrow Hospital as a medical technician for five years. She found her time there enjoyable and came to realize that what she liked most was interacting with patients. Realizing she had a passion for working with people, she pursued her Master’s degree in Health Education. After completing her degree, she went on to administer placements at the Michigan Department of Community Health and Clinton Memorial Hospital before working for the Ingham County Health Department for five years. In 1985, Allen became the Director for Health Education Services at MSU, a position she held for 20 years.

In her current position, Allen’s philosophy is to have fun while getting healthy. She learned early on that you can’t force people to be healthy, but you have to work with them to develop a plan that’s right for them. This was something she learned while working with senior citizens and high risk adolescents 12-18 years old. While at the Michigan Department of Community Health, she worked in the first Health Promotion Office at a state level health department in the United States. As a member of the “inaugural group” of Health Educators in Michigan, she was able to establish many great clinics and programs. She was on the team that helped establish Willow Plaza, an adolescent health clinic near downtown Lansing. She also worked with the Family Planning Clinic to establish the first program for at-risk adolescents, teaching them how to take care of themselves including how to prevent unwanted pregnancy.

In her role as coordinator for Health4U, Nancy Allen develops health and wellness programs for faculty and staff at MSU. She takes the approach of building plans for people by looking at where each person is coming from. Each plan can be different based on the age of the person, income, family status and other important factors unique to them. She encourages people to look at their environment to see what can be changed to help support their choices. Nancy recognizes that women are typically more interested in the entire family’s health and works to make health education and wellness something the whole family can partake in and have fun doing.

The WRC recognizes and applauds the work that Nancy and her team are doing at MSU. For more information about Health4U, please view health4u.msu.edu.

WRC Staff: Lydia Weiss, Interim Director; Audrey C. Smith, Office Manager; Evette Chavez, Editorial/Administrative Assistant; Cynthia Cotton, Professional Assistant. WRC Students: Megdelawit Abebe, Lauren Dietz and Kiana Elkins, Department Aides. WRC Intern: Maggie Chesbrough.

Women’s Networking Association
*Fall Semester @ A Glance*
FREE and open to all! RSVP required.
Please call (517) 353-1635 or email wrc@msu.edu (with “Networking” in the subject line).

“You Define You” - Wednesday, October 21, 2015. Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Chittenden Hall, Room 110. Often, women find themselves being defined by other people who weigh them down and stifle their creativity and professional aspirations. Presenter, Brenda Nelson, M.A., MSU Division of Residential and Hospitality Services, will encourage participants to find their greatness, whatever that might be and whatever field they are in, to free themselves from labels that do not accurately apply to them in their workplaces, homes and communities. At the conclusion of this skill-building workshop, participants will understand their worth and value in order to more effectively and authentically achieve their goals.

“Microaggressions in the Workplace” - Wednesday, November 18, 2015. Choose one of two sessions (8:30AM—10:00AM OR 3:30PM—5:00PM), Chittenden Hall, Room 110. This seminar will explore the concept of microaggressions in the workplace. Of particular focus are the raced and gendered assaults that women covertly and overtly experience by peers, which cause undue emotional, physical and psychological stress to their daily work lives. Participants will explore strategies for negotiating and resisting these aggressions against their identity and working with colleagues to achieve more culturally inclusive work environments. Presented by Dr. Dorinda Carter Andrews, Teacher Education, MSU College of Education.

“Panel & Evening of Networking” - Wednesday, December 9, 2015. Networking and refreshments begin at 4:30PM, panel begins at 5:15PM, Four Seasons Room, James B. Henry Center for Executive Development (3535 Forest Road, Lansing, MI). Join the Women’s Networking Association for an evening of networking, refreshments and a panel with some of Michigan State University’s most successful and inspiring women. Panelists to be announced. Limited space available. RSVP by Friday, December 4, 2015.

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.
Thursday, October 1, 2015: Budgeting: Thriving By 35. 6:00PM—7:00PM, MSU Federal Credit Union – Farm Lane Branch, Community Room, 4825 E. Mt. Hope Road, East Lansing, MI. Learn how to save and also have money for a social life. More importantly, learn tips about having a budget that works while you’re focused on paying off student loan debt, car loans, raising a family, etc. Presented by GreenPath Debt Solutions. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.

Friday, October 2, 2015: WILD Leadership Development Program, Leadership 101. 3:00PM—4:00PM, MSU Union Building, Lake Ontario Room (3rd floor). Join the Women’s Initiative for Leadership Development (WILD) for an introductory session about leadership! To register, email wrc@msu.edu or call 517-353-1635.

Friday, October 2, 2015: MSU Homecoming Parade. 6:00PM. The parade begins at the Hannah Community Center.

Wednesday, October 7, 2015: She’s Got It: A Woman’s Guide to Investing. 12:00ON—1:30PM, MSU Union Building, Lake Superior Room (3rd Floor). Join us for a revealing trip through successful investing and saving strategies developed especially for you. Your money shouldn’t be sitting around doing nothing—and at this workshop, you won’t be either. Lunch provided—arrive early to check-in and collect your lunch. RSVP to 1-800-732-8353 or at http://wrc.msu.edu (under the “Events” tab). See page 6 for additional details and co-sponsors.

Wednesday, October 7, 2015: How to Avoid Common Pitfalls of Estate Planning. 6:00PM—7:00PM, MSU Federal Credit Union – Farm Lane Branch, Community Room, 4825 E. Mt. Hope Road, East Lansing, MI. Confusion about common estate planning documents and concepts, often lead to people paying for legal documents that may not fit their needs. In this presentation, you will have the opportunity to learn why some people may need living trusts, but others may not. You will learn about the “death tax” and whether it applies to you, and how other taxes, including income taxes and capital gains taxes impact the type of estate planning documents that may make sense for you. You will also understand the kinds of documents that can be put in place so that decisions can be made for you if you become incompetent. Presented by Attorney Michelle Lane, Chalgian & Tripp Law Offices. To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.

Thursday, October 8, 2015: She’s Got It: A Woman’s Guide to Investing. 8:30AM—10:00AM, MSU Union Building, Lake Superior Room (3rd Floor). Join us for a revealing trip through successful investing and saving strategies developed especially for you. Your money shouldn’t be sitting around doing nothing—and at this workshop, you won’t be either. Breakfast provided—arrive early to check-in and collect your breakfast. RSVP to 1-800-732-8353 or at http://wrc.msu.edu (under the “Events” tab). See page 6 for additional details and co-sponsors.

Thursday, October 8, 2015: Money at Work 2: Sharpening Investment Skills. 12:00ON—1:00PM, MSU Union Building, Lake Superior Room. Join us as we hone our investing and portfolio management knowledge to help you build a healthy retirement. Lunch provided—arrive early to check-in and collect your breakfast. RSVP to 1-800-732-8353 or at http://wrc.msu.edu (under the “Events” tab). See page 6 for additional details and co-sponsors.

Thursday, October 8, 2015: She’s Got It: A Woman’s Guide to Investing. 8:00PM—9:00PM, Kellogg Hotel & Conference Center Auditorium. Join us for a FREE screening of the newly released film The Mask You Live In, from the creators of Miss Representation. The film offers a critical view of masculinity, the harm of telling boys to “man-up” and the benefits of creating alternative opportunities for men to express themselves. The screening will be followed by a discussion/Q&A led by MSU and community panelists. Co-sponsored by MSU Women’s Resource Center, WRC Men’s Advisory Council, Employee Assistance Program/Health4U, Center for Gender in Global Context, MSU Family Resource Center, LBGT Resource Center, Good Girl Radio, Office for Inclusion and Intercultural Initiatives and Project 60/50. This film screening is part of the Gender & Its Intersections series.

Wednesday, October 13, 2015: Free Screening of The Mask You Live In & Panel Discussion. 6:30PM—9:00PM, Kellogg Hotel & Conference Center Auditorium. Join us for a FREE screening of the newly released film The Mask You Live In, from the creators of Miss Representation. The film offers a critical view of masculinity, the harm of telling boys to “man-up” and the benefits of creating alternative opportunities for men to express themselves. The screening will be followed by a discussion/Q&A led by MSU and community panelists. Co-sponsored by MSU Women’s Resource Center, WRC Men’s Advisory Council, Employee Assistance Program/Health4U, Center for Gender in Global Context, MSU Family Resource Center, LBGT Resource Center, Good Girl Radio, Office for Inclusion and Intercultural Initiatives and Project 60/50. This film screening is part of the Gender & Its Intersections series.

Thursday, October 22, 2015: Turn Your Hobby In To A Business. 6:00PM—7:00PM, MSU Federal Credit Union – Farm Lane Branch Community Room, 4825 E. Mt. Hope Road, East Lansing, MI. Do you have a hobby that you love and invest significant amounts of time or money into? It could be jewelry making, playing guitar, or photography. Attend this seminar and find out how you can start a business and generate some extra income from your hobby, or even turn it in to a full time career. Presented by Laurie Lonsdorf, Small Business Development Center (SBDC). To RSVP, sign up at MSUFCU.org, e-mail pday@msufcu.org or phone 517-664-7725. Co-sponsored by MSU Federal Credit Union and MSU Women’s Resource Center.
In Memoriam—Ms. Olga Olowolafe

May 4, 1957—September 18, 2015. The MSU Women’s Resource Center and the Women’s Initiative for Leadership Development (WILD) would like to honor the life and legacy of Ms. Olga Olowolafe. Olga was a dear friend of the Center and a passionate champion for women’s leadership at Michigan State University. Olga was employed by MSU for 36 years in various roles, most recently as an administrator in the Department of Pediatrics and Human Development in the College of Human Medicine. Olga also served as a staff advisor to WILD and helped the organization foster leadership development across campus. Past WILD Co-Chair, Janisse Martinez said, “WILD would not have been the same without her loving spirit and support.” Past WILD Graduate Student Advisor, Emily Nichols said, “Olga was always kind and brought a wonderful spirit to WILD.” Olga’s passion and kindness will be remembered and her legacy will continue to enrich the lives of many on campus and in the community. The WRC would like to send our love to Olga’s family and loved ones.

Events & Resources

Friday, October 23, 2015: Deadline for “Inspirational Woman of the Year” Award Nominations. For additional information and nomination materials, visit: http://wrc.msu.edu under the “Announcements” page.

Tuesday, October 27, 2015: Academic Women’s Forum. 3:30PM—5:00PM, MSU Union, Lake Ontario Room (3rd floor). All woman-identified academics are invited to participate in the bi-weekly Academic Women’s Forum. The forum has been created to provide safe-space for women-identified academics to come together, build community, and discuss issues that are relevant to their success at MSU. RSVP by emailing Health4U@msu.edu.

Tuesday, October 27, 2015: Spartan Student Success II: Preparing for Your Future After Graduation. 6:30PM—8:30PM, MSU Union Building, Lake Ontario Room (3rd Floor). Hosted by the MSU Women’s Resource Center’s student staff. See page 13 for details.

Wednesday, October 28, 2015: What is Trans”? Workshop. 12:00PM—1:00PM, MSU Union Building, Lake Ontario Room (3rd Floor). Leave your “PC” at the door for this interactive workshop. Transgender and gender diversity is a hot topic in today’s media, but are you feeling more confused than ever? Join the MSU Women’s Resource Center for an open and honest conversation where you can candidly ask your questions in a safe environment. This session is intended for folks who are interested in learning about terms and concepts such as “transgender,” “transsexual,” “genderqueer,” “gender nonconforming,” etc., with the intent of supporting colleagues, staff and students. Presenters: Dee Hurlbert & Alex Lange, MSU LBGT Resource Center. RSVP to wrc@msu.edu or 517-353-1635.

Thursday, October 29, 2015: Fine Over 50: Finding Your Worthiness. 12:00PM—1:00PM, MSU Union Building, Lake Ontario Room (3rd Floor). Do you respond to “How are you today?” with a big, flat “Fine”? This EMPOWERMENT session, specifically for women, teaches 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 Reg Carey’s work as a learning specialist, educational consultant, and ADD Coach. From posture to purpose, we will cover our 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 Reg Carey’s work as a learning specialist, educational consultant, and ADD Coach. From posture to purpose, we will cover our thinking head to toe! Participants will be challenged to put ONE THING learned into practice for the duration of the workshop and into their everyday lives. The best way to learn something is to teach it, and all participants will leave ready to teach! “Come on down! You’re the next contestant on YOUR LIFE!” Make it meaningful RSVP to wrc@msu.edu or 517-353-1635.

SEAL—Tots
Preschool Program for 2-to 5-Year Olds

Successfully Engaging All Learners (SEAL) - Tots provides resources to encourage thinking and creating for younger ages 2-5. Through play, music, and movement young visitors, along with their parents, teachers and caregivers, can explore the museum environment.

The MSU Museum is dedicated to all engaging visitors in powerful and exciting learning experiences, and SEAL - Tots provides a way for the museum to come alive. Museums are a place of awe and wonder, and this program sets the stage for children to develop skills they need as learners, to observe, explore, analyze, interact and communicate.

Self-guided (free): Caregivers can borrow activity backpacks filled with hands-on learning and creative activities to complete at various stops throughout the museum. The activities provide important sensory and interactive experiences for young learners.

Guided program (free): Programs last about an hour and feature the activity backpacks with additional group activities at the MSU Museum at 10:00 AM on the following Thursdays:

October 1 @ 10:00AM  
Feathers & Fur—Discover many animals in our museum!

October 15 @ 10:00AM  
What a Change! - Explore changes that have occurred over time.

October 29 @ 10:00AM  
What Are You Wearing? - Learn about clothing from around the world.

November 12 @ 10:00AM  
Hold It! Explore different containers to hold.

December 3 @ 10:00AM  
Neat Feet—Learn about amazing feet!

Preschool workshop for visitors ages 2-5.
Workshops are limited to 10 children. One caregiver per child (or children, if in same family) should attend with the child.

For more information and to register,  
e-mail: sealtots@msu.edu

October 2015

"Advancing gender equity through education and access to resources"  
Gender Matters!
Events & Resources

“MONEY DOESN’T GROW ON TREES
But its roots are in good decisions.”

A TIAA-CREF Financial Essentials Workshop
She’s Got It:
A Woman’s Guide to Saving and Investing

For early and mid-career women.
Join us for a revealing trip through successful investing and saving strategies developed especially for you. Your money shouldn’t be sitting around doing nothing—and at this workshop, you won’t be either.

**Join us on Wednesday, October 7, 2015
12:00N—1:30PM (Lunch Provided)**
**Check-In begins at 11:30AM**
MSU Union, Lake Superior Room (3rd Floor)

**Or**

**Join us on Thursday, October 8, 2015
8:30AM—10:00AM (Breakfast Provided)**
**Check-In begins at 8:00AM**
MSU Union, Lake Superior Room (3rd Floor)

Join us as we share experiences, develop new investing skills, and bring retirement into focus.

FREE WORKSHOP and lunch or breakfast will be provided! Arrive early to sign in and get lunch or breakfast depending on which day you choose to attend!

Save your spot today!
RSVP by calling 1-800-732-8353
Monday—Friday, 8:00AM—8:00PM (EST)
Or go to http://wrc.msu.edu
(under the “Events” tab).


“MONEY DOESN’T GROW ON TREES
But its roots are in good decisions.”

A TIAA-CREF Financial Essentials Workshop
Money at Work 2:
Sharpening Investment Skills

For women of all ages.
Join us as we hone our investing and portfolio management knowledge to help you build a healthy retirement.

**Join us on Thursday, October 8, 2015
12:00N—1:30PM (Lunch Provided)**
**Check-In begins at 11:30AM**
MSU Union, Lake Superior Room (3rd Floor)

FREE WORKSHOP and lunch will be provided! Arrive early to sign in and get lunch.

Save your spot today!
RSVP by calling 1-800-732-8353
Monday—Friday, 8:00AM—8:00PM (EST)
Or go to http://wrc.msu.edu
(under the “Events” tab).


MSU PARADE!
Friday, October 2, 2015
6:00PM
The parade begins at the Hannah Community Center and travels down Abbot to Grand River and into campus at the Collingwood Entrance. Enjoy the MSU Spartan Marching Band, and much more!

October 2015
LEADERSHIP DEVELOPMENT PROGRAM

Women’s Initiative for Leadership Development (WILD)

Leadership Training Seminars

The Program is free and open to all Michigan State University students and will equip participants with tools for advancing their leadership abilities in a hands-on and peer supported environment.

LEADERSHIP 101: Friday, October 2, 2015 3:00PM—4:00PM, MSU Union Building, Lake Superior Room (3rd floor)

Learn the best tips and tricks for leadership success, whether you’re a seasoned leader or just getting started. Presented by Sara Olsztyn, Community Director, Akers Hall, MSU East Neighborhood.

TIME MANAGEMENT: Friday, November 6, 2015 3:00PM—4:00PM, MSU Union Building, Lake Ontario Room (3rd floor)

Leaders have many commitments to juggle. This session will help you learn to maximize your time and organize your schedule in the way that works best for you. Presented by the MSU Learning Resource Center.

OVERCOMING PERFECTIONISM: Friday, December 4, 2015 3:00PM—4:00PM, MSU Union Building, MOSAIC: Multicultural Unity Center (2nd floor)

Striving for perfection in academic work, leadership roles and your personal life can sometimes hold you back from achieving your full potential. This session will provide strategies for overcoming the unrealistic desire for perfection. Presented by Lisa Laughman, Emotional Wellness Consultant.

All sessions are FREE & OPEN TO ALL. RSVP to wrs@msu.edu (with “Leadership” in the subject line) or 517-353-1635.

Contact:
Phone: 517-353-1635
Web: http://wrc.msu.edu/studentgroups/index.html
Email: wrc@msu.edu

The VISION of WILD is to connect, inspire and prepare the women [students] of Michigan State University to become leaders on our campus, in our communities and for our world. The MISSION of WILD is to embolden women to achieve their full leadership potential by creating a supportive environment where women leaders can thrive with confidence. WILD assists to help students develop a vision and implement strategies to become the leaders of tomorrow.
Join us for a FREE screening of the newly released film *The Mask You Live In*, from the creators of *Miss Representation*. The film offers a critical view of masculinity, the harm of telling boys to "man-up" and the benefits of creating alternative opportunities for men to express themselves. The screening will be followed by a discussion/Q&A led by MSU and community panelists.

Questions, contact the MSU Women’s Resource Center at 517-353-1635 or wrc@msu.edu.

Co-sponsors of this event include: MSU Women’s Resource Center, WRC Men’s Advisory Council, Employee Assistance Program & Health 4 U, Center for Gender in Global Context, MSU Family Resource Center, LBGT Resource Center, Good Girl Radio, Office for Inclusion and Intercultural Initiatives & Project 60/50.

Panelists Include:

- **Jeremy Orr**—MSU Alum and former Spartan athlete, Executive Director, Mid-Michigan Environmental Action Council
- **Ignacio Andrade**—Office for Inclusion & Intercultural Initiatives, Michigan State University
- **Jeffrey Kovan**—Director of Sports Medicine, Michigan State University
- **Rashad Timmons**—MSU Senior, School of Journalism
- **Erich Pitcher**—MSU Doctoral Candidate, Higher Adult and Lifelong Education (HALE)

**Moderator:** Rick Shafer—Student Life, Michigan State University
Register Now!

Harvesting Bold Possibilities: Wise Women Rise

Join the MSU Women’s Resource Center for a morning of empowerment and restorative discussion aimed at improving the work environment for women faculty, staff and graduate students at Michigan State University while learning skills that recognize and push back against gender bias in its various forms and settings.

Thursday, October 22, 2015, 8:15AM—12:30PM
Kellogg Hotel & Conference Center—219 S. Harrison Road, East Lansing, MI

Keynote Speaker: Heather Hathaway Miranda, Department of Education, University of Illinois at Chicago.

Workshop Topics: Living Your Truth at Work—presented by Ms. Bellinda Thurston, Owner, Just B Yoga ■ Wise Risk-Taking for You and Your Team—presented by Ms. Jan Urban-Lurain, President, Spectra Data & Research, Inc. ■ Leading with Confidence—presented by Dr. Cheri Declercq, Assistant Dean for MBA Programs, MSU Eli Broad College of Business ■ Microaggressions in the Workplace—presented by Dr. Isis Settles, MSU Department of Psychology.

Registration Fee (includes brunch and parking in the Kellogg ramp): Early bird registration—$39 per person (Ends October 2); $59 per person after October 2.
**First 30 registrants entered into a gift drawing (valued at $100)**

Questions, contact the MSU Women’s Resource Center at:
517-353-1635 or wrc@msu.edu.

REGISTER @: http://wrc.msu.edu under “Events” tab.

Online registration closes Friday, October 16, 2015.

Accommodations for persons with disabilities may be requested by contacting the WRC at 517-353-1635. Requests will be honored whenever possible.
The MSU Women’s Resource Center is proud to announce a call for nominations for the Inspirational Woman of the Year Award. If you know an inspirational woman you believe should be recognized for her commitment to Michigan State University and the community, we encourage you to nominate her for this prestigious award.

The Award:

The Inspirational Woman of the Year Award recognizes the achievements of women staff and faculty affiliated with Michigan State University (including main campus and all off-site and satellite campuses). The award highlights woman-identified individuals who demonstrate integrity, leadership, quality performance, integrative and inclusive action, and influence on campus and in the community. The goal is to elevate and advance MSU’s culture of appreciation for the courageous and empowering work of the women change agents at MSU. Three individuals will be honored—one in each nomination category as outlined below. Recipients of the Inspirational Woman of the Year Award will be recognized in March 2016.

Nomination Process:

Nominations may be submitted by staff, faculty and students who work closely with their nominee and can address the achievements, impact and performance of the nominee. Each nomination packet must include the “Entry Form”, Letter of Nomination, 2 Letters of Support from coworkers, colleagues, or others who work closely with the nominee and can address the nominee’s qualifications as outlined in the letter of nomination, Nominee Resume/CV, and any other supporting documents (optional).

The Letter of Nomination must address the nominee’s qualifications, the nominator’s relationship with the nominee (coworker, supervisor, etc.), and an explanation of how the nominee fits one of the categories of nomination and all criteria outlined below.

Deadline for nominations: Friday, October 23, 2015

Submission process: Nomination packets can be obtained from the MSU Women’s Resource Center website at: http://wrc.msu.edu. Submit nomination packet as a PDF to the MSU Women’s Resource Center at wrc@msu.edu or via mail to: MSU Women’s Resource Center, ATTN: Lydia Weiss, 49 Abbot Road, 332 Union Building, East Lansing, MI 48824-1029.

The mission of the MSU Student Food Bank is to provide supplemental food and necessities to MSU students and their families who are in need of this type of support.

Eligible students can receive canned vegetables, fruits and soup; pastas; cereal; rice and other items as they become available.**
Save The Date!

Human Trafficking: A Closer Look
October 15th and 16th (Two Day Conference)
Royal Dearborn Hotel & Convention Center, Dearborn, MI

There are more slaves in the world today than at any other point in human history, with an estimated 27 million people in bondage across the globe. Trafficking in persons is estimated to be one of the top grossing criminal industries in the world today and unfortunately these figures also reflect the reality that Michigan is a source, destination and transit state that has victims, U.S. citizens and foreign nationals, who are trapped in forced labor and sexual exploitation. This conference is focused on both the realities of identified cases of trafficking but more importantly on successful strategies in combating trafficking as well as supporting prosecution and how to best support those who are victims. The Michigan Human Trafficking Task Force, sponsor of the Conference, is over 90 agencies strong focusing on the collaborative efforts of law enforcement, prosecution, courts, victim service providers, community members, faith based groups, medical and therapy representations, businesses, etc. who operate under a shared vision, expertise, open communication and a means to implement and sustain this effort. All interested parties will benefit from the number of national and state experts who will be on the agenda examining what needs to be done to prevent and provide impetus for improvement addressing the issues in this heinous crime to children, women, and men.

The cost of this conference is $125.00 and covers breakfast and lunch both days and your conference materials. There is no fee for prosecutor based victim advocates, sheriff based victim advocates, prosecutors or assistant prosecutors. Cancellations made within one week of the conference will not be refunded. You may send someone else in your stead if you contact us and let us know in writing to: Kirstyne Parker - parkerk6@michigan.gov

Please contact Roberta J. Haney-Jones, PAAM Victim Rights Program Director at haneyjonesr@michigan.gov or Jane White at jane.white@ssc.msu.edu if you have any questions about this conference. If you need to book a hotel room at a reduced rate you will have the link to the hotel registration on your confirmation.

REGISTRATION: www.michiganprosecutor.org
Michigan Human Trafficking Task Force Facebook: www.humantrafficking.msu.edu/

For all involved in the anti-trafficking movement, including law enforcement, NGO’s, community members, Prosecutors, Probation and Parole agents, faith based groups, College and University faculty and students, health care workers, code enforcement, service clubs, survivors, etc. Over 50 speakers who are experts in their respective fields will be identifying strategies in identifying, prosecuting, and supporting victims to become survivors.
Executive Leadership for Women: Strategies to Enhance Success

According to a Catalyst study, while women represent 51.4% of management positions, they currently hold only 4.6% of Fortune 500 CEO positions. Michigan State University and the Broad College of Business have developed Executive Leadership for Women: Strategies to Enhance Success to help emerging women leaders develop their skillset to serve in these higher level organizational roles.

Consider attending the sixth annual Executive Leadership for Women: Strategies to Enhance Success to be held September 16-17 and October 6-7, 2015. Key learning outcomes of this program:

- Find your executive voice while gaining an understanding of real and perceived gender differences in workplace communication
- Create a personal brand and message and apply it to relationships inside and outside of your organization
- Apply the skills of exceptional leadership up, down, and across your organization
- Build a personal and professional network to help ensure career success
- Effectively negotiate deals that create lasting value for yourself and your organization

Nearly half the women who have attended Executive Leadership for Women advance their career within the first year after participating in the program. To learn more - please visit us online at https://edp.broad.msu.edu.

Research shows that companies with a higher percentage of women in top management also experience a higher return on equity and return on sales. Nominate a woman in your organization to attend or attend yourself. This program is limited to 40 participants and will sell out - apply today!

Who Should Attend:

This program is designed for high-potential female business professionals with generally 8-18 years’ experience.

Contact:

Kristin St. Marie
stmarie@broad.msu.edu
517-353-8711 x71005 or 800-356-5705

Cost:

$3,295.00—full tuition (includes materials, assessments, meals and graduation plaque).

The Henry Center for Executive Development

Courageous Parenting:
A forum for fathers who want to enhance their greatness as parents

October 9, 2015
8:00AM—1:00PM
Kellogg Hotel & Conference Center

FREE to MSU Students, Faculty, Staff and Community Members

The Goals of the Forum:

- Create and make visible a network to support dads, fatherhood and parenting across complex issues.
- Provide opportunities for relationship-building among fathers and with local organizations that support them.
- Tap the strength, wisdom and resiliency of people from diverse families.
- Support men in the development of positive identities around what it means to be a father.
- Provide resources to support ongoing education and networking.

For additional information, contact:

MSU Family Resource Center
517-432-3745
Join the Fight!

Making Strides Against Breast Cancer Walk

Date: Saturday, October 10, 2015
Location: Michigan Capitol, Downtown Lansing
Time: Registration - 9:30AM; Walk - 11:00AM

Making Strides Against Breast Cancer is a noncompetitive 3 mile walk to help raise awareness and funds to help the American Cancer Society’s fight against breast cancer.

Visit: www.cancer.org/stridesonline

Together, we can help ensure progress toward the fight against breast cancer and continue to save more lives. Also, look for the Cans for the Cause bins around campus to recycle your empty, refundable soda cans and bottles. All proceeds go the American Cancer Society to aid in the fight against breast cancer and The House of Promise/MSU LEAD Campaign to stop human trafficking. For more information, contact the MSU WRC at (517) 353-1635 (Monday—Friday, 8:00AM-5:00PM) or via e-mail (wrc@msu.edu).

Gwen’s Bagels for Breast Cancer Awareness

Show your support by choosing Gwen’s Bagels. Gwen’s Bagels are baked by the MSU Bakers to celebrate survivors and the memory of breast cancer victims like baker Rita Lyon’s mother Gwen, who died of breast cancer in 1972. Gwen’s Bagels are pink and ribbon shaped with dried cranberries and each and every bagel is hand made and baked fresh daily by Rita.

Available for delivery from October 1—31, 2015

$7.00 per half dozen

($1.00 for every order will be donated to the American Cancer Society).

October is . . .

Domestic Violence Awareness Month. If you or someone you know is in a violent situation, please refer to the following resources:

MSU Safe Place: Call for support, information or referrals. 24-hour Help Line at (517) 355-1100. Website: safeplace.msu.edu, e-mail: noabuse@msu.edu.

MSU Counseling Center: (517) 355-8270. Website: http://www.counseling.msu.edu/.


The Listening Ear’s Crisis Hotline: 24-hour Crisis Line (517) 337-1717. Website: www.theear.org/.

National Domestic Violence Hotline: 1-(800)-799-SAFE

Michigan Women’s Hall of Fame Awards Dinner & Induction Ceremony

Thursday, October 29, 2015 @ 5:00PM

Contemporary Inductees:
Dean Jocelyn Benson
Representative Maxine Berman
Sue Carter
The Honorable Candice S. Miller
Esther K. Shapiro
Linda M. Woods, MSW

Historical Inductees
Janet C. Cooper
Mabel White Holmes
Maggie Walz
Myra Wolfgang

The 2015 recipient of the Phillip A. Hart Award is Judge David Newblatt

For more information, and to register, visit: Michiganwomenshalloffame.org
HOT OFF THE PRESS!

GIRLS NIGHT IN
FEMALE LEADERSHIP:
DEFINING AND DEVELOPING
SUCCESSFUL PROFESSIONALS

This series will use inspiring incite presenters along with lively group interactions and audience discussion to support strategies for successful female professionals.

SESSION 1:
What does it Mean to be a Leader in Today’s Professional World? (Oct. 22)

SESSION 2:
How to Get What you Want: Communication, Civility, Being a Good Citizen (Nov. 19)

SESSION 3:
Rising Up: Challenges for Professional Women and Pathways to Resiliency (Dec. 3)

6:00 – 8:00 p.m.   Room 300 Human Ecology
Food & Refreshments Provided

RSVP to Lisa Fuentes
fuentesl@msu.edu
Dinner Provided

Sponsored by: Human Development & Family Studies and the College of Social Science

Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by Mildi Bedich, HDFS, 517-353-7680 or SpecialEvents@msu.edu by October 1, 2015. Requests received after this date will be honored whenever possible.
Girls Night In
Female Leadership: Defining and Developing Successful Professionals
Sponsored by Human Development & Family Studies and the College of Social Science

Goal: The overarching goal of the seminar series is to foster connections between successful MSU alumni leaders and female students. In similar past seminars, students have walked away with internship and job opportunities and long-term strategies to help them be successful as professionals and leaders. What will take place are conversations to inspire women to talk about and to generate ideas and potential strategies and pathways to responding to “big questions” and “big ideas” in women’s professional and leadership development. The experiential seminar series will start with critical reflection questions for participants to consider, followed by brief “incite” presentations by MSU alumni leaders (brief inspiring Ted-talk type presentations involving posing a “big question” or “big idea” for the audience to consider, dialogue about, and generate ideas and potential strategies/pathways to responding), ongoing dialogue with participants (in small groups), and returning to the initial questions and future directions. Participants can join the seminar series at any point in the series.

Educational objectives: At the end of each seminar, participants will be able to describe:
1) Questions, ideas and experiences women identify as essential to their professional and leadership development;
2) Ideas about strategies and pathways for approaching some of the “bigger questions” and “bigger ideas” posed in the “incite” presentations.

Activities and Timeline: Each 120-minute seminar comprises a moderator (Bonomi), incite presenters (MSU alumni leaders and faculty), small group discussions with MSU alumni leaders, and an alum-student mixer. Dinner is provided!

Schedule:
6:00-6:20 Introductions, critical questions to consider, pre-seminar evaluation survey (Moderator—Bonomi)
6:20-6:40 Four “incite” presentations comprising MSU alumni leaders.
Inspiring “incite” presenters (MSU alumni leaders) will provide a brief, engaging/exciting presentation on a “big question” or “big idea” within the seminar topic/theme. The presenter will present in a way to “incite” (excite!) the audience about her given topic.
6:40-6:50 Small group discussion 1 (Alum or graduate student facilitator).
Facilitators will engage small group discussions on topics and questions raised by the “incite” presenters, also referring participants to the seminar’s critical overarching questions. The small groups are deliberately slated for only 10 minutes each in order to keep dialogue moving.
6:50-7:00 Small group discussion 2
7:00-7:10 Small group discussion 3
7:10-7:20 Small group discussion 4
7:20-7:40 Large group discussion & wrap up (Moderator—Bonomi)
7:40-8:00 Alumni-student connection mixer and post-evaluation survey (All)

****RSVP required to fuentesL@msu.edu****
SESSION 1: Oct 22, 6-8 pm
What does it mean to be a leader in today’s professional world? The initial seminar will concentrate on some of the most pressing questions and issues related to women’s professional development pathways, including pathways to leadership.

SESSION 2: Nov 19, 6-8 pm
How to get what you want: Communication, civility, being a good citizen. This session will cover some of the most pressing questions and issues for women related to communication, negotiation, civility and citizenship in professional environments.

SESSION 3: Dec 3, 6-8 pm
Rising up: Challenges for professional women and pathways to resiliency. This session will concentrate on resiliency strategies for women in the face of professional adversity.

STUDENT UNION ROOM TO BE DETERMINED

October 2015