

**ASU Professional Development Conference**  
**Wednesday, October 11, 2023: ONLINE Only &**  
**Thursday, October 12, 2023: IN-PERSON at Tempe Campus**  
**Conference Schedule & Information**

The ASU Commission on the Status of Women invites you to join us for the 16<sup>th</sup> annual ASU Professional Development Conference 2023. The goal of the conference is to provide readily-accessible information, resources, and strategies to help individuals succeed in their current position and in their long-term career at ASU, while helping our university advance the ASU Charter.

The conference is open to all ASU faculty, staff, and students and is completely free of charge.

**All conference offerings on Wednesday, October 11<sup>th</sup> will be via ZOOM. Sessions will not be recorded.**

**All conference offerings on Thursday, October 12<sup>th</sup> will be in-person at Tempe Campus.**

**The Conference Keynote on October 12<sup>th</sup> will be available in-person and via webcast**

For Conference & Registration Information visit:

**Register for the conference at: REGISTRATION LINK to be provided Sept 11th**

Questions? Please contact Karen Engler-Weber, Program Director for the Office of the Provost at [Karen.Engler@asu.edu](mailto:Karen.Engler@asu.edu)

**Conference Information:**

**Registering:**

To register for the conference go to: **REGISTRATION LINK to be provided Sept 11th**

You must utilize your ASU affiliated email to register. All other email domains will be deleted.

Print out your schedule –

You will receive a registration confirmation that will include a reference number. Please retain this record.

The CSW office will not be able to provide your schedule to you.

**Modifying Registration or Cancelling:**

You have until October 9th at Noon to make changes, cancel, or print your registration. This is a firm deadline. The CSW office will not be able to make changes after this time. If you need to make changes or cancel your registration, log into the registration site, enter your asu.edu email and your registration reference number.

If you have lost your registration information, contact [asucsw@asu.edu](mailto:asucsw@asu.edu)

**Zoom Information for Online Sessions on October 11th**

- You will be emailed the ZOOM information and any workshop materials starting October 9<sup>th</sup> and 10<sup>th</sup>. The information will be emailed in batches. If you do not receive your information by October 10<sup>th</sup> at Noon, please contact [asucsw@asu.edu](mailto:asucsw@asu.edu)
- On Oct 11th, you will need to be logged into ZOOM via your ASU account and your screen name must match your registration, or you may be moved out of the session.
- Do not share ZOOM link information. Attendance is capped for many sessions, and if non-registrants enter, those that did register will not be able to attend.
- IMPORANT NOTE: Online sessions will not be recorded and will not be available after the conference.

**In-Person Attendance on October 12th at Tempe Campus:**

- You will receive the room assignment for your workshop sessions in advance of October 12th, this will include check-in information.
- If you registered to attend the conference luncheon, you will need to check in for the conference to retrieve your luncheon ticket. Check-in will be available from 8:00AM to 11:45AM. Tickets not claimed by 11:45AM will be given away.
- We are not able to accommodate walk-in registrations, so please register early.

## **WEDNESDAY, OCTOBER 11th: Sessions available ONLINE ONLY**

**Sessions will not be recorded and must be attended live.**

### **MORNING SESSIONS**

#### **8:30AM-9:30AM**

- Living Big: Learning the Best of Brene Brown's Work for the past Two Years
- Moonshot Thinking at ASU
- Destressing Time Management with a Time Diet
- Work-Life Harmony for ASU Employees
- Defining Success: Evaluating Project (and Personal) Success from a Reflective, Equity Stance
- Social Capital in the Flexible Workplace: Challenges and Opportunities
- Creating a Culture of Connection in the Workplace: Strategies that Work from the Polytechnic Advising Office
- Great & Clear Expectations: How DARCI can Clarify Roles & Responsibilities on Projects
- Teaming Up: Exploring how NSF Cyber Ambassador Program can help build effective work teams
- So You Want to Engage in Research: You Can Do It! We Can Help!

#### **9:45AM-10:45AM**

- Neuroscience of Trust
- How to Make Friends as an Anxious Adult
- Eliminating Wasteful Practices to Save Yourself Time, Money and Headaches
- Assertiveness Training 2: Dealing with Difficult People & Bullies
- Creating Safe Spaces
- Nurturing Your Values and Resilience at Work
- Designing for Belonging: Cultivating More Compassionate Conversations
- Event Planning 101: ASU Events Tools and Resources
- The Artists' Way: Exploring Benefits of Free Writing and a Discipline of Adventure
- Orchestrating Work-Life Harmony: Case Examples of the Experience and Success of the SOAR Model of Decision Making

#### **11:00AM-Noon**

- Saying No Without Saying No
- Virtual Goddesses: Google Drive for Project Managers
- Building a Culture of Thanks – Why and How
- Creating Culturally Safe Spaces for Indigenous Populations
- Event Planning: What to Consider for Your Hybrid Event
- Program and Project Management in ASU Centers: Understanding the Role and Responsibilities of this Exciting Career Track
- How to Prevent and Effectively Address Burnout
- Getting on the Same Page: Strategies for Collaborating Successfully with Other Units
- Compassion Fatigue: Building Resilience when working with Vulnerable Populations, Sensitive Data, and Difficult Topics
- Supercharge Your Research!: Supercomputers and ASU Research Computing Resources to Support Your Success
- Unlocking Potential: Transformative Supervision for Student Employee Success

## **WEDNESDAY, OCTOBER 11th: Sessions available ONLINE ONLY**

**Sessions will not be recorded and must be attended live.**

### **AFTERNOON SESSIONS**

#### **12:15PM-1:15PM**

- Immunity to Change
- How to Speak so You are Heard
- Caring for Self and Caring for Others: How to Create a Caring and Healthy Work Ecosystem
- Humanity at Work: Depth of Mindful Experience and Breadth of Connection in Your Workday
- Taking Back Your Power: Managing and Choosing Best Responses to Challenges in the Workplace
- Navigating through Burnout: Managing Stress and Overcoming Feelings of Burnout

#### **1:30PM-2:30PM**

- Controlling Your Controllables
- Finding Harmony: The Four Agreements for Work and Life Success
- Community & Connection: Making a Family Recipe Book
- Use Your Benefits and Study at ASU!
- Sunflower Stories and Seeds: Exploring how University Registrar Services planted a culture of growth and recognition into daily work
- ASU AdvantEDGE: The WP Carey Graduate Programs for ASU Employees
- Event Planning: Incorporating Diversity, Equity, and Inclusion in to your Event Planning
- Hacking Canvas: Strategies and Tips for Making Canvas Work for You
- How the ISSC supports F-1 international students
- Watts Way to Inclusion and Belonging

#### **1:30PM-3:00PM (90 Min Session)**

- Fostering Connection through Collaborative Facilitation: How to Lead Effective Collaborative Meetings

#### **2:45PM-3:45PM**

- Using Trello to Increase Productivity and Build Collaborative Teams: A Case Study of Success from the Sanford School
- Building a Community of Support for International Students
- Bring Mindful Moments into Your Workday
- Simple Tools for Releasing Stress and Improving Well-Being: Chair Meditation and Yoga
- Trauma Informed Mandatory Reporting through a Culturally Inclusive Lens
- Intentional Approaches to Reduce Unintentional Gendered Concept of Leadership in the Workplace
- Maximize Your Opportunity for Growth: Micro-Targeted Programs available for Career Enhancement from AZNext

**Thursday, October 12th: Sessions available IN-PERSON only at Tempe Campus Memorial Union**

**\*Conference Keynote will be available both in-person and via webcast**

**8:30AM-9:30AM**

- Controlling Your Controllables
- Secrets to More “This is Why We Do It Days”
- Assert Yourself: Assertiveness Training
- Making Employees Feel Like They Matter
- Saying No Without Saying No
- Finding Harmony: The Four Agreements for Work and Life Success
- Work Smarter, not Harder: Harnessing Motivators
- Bring Mindful Moments into Your Workday

**9:45AM-10:45AM**

- Leadership is an Action Not a Position with VP Michael Latsko
- How to Prevent and Effectively Address Burnout
- Assertiveness Training 2: Dealing with Difficult People & Bullies
- How to Make Friends as an Anxious Adult
- Social Capital in the Flexible Workplace: Challenges and Opportunities
- Building a Culture of Thanks – Why and How
- The Nature and Roles of Work in Our Families
- How the ISSC supports F-1 international students

**11:00AM-Noon**

- Caring for Self and Caring for Others: How to Create a Caring and Healthy Work Ecosystem
- De-Stressing Time Management with a Time Diet
- Watts Way to Inclusion and Belonging
- Speaking Up for Yourself at Work
- Juggling It All: The Importance of Building Connections with Colleagues for Personal and Professional Growth
- Moonshot Thinking at ASU
- Secrets to Giving a Great Presentation

**Noon-1:15PM: CONFERENCE KEYNOTE EVENT & LUNCHEON\***

Special Keynote with Dr. Cassandra Aska, Deputy Vice President and Dean of Students Tempe

**1:30PM-2:30PM**

- Leading Up at ASU: How I Did It with Chief of Staff Kerri Davidson
- Creating Safe Spaces
- Navigating through Burnout: Managing Stress and Overcoming Feelings of Burnout
- Eliminating Wasteful Practices to Save Yourself Time, Money and Headaches
- Building a Community of Support for International Students

**1:30PM-3:00PM**

- Inclusive Leadership Café
- Unlocking Potential: Integrating Gender Perspectives and Inclusive Design for Academic Transformation in STEM
- Fostering Connection through Collaborative Facilitation: How to Lead Effective Collaborative Meetings

ASU FLU Shot Clinic will be available in MU Lapaz as part of the ASU Professional Development Conference