

CONVENTION WORKSHOP DESCRIPTIONS

1) **“Silent Signals”**

We form opinions of one another within seven seconds of meeting and 93% of the messages people receive from us have nothing to do with what we actually say. In this workshop, you will learn to recognize and use nonverbal language to your advantage as a leader.

2) **“Colorful Team Personalities. What You Need to Know as a Leader!”**

We all have different personality styles and luckily, each style brings its own unique strengths, skills and assets to the table. The challenge for leaders is to learn how to navigate these differences while bringing out the very best of each individual team member for the benefit of the team as a whole.

3) **“Dealing with Conflict”**

All organizations experience conflict. Managing conflict is an important leadership skill. This presentation will explore the nature of conflict and offer strategies for dealing with it effectively with an emphasis on the unique challenges and skills women leaders bring to the task.

4) **“ Discover Your Coping Skills”**

Good leadership requires self-management. Self-management requires knowledge of stress management. Learn about the elements of stress and coping that will help you create balance in your life.”

5) **“The Scoop on AAUW’s WorkSmart: What It Is, How It Works, and How Your Branch Can Close the Gender Wage Gap Now”**

AAUW’s WorkSmart salary negotiation workshop is designed to help women who are already in the workforce, at any career level, to negotiate for a new job, raise, or promotion. It’s a non-partisan, cost-effective solution for closing the wage gap ****now****.

This discussion will be led by an experienced WorkSmart facilitator and will give an overview of how the program works, practice the key skill of “Know Your Value”, and learn how to help your branch effectively promote the workshop in your area.