WHAT WOMEN WANT

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Welcome to Saint Joseph’s University Haub Center for Professional Development’s “WHAT WOMEN WANT” – we’re excited that you could join us!
Today we’ll explore why Emotional Intelligence is a critical component of good leadership, and how building your EQ competencies can give you the skills you need to articulate your vision, break down barriers, and create new opportunities for yourself, both professionally and personally. Leadership means a lot of different things to a lot of different people – but ultimately leadership is not about your title or your position in a hierarchical structure. Many people confuse leadership with management, with being a ‘boss’. But leadership is first about a set of behaviors, choices we make about how we act or react to the world around us.

**Our goal at What Women Want is that you’ll:**

- Gain insight into negative patterns of thinking and behavior that may be limiting your success
- Develop a network of peer support that can help you stay motivated, provide accountability and encouragement
- Become empowered to build authentic relationships and motivated to take charge of your career
- Be inspired and be an inspiration to other people on their journey

Thank you for being fully present at today’s event. There is no “one path” to self-discovery and achievement, and your journey is unique. Your participation makes this opportunity more valuable to everyone, so please share your experiences as facilitators will share their strategies that enable you to discover and appreciate your strengths.

Lastly thank you to our sponsors, the SJU staff, and the impressive group of experts in our program for making “What Women Want” possible. The gifts of your talent, support, and most importantly your time, are genuinely appreciated.

We’re grateful that you’re here!

Sincerely,

Maura Shenker

Director, Center for Professional Development/Center for Food Marketing
Saint Joseph’s University

March 14, 2017
7:30 - 8:30 am
Breakfast & Registration

8:30 - 8:45 am
Opening Remarks/Welcome

8:45 - 10:00 am
Opening Speaker - Jen Groover

10:00 - 11:30 am
EQ Panel Discussion
Jen Groover - Moderator
Panelists - Felice Tilin, Stacey Miller, Carol Eggert, and Tara Jaye Frank

11:30 am - 12:30 pm
Lunch

12:30 - 1:45 pm
Keynote Speaker - Tara Jaye Frank

1:45 - 2:30 pm
Break-out Workshops Round 1

2:45 - 3:30 pm
Break-out Workshops Round 2

3:45 - 4:00 pm
Closing Remarks

4:00 - 5:00 pm
Vending & Networking

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**DR. FELICE TILIN**

Coaching and Emotional Intelligence as a Leadership Practice

The coaching field has evolved from a profession into a powerful leadership practice. This experiential session is designed to expose participants to coaching techniques that will help to navigate complex relationships and gender dynamics. We will discuss areas like coaching your boss, as well as how to coach peers and direct reports. Using Daniel Goleman’s model of emotional intelligence as the basis for leadership, this session will provide you with new insights into how to actually practice emotional intelligence by using coaching skills like active listening and asking powerful questions.
Jen Groover has been tagged by SUCCESS Magazine as a “One-Woman Brand”, a “Creativity and Innovation Guru”, and a leading “Serial Entrepreneur” by Entrepreneur Magazine. Jen Groover’s name has quickly become synonymous with innovation, entrepreneurship and evolution. She has gone from guest hosting television spots, to inking deals with some of the industry’s biggest heavyweights. Jen recently made history at the New York Stock Exchange, as member of the first all-female group to ring the opening bell, representing women’s leadership and economic independence. Her influence and leadership has aligned her with amazing brands, such as USANA Health Sciences, Avon, Verizon and SkyMall, for which she acts as a spokeswoman.

The success and momentum of Jen Groover’s empowerment movement has led to the development of Jen’s upcoming, highly integrated tech platform, “Empowered for Purpose,” which will serve as a foundation for further expansion of the “Empowered by Jen Groover” brand. Jen is a top business and lifestyle contributor and content creator for major television networks such as ABC, CBS, CNBC, NBC, Fox News, Fox Business News and The CW. Jen also contributes editorial pieces to several prominent business magazines and online resources including The Huffington Post, Entrepreneur Magazine, Positively Positive, The Daily Love, and HealthyStyle NY.

Bill Shipp
Audit Your Company Make your Work Work for You

Have you ever thought that by doing a great job in everything you did at work, that naturally you’d expect to get promoted and at least recognized for your efforts, but you’re not? Have you ever felt so disappointed or frustrated at your current employer that you wish you could fire them? Guess what, you can (figuratively)!

This workshop examines how do identify the signs that things are not working out with your employer and what steps you can take to overcome them. In some cases this means moving on to greener pastures.

Join branding expert Richelle Payne for this 60-minute interactive workshop where she distills more than two decades of experience and expertise in strategic public relations and reputation management to help you identify, understand and articulate your leadership abilities and create a cohesive version of yourself across various platforms to build an effective social network and demonstrate value to a company. She will provoke critical thinking, shift paradigms, and inspire participants to engage and exchange ideas with each other beyond the conference.

In this workshop, you will discover:

- The difference between your personal brand statement and your career objective
- The 3 Be-Attitudes of a dynamic personal brand
- The 5 Building Blocks for an effective personal brand
- The long-term value of coaching, mentoring and advice
- The steps to achieving industry recognition and other benefits of an active personal brand, and more!

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As Founder and CEO of TJF Career Modeling LLC, Tara Jaye Frank helps leaders, groups, and companies define their vision and develop strategies to advance their culture and leadership goals. Tara also works part-time at Hallmark Cards, Inc., where she holds the newly identified role of Corporate Culture Advisor, reporting to the President. In this position, she collaborates with executives to strengthen the corporate culture and enable Hallmark's long-term success.

Prior to her current position, Tara chartered and led Hallmark's Multicultural Center of Excellence, whose work inspired a more holistic approach to leveraging culture as an innovative path to relevance. Tara was first hired by Hallmark as a greeting card writer in 1996. At the time of her promotion to executive management a decade later, she became Hallmark’s first Black female VP, and the youngest person to rise into senior leadership in Hallmark’s history. A sought-after thought leader and writer on cultural intelligence, Tara has been featured in Diversity Woman Magazine, Racing Toward Diversity Magazine, Uptown Professional, PGA Magazine, MediaPost, and is frequently republished in expert leadership blogs. She has spoken across the country on a variety of topics including vision, inclusion as a business driver, emotional intelligence, and advancing women. She has also functioned as a knowledge partner and experience design consultant for Working Mother Media and the Network of Executive Women.

Tara has dedicated more than a decade of her career to helping leaders reach their own professional high grounds. Her first leadership book, Say Yes: A Woman’s Guide to Advancing Her Professional Purpose, was written as a practical guide to crafting a career leaders can believe in and achieve.

Emotional Intelligence differs from how we think of intellectual ability, in that emotional intelligence is a learned – not acquired ability. This learning can take place at any time in life so the social and emotional skill set, known as emotional intelligence, is something we can all have. It is important to remember that there is a difference, however, between learning about EQ and applying that knowledge to your life. Just because you know you should do something doesn’t mean you will do it – especially when you become overwhelmed by stress, which can override your best intentions. In order to permanently change behavior and make a difference with your EQ in ways you can stand under pressure, you need to learn how to overcome stress in the midst of the moment and in your relationships in order to remain emotionally aware.

Career mobility and professional accomplishment are inextricably tied to your ability to differentiate yourself and stand out in the crowd. It’s your combination of skills, strengths, attributes, values, and passions that is your competitive advantage, not your degree or your resume. Statistics show, on average, each corporate job opening attracts 250 resumes and of those candidates just four to six will be called for an interview and only one will be offered the job. Further, nearly 95% of recruiters believe that the job market will remain or get more competitive. It’s more challenging than ever to navigate today’s complex, global job search landscape. Your personal brand sets you apart. It is no longer optional; it’s required. If you don’t stand out, your competition will.
Carol Eggert

Brigadier General (Ret.) Carol Eggert is Senior Vice President, Military and Veteran Affairs at Comcast NBCUniversal. She leads an eight-person team and provides strategic leadership to all aspects of Comcast NBCUniversal’s programs and outreach to the military and veteran community. Carol completed her distinguished military career in 2014 as the Assistant Adjutant General for the Pennsylvania National Guard and the Deputy Commandant for the Army War College. She served in a variety of command and staff positions and completed numerous overseas deployments, including a 15-month combat tour in support of Operation Iraqi Freedom as Chief of the Women’s Initiatives Division and Senior Liaison to the U.S. Embassy, Baghdad, and received numerous military awards and commendations, including the Legion of Merit, Bronze Star, and Purple Heart. Carol holds master’s degrees in instructional design and strategic international studies and recently earned her doctoral degree in organizational leadership.

Suzanne Garber

The SAFETY NETwork

With mixed unemployment reports, uncertainty over advancement opportunities, and ongoing decline in overall employee morale and job satisfaction, the hazards posed to one’s career can oftentimes be compounded by the physical, emotional, and reputational risks. Based upon research gleaned over two years and 110+ interviews with C-level executives from dozens of industries and countries, this event focuses on the rewards of networking in an executive capacity. Whether looking to expand one’s own list of connections for professional development or mitigating career pitfalls, attendees will walk away with creative activities and strategic plans that assist them in building their own safety network to achieve greater professional growth, stability, and satisfaction. The SAFETY NETwork points individuals to a business and career risk mitigation plan by leveraging the power of networking. This is an engaging, entertaining, and educational working session that will have participants learning, laughing, and living their best careers ever.

Attendees will: Pursue the 10 truths of networking leading to a bespoke strategy that ensures career satisfaction.
Pinpoint organizations and individuals to assist through dry career spells.
Plan financially, relationally, and professionally for the unavoidable pitfalls that occur within all careers—at all levels.
Stacey Miller

Stacey Miller is a dedicated Diversity and Inclusion professional with Ahold USA and experienced professional across the CPG, Retail and Building Products industries. Stacey devotes her energy to supporting the associates and business leaders across the Ahold USA operating companies to drive Diversity & Inclusion Initiatives. She draws upon 25-plus years of corporate business experience and 29 years of military service. She is a former Professor of Graduate Studies from Delaware Valley College and today continues her passion to support students through her work as the college outreach lead for Ahold USA and the NEW Greater Philadelphia Chapter, supporting partnerships across local universities.

Stacey earned the distinction of one of the Top Women In Grocery in 2015, and accepted the award on behalf of NEW Greater Philadelphia as College Outreach of the Year 2016.

Barbara Doyne

5 Star Women Opportunities for the Greater Good

For centuries, women have volunteered their time, talent, and treasure to effect positive change in their communities. In the last half century, as women have entered the labor force in both the public and private sectors, they have leveraged their dedication to philanthropy with their vocations to enhance their contributions, not only in their communities, but throughout the nation and the world in an evolving philanthropic landscape. By virtue of their business experience and professional networks, women have been able to assume a leadership role in the direction of philanthropic endeavors.

This workshop will provide a framework to help women in the workforce recognize and take advantages of the opportunities to influence the direction of philanthropy in areas of interest to them.

We will: Help understand how to leverage your position to affect corporate philanthropy Identify and serve on boards of philanthropic organizations Identify ways to not only be a “donor”, but a “doer” changing how philanthropy is practiced in the future.
Dr. Felice Tilin

Dr. Felice Tilin is president of GroupWorks Consulting and is the Director of Graduate Organization Development and Leadership programs at Saint Joseph’s University. She is a change consultant, facilitator and executive coach with fortune 500 and non-profit organizations. She works in North America, Europe, Asia and Africa. Dr. Tilin’s approach combines her research background with 25 years of experience working as a coach, consultant and educator. At the heart of her work is the fundamental belief that an organization’s most important asset is the collective hope, passion, and brainpower of its work force.

Felice has been instrumental in the design and facilitation of multiple experiential leadership transformation programs that are grounded in emotional intelligence. She co-created The Coach Capacity Building, an ICF ACTP accredited coach-training program. Earlier in her career she held positions as the Managing Director and Senior Consultant at Teleos Leadership Institute, Director of Leadership Development at the University of Pennsylvania and the Director of Training and Organizational Development at the Cigna Corporation. In addition to her graduate teaching at Saint Joseph’s University, Felice has taught graduate level courses at The University of Pennsylvania, The Wharton School, Temple University and Thomas Jefferson University.

Chrissie DiAngelus

Stay True To You: A guide to self awareness and personal branding

What does self awareness and intention setting have to do with personal branding? Plenty! Join Chrissie DiAngelus as she discusses the mindset shifts that must occur as we explore and refine our personal brands. Chrissie previously ran a small performing arts agency for six years. As a young female entrepreneur, she learned quickly how to play to her strengths, position herself, and create her company’s brand in a highly competitive market. Her six years in the arts though were not without struggle and she will share her own lessons in developing self awareness and making major mindset and strategy shifts that affect business and personal lives.

Key objectives of your time together are clarity around self awareness, understanding intention, understanding values and boundaries, and how those elements drive your personal brand. Chrissie will lead the participants through journaling and exercises so you feel clear, confident and inspired.

Key themes: Self awareness, intention, boundaries, personal branding

Objectives: Clarity on where you are now vs where you want to be
- Clarity on intentions
- Clarity on values and boundaries

Exercises: Intention exercise - Determine where you are right now with your life/work/business vs where you want to be
- Values exercise
- Boundaries exercise
- Additional handouts — flyer/postcard and guiding folks to site for free branding guide
Every Inc. needs a team to be successful: a CEO, a Board, advisors, employees and customers. As You, Inc., you do, too. What’s more, each one of those connections must be managed well – even when the encounters are superficial or intermittent – for you to have a healthy, successful, satisfied life.

Unfortunately, experts say our ability to manage others well is limited: to just 150 people. What about organized, energetic women? Can they manage more? Are you managing more?

Come learn a new way to be more aware of who is on your team and explore the number and types of connections you have with them. See new ways to clarify what you need from them, new ways to decide who to invite “on” or “off” your team, and hear how others have used similar insights to transform their life. Finally, leave knowing why You, Inc. is the most important Inc. in business today.

Emotional intelligence is applicable to every human interaction in business. From staff motivation to customer service, from brainstorming to company presentations. But the subject is far deeper and wider than these examples, and emotional intelligence must be able to understand and deal with how we assess people, how relationships develop, how our beliefs generate our experience as well as resistance to change, power struggles, judgment, competition, vision, leadership, success, and much more.

This workshop is designed to provide an overall understanding of Emotional Intelligence in the work place, assess and address “Your” emotional quotient and offer suggestions on how to improve your awareness and response to others feelings.

What can a retro toy bird teach you about managing your focus, energy and attention? Use what we’ve learned about the human brain to get more done. Mental agility comes from exploiting your natural capabilities, so that you can accomplish your highest priorities, embrace opportunities and get more of the right work done.

Success in today’s disruptive and competitive world requires a delicate balance between concentration and the need to be connected and engaged with the world around you. Blend the power of the brain with proven performance strategies found in the latest neuroscience. Harness your brainpower, streamline decision-making, improve problem-solving, and boost creativity.