

## ELUM PROFESSIONAL DEVELOPMENT PROGRAM

Washington Duke Inn, Durham, NC | January 9-10, 2015

### Annotated Agenda

*\*rooms and times are subject to change*

## Friday, January 9, 2015

### REGISTRATION AND CHECK-IN

ICELA Staff

**12:00 – 12:30 PM**

ICELA staff will be waiting to welcome you at the registration table outside the Forrest Room. There you will find your name badge, a folder of materials and other goodies.

### INSTITUTIONAL ACTION PROJECT PEER CONSULTANT LUNCH AND ORIENTATION

Maryellen Gusic

**12:30 – 1:45 PM | Forrest Room**

All Institutional Action Project (IAP) Peer Mentors are expected to join us for an orientation lunch (yes, even if you have done this before—you can add the wisdom of your experience!). *(business dress)*

### IAP PEER MENTORING SESSION

Maryellen Gusic, Luanne Thorndyke

**2:00 – 5:00 PM | Presidential Ballroom I & II**

Recall how challenging it was to design an action project that moved your institution forward, gave you the right kind of visibility and was actually do-able? This year's Fellows are looking for guidance as they develop their own IAPs. This also is a great opportunity to show the Fellows how our ELUM community contributes to their leadership development and success. Previous ELUM consultants say they learned as much as they contributed – a usual side effect of mentoring!

### ALUMNAE/FELLOW NETWORKING RECEPTION AND DINNER

**5:30 – 6:30 PM | Presidents Gallery**

ELUM Advisory Group

**6:30 – 8:00 PM | Presidents Ballroom I & II**

Anne Litwin

Help us to close the second session of ELAM 2015 and open the ELUM session with a reception, dinner, and conversation on how women can work together more effectively. During the reception meet some of the newest fellows and share stories of, "Life After ELAM." This will also be an excellent opportunity to reconnect with ELUMs attending the event, and to meet the members of the 2015 class of Fellows. *(business dress)*

Anne Litwin will join us to discuss her new book, *New Rules for Women: Revolutionizing the way women work together*. In this interactive interview using a "[Celebrity Interview](#)", Diane Magrane will explore why Anne wrote this book, some surprising findings from her research, and tips and tools about how to leverage our strengths as women leaders. You will be invited to examine your own "friendship rules" before we adjourn for dessert and a book-signing event.

### DESSERT AND A BOOK SIGNING

Anne Litwin

**8:00 – 9:00 PM | Presidents Gallery**

Everyone will receive a signed copy of the book. Perhaps you would like a special message or a signed copy for your LC colleagues and friends? Anne Litwin will sign a copy of her new book for every attendee, and we will have additional copies available to purchase. Enjoy delicious desserts and coffee products as we mix and mingle, discussing the dinner presentation.



**Saturday, January 10, 2015**

**BREAKFAST AT YOUR LEISURE**

**6:30 – 9:00 AM | Vista Restaurant**

**REGISTRATION/ CHECK IN AND CONTINENTAL BREAKFAST**

**7:30 – 9:00 AM | Presidents Gallery**

If you have not registered already, come to the table outside the Presidential Ballroom.

**A GREAT START – MIND AND BODY**

*Lynn Felder*

**7:30 – 8:30 AM | Presidents Ballroom I**

Dress for the day is “yoga casual.” As the title states, integrating our physical and mental state with a practice of breath and movement is a GREAT start to the day! Our faculty have invited one their own instructors, Lynn Felder, who has a great reputation for restorative techniques of yoga and Qui Gong. This session is designed to open a day that continues with intermittent movement and breathing to keep us restored. So—yes, we are serious about the yoga casual dress code!

**HOW CENTEREDNESS OPENS SPACE FOR CREATIVITY AND RESILIENCE**

*Suzanne Danhauer*

**9:00 – 10:30 AM | Presidents Ballroom I**

Research around the health benefits of positive emotions induced with mind-body practices such as diaphragmatic breathing, meditation, and body movement is clear. Suzanne will summarize some of this research, including her own on the resilience of cancer survivors while guiding us in exercises focusing on slow, diaphragmatic breathing-- a tool that is readily available to all of us for calming both mind and body with little time/effort.

**AM I YOUR BOSS OR YOUR FRIEND? – Can Your Relationships Survive Promotions?**

*Anne Litwin*

**10:30 AM – 12:00 PM | Presidents Ballroom I**

Welcoming Anne back from the previous night, in this workshop we will explore the boundary confusion and double binds that women often experience when they work together. The focus of our discussion and interactive work will be adapted to the questions we submit during the opening dinner conversation.

**LOOKING BACK, LEADING FORWARD – Conversation Lunch Café**

*Magrane, Lee, ELUM Advisory Group*

**12:30 – 2:00 PM | Presidents Ballroom II**

ELAM is twenty years old and ELATE is three. Before long we will be celebrating anniversaries! It's ELAM's Silver Anniversary Luncheon. Staff will share some of our plans for the 5 year celebration leading up to our 25th Anniversary in the year 2020! While we dine, through the use of conversations cafés, we will *reflect* on achievements and lessons learned; *assess* where we sit now as leaders at a time of great organizational change; *enact* the future through systems of inclusion and innovation.

**POSITIVITY AND HAPPINESS – Why do they matter?**

*Suzanne Danhauer*

**2:30 – 4:30 PM | Presidents Ballroom I**

Suzanne returns to explore positive emotions and theories of happiness. Delving into how fostering positive emotions and happiness can impact your life, work, and relationships will be the emphasis. Strategies, including more breathing and movement activities, will enhance our learning and our emotions. (yoga casual)

**ELUM CLOSING RECEPTION – Your Final Thoughts**

*ELUM Advisory Group*

**4:30 – 5:30 PM | The Bull Durham Study**

The ELAM Alumnae Advisory Group will close the session with a reception to gather our thoughts from the session and plan forward to the next ELUM Program right here at the Washington Duke Inn on January 14–16, 2016.