



Balancing Work and Life

April 9, 2008, SIUC Student Center Ballrooms

Conference for Women

A University Women's Professional Advancement (UWPA) and Office of Associate Chancellor (Diversity) sponsored event

Negotiating Work and Life:

Women in the University Setting and Beyond



Keynote speaker, Carol Bryce-Buchanan, is the Director of Development at Families and Work Institute, and oversees FWI's [Corporate Leadership Circle \(CLC\)](#), Board of Directors and all grants, contracts and contributions. She designs the CLC Conference Calls and Briefings and maintains ongoing relationships with over 50 *Fortune* 500 and 1,000 companies. Ms. Bryce-Buchanan has a special interest in the aging workforce, elder care and women's leadership in business. She is part of the team that developed the work life curriculum for the inaugural Ms. Foundation "Take Your Daughters and Sons to Work Day," co-produced FWI publication "Lessons in Leadership: A Book of Quotes" and presents and gives keynote addresses on FWI's behalf in the U.S. and Canada. Along with Lois Backon, she is responsible for FWI's signature annual event, the [Work Life Legacy Award](#), which documents the history of the work life movement and honors those who have made extraordinary contributions to its development.

About FWI - Families and Work Institute is a nonprofit center dedicated to providing research for living in today's changing workplace, changing family and changing community. For additional information about Families and Work Institute, please go to their website: www.familiesandwork.org.

Conference Schedule

- ◇ 8:00 a.m.—Registration
- ◇ 8:30 a.m.—Welcome
- ◇ 9-10 a.m. —Breakout sessions
 - Balancing Life: Personal Responsibilities, Family Leave and Your Rights
 - Balancing Work: Developing Positive Work Relationships
 - Balancing You: Spending Time on You—the Tricks and the Trials
 - Campus Dialogue: Making Our Leave Policies Work for Us
- ◇ 10-10:30 a.m.—Refreshments and Conversation
- ◇ 10:30-11:30 a.m.—Breakout sessions
 - Balancing Life: Managing finances
 - Balancing Work: Dealing with Life's Changes in the Workplace
 - Balancing You: Stress and Release
 - Campus Dialogue: Developing and Valuing a Diverse Workforce
- ◇ 11:45 a.m.—Lunch and Keynote Address
- ◇ 1:30-2:30 p.m.—Breakout Sessions
 - Balancing Life: Combating the Superwoman Syndrome
 - Balancing Work: Making a Career Plan
 - Balancing You: Eating, Drinking and Exercising for Health
 - Campus Dialogue: Changing the Culture for Women at SIUC
- ◇ 2:45 p.m.—Closing Remarks
- ◇ 3-4 p.m.—Wine and Cheese Reception





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Don't miss the SIUC Conference for Women—April 9

Sponsored by University Women's Professional Advancement and the Office of Associate Chancellor

April 9, 2008—SIUC Women's Conference: Balancing Work and Life
REGISTRATION DEADLINE: April 7, 2008, 4:00 p.m.

REGISTER ONLINE: <http://www.dce.siu.edu> or mail to: Division of Continuing Education,
 Mail Code 6705, Southern Illinois University, Carbondale, IL 62901; or call 618-536-7751;
 Fax: 618-453-5680

First Name _____ Last Name _____

Day Phone: _____ Email: _____

Department: _____ Mailcode: _____

Registration is limited to 300 participants and lunch is included. However, you must check here to reserve your space for lunch. _____

REGISTRATION FEES : \$5.00 **PAYMENT METHOD:** CK ___ (Make check to: SIUC)

DEPT. TO PAY _____

PLEASE NOTE: To pay by Transfer Voucher, please use the following information:
 AIS Receiving Account: Budget Purpose Number: 206134
 Budget Purpose Description: SIU Division of Continuing Education—Misc.

CREDIT CARD _____ Credit Card # _____ Exp. _____

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