

Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Breaking Barriers 3rd Tuesdays, 2 p.m. over Zoom

We meet the **third Tuesday of the month** over Zoom to discuss topics and material to help better manage ourselves, our teams and to navigate the world around us.

Winter 2024
January 16

Topic

Plant Forward: Creating Impact with Food

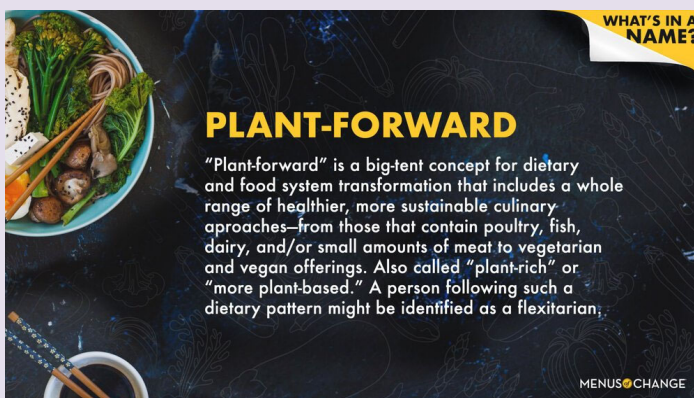
Hosted by Michelle Lomeli, presented by Michelle Ihrig with R&DE Plant Forward Chef Jay-Ar



Resources

Ever wondered how you as an individual can make a difference in the global climate crisis? The food choices we make has a massive impact on our individual, community and planetary health. We hear this buzz phrase 'Plant Forward' today in most any culinary establishment we enter. If you eat at any of the R&DE dining halls, you may notice a large board outside showing the guidelines of the Menus of Change Principles. Yet what does plant forward actually mean and what is the initiative good for? Join Michelle and Chef Jay-Ar to look at the Why and How of Plant Forward, highlighting the fact that we as individuals have a huge influence not only on our own health, but that of the planet. We'll look at the hard facts of our current situation and get some culinary tips to implement into our own food prep to leave us feeling empowered and inspired to be a part of positive change.

Suggested read: [Eat to Live](#) by Joel Furhman



Women's Leadership Development Program

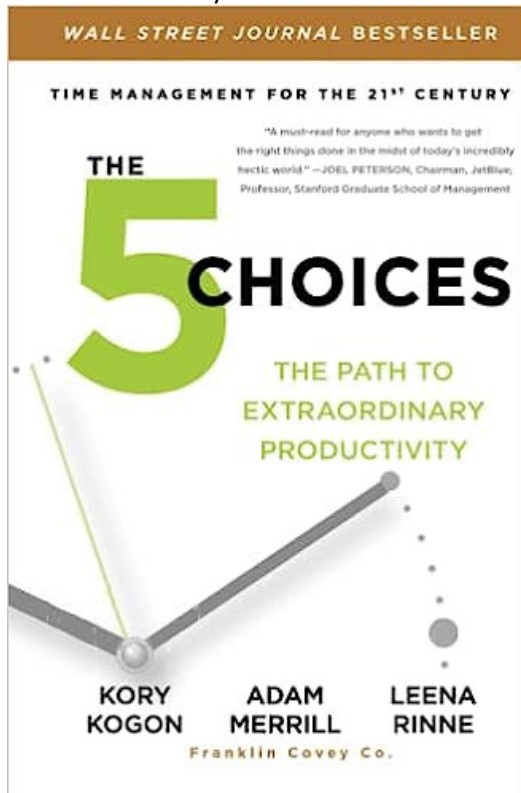
Encouraging women leaders through personal and professional development

Winter 2024
February 20

Topic

Super Charge Your Energy The Path to Extraordinary Productivity

Discussion lead by: Michelle Lomeli



Resources

“Every day brings us a crushing wave of demands: a barrage of texts, emails, interruptions, meetings, phone calls, tweets, breaking news—not to mention the high-pressure demands of our jobs—which can be overwhelming and exhausting. The sheer number of distractions can threaten our ability to think clearly, make good decisions, and accomplish what matters most, leaving us worn out and frustrated.”

“From the business experts at FranklinCovey, *The 5 Choices* is an exploration of modern productivity. It offers powerful insights drawn from the latest neuroscience research and decades of experience in the time-management field to help you master your attention and energy management. *The 5 Choices* is time management redefined: through five fundamental choices, it increases the productivity of individuals, teams, and organizations, and empowers individuals to make selective, high-impact choices about where to invest their valuable time, attention, and energy.”

[The 5 Choices: The Path to Extraordinary Productivity](#) by Kory Hogon, Adam Merrill, and Leena Rinne

[Leena Rinne explains The 5 Choices to Extraordinary Productivity \(2:09\)](#)
FranklinCovey

Winter 2024
March 19

Topic

Sustainability at Home

How to be Sustainable in Every Home

Hosted by: Haley Todd



Resources

Would you like to learn about creating a more sustainable home? Join us to discover practical tips, simple changes, and innovative ideas to reduce your environmental footprint. Whether you're new to sustainable living or a seasoned eco-enthusiast, this talk will inspire you to take meaningful steps towards a greener, more environmentally conscious home. Together, we can make a difference, one eco-friendly choice at a time!

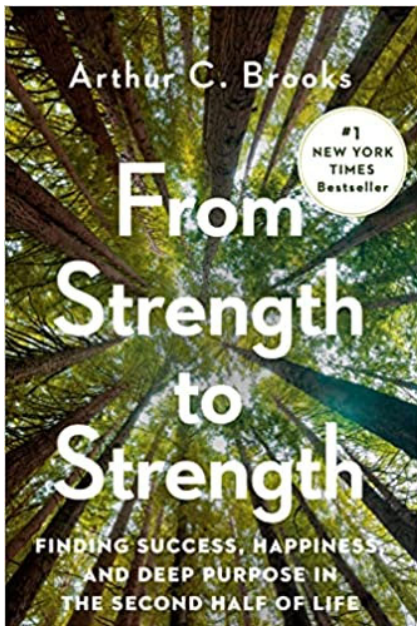
Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Spring 2024
April 16

Topic

From Strength to Strength Finding Success, Happiness, and Deep Purpose



Resources

“Drawing on social science, philosophy, biography, theology, and Eastern wisdom, as well as dozens of interviews with everyday men and women, Brooks shows us that true life success is well within our reach. By refocusing on certain priorities and habits that anyone can learn, such as deep wisdom, detachment from empty rewards, connection, and service to others, and spiritual progress, we can set ourselves up for increased happiness.”

[From Strength to Strength Finding Success, Happiness, and Deep Purpose in the Second Half of Life](#) by Arthur C. Brooks

[From Strength to Strength Finding Success, Happiness, and Deep Purpose in the Second Half of Life](#)

By: Arthur C. Brooks
Narrated by: Arthur C. Brooks
Length: 5 hrs and 49 mins
4.7 out of 5 stars 4.7 (2,611 ratings)

Spring 2024
May 14

Topic

Inspire your Team How Physical Team Challenges Can Change People & Group Dynamics at Work

Presented by Michelle Lomeli and BeWell



Resources

How can you influence others by leading a group through a physical challenge? Don't you need to be an expert on the subject or a personal trainer? Not necessarily. People are hungry to get out and move their bodies but often they just can't get started alone. How could you use physical movement to make a shift in your team's dynamics? How can we as leaders learn to manage people outside of the office box? Michelle Lomeli will share her experience leading a group of custodians, temporary staff, and managers through a 16-week marathon training challenge and what the final results produced for herself and the team.

BeWell will also discuss the app and resources available for teams to build connections through various opportunities.

Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Spring 2024
June 18

Topic

From Playing Small to Thriving 3 Obstacles Women Face & Strategies to Overcome Them

Hosted by Michelle Lomeli with presentation by Guest Speaker Myriam Martinez



Resources

Being a woman in the business world can bring many challenges, but none more challenging than the internal obstacles holding us back. In this talk, Myriam will discuss the three most common obstacles for women in business and how they interfere with our success. I will introduce practical strategies to move past these obstacles and thrive, including the importance of creative expression. We will engage in a fun art experiential (no art skills required!) to support you in addressing these obstacles, and that will help you feel more confident and empowered.

Additional Info:

Email: myriam@myriammartinezcoaching.com

Website: www.myriammartinezcoaching.com

FB:

<https://www.facebook.com/myriammartinezwomenspersonallifecoach>

IG:

<https://www.instagram.com/myriammartinezcoaching/>

LI: <https://www.linkedin.com/in/myriam-martinez-ma-women-s-mental-wellbeing-coach-art-therapist-1abb775/>

Summer 2024
July 16

Topic

Be Recognized How to Get Recognized at Work

Presented by Michelle Lomeli & Emma Gordon



Resources

How do you get the recognition you deserve at work? Let's discuss strategies to overcome performance bias and build a reputation of excellence. We will bring in Emma Gordon, a Senior HR leader at Stanford and advocate for everything HR related to get tips on performance evaluation writing to ensure you get credit for what you have done, key points to focus on when looking for recognition and understanding how to build recognition as well as give it to others. With end-of-the-year evaluations coming up this talk might help you finalize your year on a high note.

Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Summer 2024
August 20

Topic
Ouray – Shed it All!
The Journey to Ouray 100 and Beyond



Resources

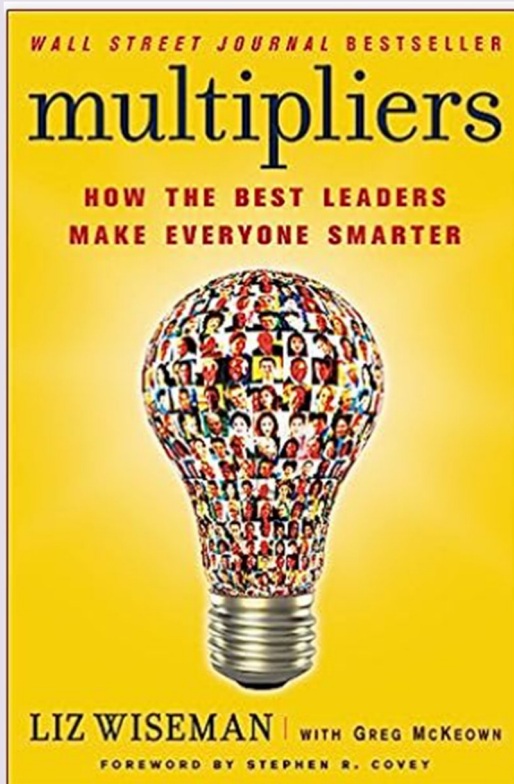
You know that feeling when you just signed yourself up for something you aren't sure you can finish? It could be a master's degree program, a higher position, or a physical challenge that seems beyond your capabilities. No matter who you are, I am sure you have felt it at least once in your lifetime, but how did you muster up the courage to show up and go for it regardless of the guarantee to finish? Michelle Lomeli will share her experience training from the Ouray 100 miler in Ouray, Colorado, what she learned in the process, and how that applies to everyday life.

References:

<https://www.ouray100.com/home>

Summer 2024
September 17

Topic
Are You a Multiplier
Discussion with Alicia Black



Resources

There are two types of leaders: Multipliers, who use their intelligence to bring out the intelligence and ability of everyone else, and Diminishers, who rely on their own intelligence because they think intelligence is a rare trait and they're one of the few who have it.

Multipliers get two times more out of people than Diminishers, doubling the intelligence and capability of their organization without adding headcount. Multipliers can even increase people's intelligence. In Multipliers, leadership expert Liz Wiseman explains how to reduce your Diminisher tendencies (almost everyone diminishes by accident at some point) and strengthen your Multiplier behavior to be an effective leader.

Amazon [Link](#) to purchase copy

Don't want to read 288 pages, here is the [Multipliers Top 7 Lessons – Book Summary](#)

Take the [Accidental Diminishers Quiz](#) and see where you might be hindering your team and yourself from flourishing.

Women's Leadership Development Program

Encouraging women leaders through personal and professional development

Autumn 2024

Topic

Resources

October 15

Women in the Workplace Lean In Latinas

Presented by Michelle Lomeli with guest speakers Anna and Jenny from Lean In Latinas



This Photo by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/)

The Women in the Workplace is the largest comprehensive study of the state of women in corporate America. LeanIn.Org and McKinsey & Company have published this report annually since 2015 to give companies the information they need to advance women and improve gender diversity. Anna Dapelo-Garcia, Founder and Jenny Salinas Co-Founder of Lean In Latinas, will provide an overview of the study and key findings.

[Women in the Workplace 2022: Key Findings and Takeaways](https://leanin.org/women-in-the-workplace-2022-key-findings-and-takeaways) (leanin.org)

Autumn 2024

Topic

Resources

November 19

Effective Communication Say What? Let's Talk About Active Listening

Presented by Michelle Ihrig



How often do you find yourself not truly listening to what the other person is saying because you are too busy either 1) formulating your own response, or 2) you've already made up your mind about what is being said before they've even finished? In today's busy world, being an active listener is the best gift you can give to another person. Active listening is an integral part of powerful communication. Effective communication builds trust. Trust is the foundation on which any successful relationship is built. And relationships are the core of our personal and professional successes. We'll explore some tools to enhance your active listening, be more present and feel the connection in the process.

[NY Times The Art of Listening](https://www.nytimes.com/2018/05/01/health/wellness/the-art-of-listening.html)

[The Art of Listening](https://www.youtube.com/watch?v=9vUW1u1C404) by Simon Sinek (5:12)

Autumn 2024

Topic

Resources

December 19