

Navigating Transitions

Finding New Paths, Passions, and Purpose

Utah Women's Leadership Speaker & Dialogue Series

Wednesday, September 26, 2018 (6:30-8:30 p.m.)

Ragan Theater, Sorensen Center, Utah Valley University

Keynote Speaker



This event will begin with a brief plenary session where Ruth Todd will share some of her insights on how to find new paths, passions, and purpose while navigating transitions as women of all ages. Ruth was an award-winning television news anchor in Utah for many years and spent nearly three years as the media spokesperson for The Church of Jesus Christ of Latter-day Saints. She is currently the Senior Vice President of Public Affairs at Nu Skin Enterprises. After the opening session, attendees will then join one of three workshops to learn more about transitions (see page 2 for workshop details). Women (12 years and older) and those who influence them are invited (this means men are welcome too)!

RSVP at www.utwomen.org

Our evening will conclude with light refreshments as attendees dialogue about what they have learned. The event will live stream, and video recordings of the event will be available at www.uen.org and rebroadcast on UEN-TV channel 9.1.

Thanks to our event sponsors!



Workshops (Choose One)

Young Women in Transition: How to Thrive When Life Keeps Changing!

Shirlyne Quayle (MBA, Founder of SASI and Co-Founder of TimeMaker Remodeling & Design) & Noemy Medina (M.S. Higher Education; Assistant Director, UVU First Year Experience & Student Retention)



For young women, the teenage to young adult years are full of transitions: junior high to high school, high school to college, and the chance for service, travel, and employment. Amid all these changes, what does it take to thrive? How can we successfully build new friendships, make the most of educational opportunities, and explore professional pathways? This interactive workshop will help young women learn to identify challenges and possibilities, transcend stereotypes and limitations, and become inspired to make the most of these formative years. Topics will include learning how to manage increasingly challenging academic and personal responsibilities, dealing with changing relationships, and becoming more independent in all areas of life. Join two experienced and engaging presenters, both of whom have spent years working with teens and young adults, and get ready to gain the insights and tools needed to thrive through life's twists and turns.

Navigating the Home to Workforce Transition

Robbyn Scribner (moderator), Julie de Azevedo Hanks (Licensed Therapist, Owner of Wasatch Family Therapy), Jackie Nunez (UVU Turning Point, Personal and Career Development), Christine Wzorek (HR Director, Four Foods Group) & Merrilee Boyack (Author, Speaker, Life Coach, Lawyer, Community Leader)



Although many Utah women step away from paid work for a time to stay home with children or prioritize other responsibilities, 60% of adult Utah women are currently in the workforce, including more than 70% of mothers with school-aged children. For women who have the desire or need to return to their jobs/careers after taking time off, the “re-launch” into paid employment can be a daunting prospect. This panel discussion will cover such topics as keeping professional skills and networks current, exploring interests and volunteer roles that could turn into job opportunities, and re-negotiating family responsibilities during this major transition. Our four expert panelists come from varying backgrounds, and their experiences and professional knowledge will instruct and inspire women who are considering this next stage of life.



Discovering New Purpose for Empty Nesters, Retirees, and Aspiring Souls

Susan R. Madsen (moderator), Cheryl McBride (Therapist, LCSW), Missy Larsen (Senior Director of Government Relations and Corporate Partnerships, doTERRA), Christy Allen (Strengths Coach, Mormon Tabernacle Choir Member), & Sheryl Allen (Former Member of the Utah House of Representatives, Community Advocate)



Women's lives are always changing, with new roles and opportunities at every stage: launching a career, starting a family, sending their youngest child to school, seeing their last child move out, retiring from paid employment, and many others. During transitions, women seek new or revitalized purpose, meaning, and call. Yet, many struggle in finding the right path forward—a path that feels authentic and will use the knowledge and skills they have developed through the years. So, what are the options Utah women have during these transitions? What processes can women use to discover their new calls and meaning, and what resources are available to help them move forward? Dr. Madsen and four amazing panelists will share ideas to help women navigate transitions through finding new paths, passions, and purpose.

