

Mississippi Women's Conference 2003

Workshop session I

Workshop Descriptions

"Charity Begins at Home- Transforming Your Life by Giving Something Back"

Cynthia Brown, founder The Blooming Magnolia Foundation, NY

What is a non-profit organization and how you start one? How can non-profit organizations benefit the community by partnering with other non-profit organizations. **(Surrey I 9:30am)**

"Financial Power, Getting It and Keeping It"

Nancy Lottridge Anderson, New Perspectives, Inc & Mary Ann Franklin, First American Bank
Debt management as well as money management will be addressed. Sections on consumer debt, basic investing, and protection of assets will also be included. **(Surrey II 9:30am)**

"Financial Planning for Women"

Valerie Steele, Union Planters Financial Services

Why women have different variables when it comes to planning their financial security and how they can develop a personal financial plan. **(Canterbury 9:30am)**

"Coronary Artery Disease in Women: The Risk and How to Modify!"

Dr. Honey East Holman, University Medical Center

The workshop will update women on prevalent diseases they should know about (such as heart disease, diabetes and high blood pressure); how to minimize their health risks; and how to take charge of their health. **(Churchill I 9:30am)**

"Taste of the Caribbean"

Chef Godfrey, the Jamaican chef

Edible garnishments for every taste. Come enjoy a taste of the Caribbean foods and style by the Jamaican culinary artist. Chef Godfrey's workshop is designed to enhance your cooking & presentation skills. **(Manchester I & II 9:30am)**

"Women's Business Ownership- Start your own business! Be your own boss"

Janita R. Stewart, U.S. Small Business Administration (SBA)

Learn about the programs and services, including financial management and technical items for federal government contract assistance. Available from SBA for the fastest growing business segment women entrepreneurs, and women who want to start their own business. **(Winston I & II 9:30am)**

"Employee vs Independent Contractor" & "2002 Education Deductions, Credits and Adjustments"

Linda L. Winstead, & Linda Jones, SBS Tax Service

An insightful presentation on the distinctions between these two types of business relationships and their tax consequences. Also "2002 Education Deductions, Credits and Adjustments" an enlightening discussion of tax incentives for scholars, parents and educators. **(Churchill II 9:30am)**

"Time Management Core to Daily Living"

Stephanie Davis, LET'S GET ORGANIZED

This session will define goal setting in terms of identifying activities that need a place on your personal schedule. Explore the art of time management from a unique perspective by creating a personal time map. **(Warwick 9:30am)**

Workshop session II

“What Every Woman Needs to Know About Vaginal Health”

Jackie Williams, President of the MS Nurses Foundation, Nurse Practitioner of Urogynecology & Women's Health at Women's Specialty Center

What you don't know about vaginal health could harm you. During this informal, yet educational session, you will learn how to take charge! **(Churchill II 10:45 am)**

“Show Me the Money – Getting the gold through grant writing: Make a Right decision to Write”

Geneva Scott, Educator

This workshop will inspire participants to begin the process to search for available funds in order to write grants that will make a difference in their community. The grassroots approach to seeking and obtaining grants for your community efforts. **(Churchill I 10:45 am)**

“WOMEN LEADING IN THE TWENTY FIRST CENTURY” Who’s in Charge Here? Learning to lead without conflict and compromise.

Joyce Johnson, Joyce Johnson, ECI

This seminar will provide a synopsis of leadership principles and practices are comprised of essential elements for leadership success in the twenty-first century. Specific challenges faced by female leaders, as well as leadership growth, development, and maintenance skills will also be explored. **(Windsor V 10:45 am)**

“Funding Your Education”

Dr. Tony Webster, Mississippi Department of Education

The major objectives are planning, managing and implementing **scholarships**, leadership development and **student financial assistance** programs statewide. **(Windsor IV 10:45 am)**

“Putting Your Financial House in Order”

Amy Haygood, AmSouth Bank

Are you ready to stand on you own two feet? This workshop will give you the knowledge on being financially stable. **(Surrey I 10:45 am)**

“Women Investing our Money”

Cindy Ayers-Elliott, Chapman Capitol Management, Inc.

Savings, Mississippi Prepaid Affordable Tuition Program (MPACT) & Mississippi Bonds. Investing your time and money to secure wealth. **(Warwick 10:45 am)**

“Where’s the Money? Nontraditional financing for Business ownership

Kimberly M. McMillan, Minority Capital Fund of MS, Inc

Nontraditional financing. We will cover the steps and requirements of obtaining a business loan from non-traditional sources. **(Surrey II 10:45 am)**

“Healthy Weights”

Deborah Caples, Alcorn State University—Cooperative Extension program

Participants who attend this workshop will be able to: (1) identify nutrition-related conditions (2) health-wise food choices (3) promote healthy living (4) awareness of childhood obesity and (5) physical fitness routines to benefit health and reduce weight. **(Manchester I & II 10:45 am)**

“Women’s Business Ownership- Start your own business! Be your own boss”

Janita R. Stewart, U.S. Small Business Administration (SBA)

"Women are starting businesses at two to three times the rate of their male counterparts. In addition, during 2001, in Mississippi, women owned businesses generated \$6.0 billion in revenues, employed over 54,000 workers and constituted over 38,300 firms. Don't miss out on this valuable information!" **(Winston I & II 10:45 am)**

Workshop session III

“Extra, Extra Read All About It!”

Essence Book Club of Metro Jackson

Do you enjoy reading? Do you know others who enjoy reading? Do you enjoy stimulating conversations? Why not start book clubs? Enjoy the escape and the adventure a book can give to you!
(Warwick 1:30 pm)

"Empowering Women to Pursue Higher Education: Stories and Strategies"

Dr. Alberta Yeboah & Dr. Tabaith Otieno, Jackson State University

Stories of women will be used as example, as well as providing strategies for beating the odds and pursuing higher education. (Canterbury 1:30 pm)

“HARNESSING YOUR POTENTIAL TO REALIZE YOUR DREAMS”

Dr. Joyce M. Hunt, Emeritus Faculty of Management, Mississippi University for Women

Do you have major regrets? Are time management strategies and multitasking proving ineffective? Discover realistic strategies to rethink, enhance, and energize your career and life. (Churchill I 1:30 pm)

Women's Leadership and Mentorship in Mississippi"

Dr. Deborah Barker & Dr. Jennifer Nelson,

Sarah Isom Center for Women at the University of Mississippi

We will discuss with participants in the workshop what they think are the special skills women need to be leaders in Mississippi. Also, what are the obstacles to promoting women's leadership in the state?
(Winston I 1:30 pm)

“Breaking the Etiquette Myth”

Alice White, Office Dynamics

Presented will be a potpourri of etiquette tips on business dining and entertaining, awkward office situations and proper business attire for the office professional. (Surrey I 1:30 pm)

“Lasting influence on Youth”

Elizabeth Whittinghill & Sara Moller, Mississippi College

The interest and situations in which youth are placed have changed dramatically. Learn to communicate more effectively with youth and to instill lasting morals and values in their lives. (Surrey II 1:30 pm)

“Be Fit For Your Race”

Sheron Burt, owner Restoration Rehab, Inc.

As women, it is commonplace for us to help others run their race in life. We will explore several ways we can be physically and mentally fit in our own race. (Manchester I & II 1:30 pm)

“Closing the Digital Divide”

Dr. Angeline Godwin Dvorak, University of Southern Mississippi

Technology for Women: how to fulfill the promise of the information age by providing every American access to technology and the skills to use. Grant information from the Beaumont Foundation of America will be discussed. (Windsor IV 1:30 pm)

"Smoking, Smoking Cessation, and Women!"

Dr. Christine Sheffer, University Medical Center

Can a person stop smoking? Do you want to help a person find out how to stop smoking? Training healthcare providers throughout the state in tobacco cessation practice could help.
(Churchill II 1:30 pm)

“Legal Options Facing Today’s Women”

Richard Lingle, Richard M. Lingle, PLLC

No Longer does a woman have to feel helpless when faced with a legal issue. (Windsor V 1:30 pm)