



*4th Annual*  
*Women's*  
**CAREER**  
**INSTITUTE**

	<b>Track One: Enhancing Confidence</b>	<b>Track Two: Thriving as a Professional</b>
<b>9am</b>	<b>Registration/Breakfast</b> (Rm 300)	
<b>9:30am</b>	<b>Welcome &amp; Overview</b> (Rm 300)	
<b>10am</b>	<b>Branding Yourself</b> (Rm 208) <i>with Monica Towner</i>	<b>Secrets of Credit Reports Unveiled</b> (Rm 210) <i>with Brooke Shrewsbury &amp; Maddie Brown</i>
<b>11am</b>	<b>Dare to Lead</b> (Rm 208) <i>with Beth Hoag</i>	<b>Enhancing Your Professional Toolkit</b> (Rm 210) <i>with Eden Haycraft</i>
<b>12pm</b>	<b>Lunch</b> (Rm 300)	<b>Lunch Table Conversations</b> (Rm 300)
<b>1pm</b>	<b>Resume Reviews</b> (Rm 208)	<b>Restorative Yoga</b> (Rm 210) <i>with Emma Healy</i>
<b>2pm</b>	<b>Keynote</b> (Rm 300)	
<b>3pm</b>	<b>“History, despite its wrenching pain, cannot be un-lived, however, if faced with courage, need not be lived again”</b> (Rm 208) <i>with Dr. Janet Carter-Black</i>	<b>Managing Difficult Conversations</b> (Rm 210) <i>with Prof. Brenda Wilson</i>
<b>4pm</b>	<b>Recognizing Imposter Syndrome and Moving Beyond Self Doubt</b> (Rm 208) <i>Facilitated by Michelle Awad</i>	<b>Mentoring Matters</b> (Rm 210) <i>with Tina Knox</i>

### **Lunch Table Conversations**

#### *Topics*

- Navigating STEM Careers
- Advocating for Women in Higher Education
- Career Exploration & Telling Your Story

### **Restorative Yoga** *with Emma Healy*

A 45-minute chair-based practice. This accessible, restorative practice will focus on the breath and intention setting to remind us of all we can accomplish. Using a chair as both a prop for standing postures and for seated poses, we will gently move through a sequence designed to relax and empower you. Come as you are and enjoy the benefits from this rejuvenating practice!

# KEYNOTE SPEAKER: TEKITA BANKHEAD

## Showing Up and Speaking Out: Defining Unapologetic Professionalism

The social construct of professionalism can impose subtle constraints on an individual's professional identity, particularly for professionals with historically marginalized identities. Traditional notions of professionalism have often been modeled after social norms based in largely White, heteronormative, and capitalist culture leaving very little room for deviance, individuality, and authentic expression. This keynote will explore the concept of unapologetic professionalism and how women can navigate their workspaces in a way that is authentic, empowering, and strategic.



Hailing from the “Friendly City” of Columbus, Mississippi, Tekita Bankhead is a registered nurse, a Student Affairs professional, and currently serves as an Alcohol and Other Drug (AOD) Specialist in Education at the University of Illinois Counseling Center. She received her M.S. in Counselor Education with an Emphasis in Student Affairs Administration from Mississippi State University and her Bachelors of Science in Nursing (BSN) from Mississippi University for Women. Her professional experiences focus on mental health, social justice, effective coping skills, race-related trauma in Black students, and culturally specific outreach and prevention. Tekita is a noted speaker, instructor, and consultant who delivers innovative and interactive educational workshops designed to tackle complex issues of inclusive leadership, cultural competence, wellness, and identity. In her spare time, she enjoys being a community servant as an active member of Delta Sigma Theta Sorority, Inc. and working on her passion project, The Pedestal Project, LLC, which focuses on uplifting Black women.

## 10am | Branding Yourself

*with Monica Towner*

Branding Yourself dives into what a personal brand means, why it's important, and how to figure yours out for yourself. Join us as we break down different aspects of a personal brand and learn some tips and tricks to make yourself stand out from the crowd, and unique ways to utilize platforms you're already on.



Monica Towner is the Assistant Director for Campus Recruiting and Job/Internship Preparation at The Career Center. Her current role is split between first assisting Illinois students reach their career goals through advising, coaching, and programming, and second, focusing on cultivating relationships with employers interested in recruiting Illinois students. Monica oversees the all-campus career fair and the mock interview program, along with serving as the chair for the Career Readiness Initiative at Illinois and contributing to programs for international students. Monica is a native Texan, and has worked in a variety of roles within higher education in addition to career services, including marketing, brand management, special events, and community engagement.

## 11am | Dare to Lead

*with Beth Hoag*

*“Leadership is not about titles or the corner office. It’s about the willingness to step up, put yourself out there, and lean into courage. The world is desperate for braver leaders. It’s time for all of us to step up.”*  
– Brené Brown.

This session will unpack Brené Brown’s concept of a brave leadership and discuss the four skills needed to lead courageously. Participants will engage in interactive activities and discussion to explore what it means to rumble with vulnerability and live into your values.



Beth Hoag is the Associate Director of the Illinois Leadership® Center at the University of Illinois at Urbana-Champaign. Her primary responsibilities include coordinating research and assessment efforts, designing curriculum, and building academic partnerships. Hoag obtained her B.S. and M.A. from Bradley University, and her Ph.D in higher education administration from Bowling Green State University. Hoag has over 12 years of experience in student affairs focusing on student involvement & leadership, student employment, and collaboration between student affairs and academic libraries.

## 3pm | “History, despite its wrenching pain, cannot be un-lived, however, if faced with courage, need not be lived again”

*with Dr. Janet Carter-Black*

The title of my presentation is taken from a quote by the incomparable Dr. Maya Angelou. I chose this particular quote because it reflects my intention to acknowledge the challenges women face in many areas of their lives. In particular, I will discuss some of the developmental processes that facilitated my transition from childhood to adulthood; from the training ground that is higher education to the professional arena. I intend to share what I have learned through the experiences of those who have gone before me and my own journey as a woman, a woman of color, and a woman of color who has not only survived but has thrived in both my personal and professional lives.



Dr. Janet Carter-Black is a Teaching Full Professor at the UIUC School of Social Work. Dr. Carter-Black received her PhD and her Master of Social Work with a child welfare administration concentration from UIUC. Professor Carter-Black was among the first cohort of primarily first generation college students of color admitted to the university under the Special Educational Opportunities Program (Project 500) receiving her Bachelor of Arts degree in English. Professor Carter-Black’s research interests include exploring resilience in African American families.

## 4pm | Recognizing Imposter Syndrome and Moving Beyond Self Doubt

*facilitated by Michelle Awad*

A discussion on why women are likely to face feelings of inferiority, how societal factors play a role, and how to prove the voice of self doubt wrong.



Michelle Awad  
Program  
Coordinator, YWCA  
Facilitator



Clare Conway  
Assistant Director,  
Women’s Resources  
Center  
Panelist



Aurora Cruz-Torres  
Academic Advisor,  
School of Molecular  
and Cellular Biology  
Panelist



Jennifer Mendez  
Assistant Director,  
Asian American  
Cultural Center  
Panelist

## 10am | Secrets of Credit Reports Unveiled

*with Brooke Shrewsbury & Maddie Brown*

How can you improve your credit score? And, why should you care? Learn how to get your credit report for free and more while we explore the 'secrets' of credit.



Brooke Shrewsbury, Consumer Economics Program Coordinator with University of Illinois Extension, graduated from UIUC in May 2018 where she majored in Agriculture Leadership & Science Education. In her position with Extension, she manages volunteers in the community as well as works on campus with student interns to educate about personal finance.



Maddie Brown is a junior at the University of Illinois at Urbana-Champaign in the College of Agricultural and Consumer Economics with a concentration in Financial Planning. This semester she is a Peer Educator for the University of Illinois Extension's Financial Wellness for College Students program where she provides education about financial topics such as managing spending, credit use, and understanding benefits in job offers, as well as other financial topics.

## 11am | Enhancing Your Professional Toolkit: Goal Setting, Applications, and Email Etiquette

*with Eden Haycraft*

Your resume is good to go, now it's time to embark on the job/internship search, but wait, where do you start? Join this session to learn about starting an effective job search process including setting goals, completing applications, and executing proper follow-up. This will be a lively discussion with attendees to learn from one another about what works and what doesn't. This session is for those that have started the job search and feel stuck and those that just need a starting place.



Eden Haycraft has spent the last 7 years working within the field of career services with the goal of helping students reach their potential. She began her career with an undergraduate degree in Business Administration from Southern Illinois University Edwardsville. Following this, Eden spent a few years obtaining industry experience, then earned her Master of Education degree in Student Affairs in Higher Education. She has served 5 out of the 7 years working within Employer Relations to assist with connecting more employers with students.

### 3pm | Managing Difficult Conversations in the Workplace and Beyond

*with Prof. Brenda Wilson*

The ability to manage a difficult conversation has become a critical and integral skill for success in any work relationship or group dynamic. When managed well, difficult conversations can reveal insights about issues that need to be addressed, provide opportunities to give advice or feedback, learn from others' experiences, build collaborative interactions, reduce stressful environments, maintain emotional and physical health, and foster stronger work and personal relationships. In this session we will identify key issues and challenging situations that often lead to difficult conversations, and various strategies for how to manage them.



Brenda Anne Wilson, PhD, is currently a Professor of Microbiology and Associate Director of Undergraduate Education in the School of Molecular & Cellular Biology, an Inaugural Professor in the Carle Illinois College of Medicine, and a Professor of Pathobiology in the College of Veterinary Medicine, at the University of Illinois at Urbana-Champaign.

### 4pm | Mentoring Matters

*with Tina Knox*

A successful mentoring relationship can be integral to your personal and professional development. Having someone to support and guide you along your career path can be very advantageous. A mentor is an experienced, trustworthy professional capable of providing advice and contributing to your success in the workplace. In this session, we will discuss the different forms of mentorship, how to ask someone to be your mentor and how to articulate realistic goals. Participants will have the opportunity to consider their own personal goals and brainstorm ideas on how to find the right mentor.



Tina Knox is the Coordinator for Undergraduate Advising in the School of Molecular and Cellular Biology. She earned her BS in Biology and her EdM in Higher Education, both from UIUC. Tina previously worked as a technician in a research lab and as a Teaching Laboratory Specialist in microbiology. As an advisor, she helped create the MCB Pre-Health and Professional Mentorship Program and has served as an Illinois Promise mentor for the past 2 years. Tina has worked as a Leadership Coach through the UIUC Leadership Center.

**I ILLINOIS**  
Women's Resources Center  
STUDENT AFFAIRS

**AAUW**  
Champaign-Urbana (IL) Branch

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The Career Center  
STUDENT AFFAIRS

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IPRH | Illinois Program for  
Research in the Humanities

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