CSEA WOMEN’S CONFERENCE

“Mission Possible: Strengthening Our Union”

**Friday, April 28, 2017**

12:00 p.m. – 5:00 p.m.  Conference Registration
Information Tables
Health & Wellness Fair

1:00 p.m. – 2:30 p.m.  WORKSHOPS

**Working Women’s History**
In this interactive workshop, participants will celebrate the contributions of working women in politics and the labor movement, learn about the workplace struggles that preceded us and discuss how we can use our knowledge of these struggles to help write the history of the current and future labor movement.

**Workers’ Compensation Update**
There have been significant changes in the Workers’ Compensation Law, including the implementation of new policies and procedures. This workshop will discuss the new cap on lifetime payments for classified disabled workers and a very aggressive push by carriers for injured workers to continue to seek employment within their restrictions. Other new changes, as well as a review of the procedure for filing a Workers’ Compensation claim, the need for medical treatment, and specific time requirements that must be met, will be discussed in this workshop. This workshop will be presented by an attorney from Fine, Olin & Anderman, LLP, (FOA) the law firm endorsed by CSEA to represent members for injury-related matters.

**Insuring Your Insured**
In this interactive workshop, members will discover all of the insurance programs available to CSEA members and their families through Pearl Carroll.

2:45 p.m. – 4:45 p.m.  WORKSHOPS

**Building and Maintaining a Women’s Committee**
Do you want to encourage more women to be involved and active in the union? Do you have a Women’s Committee? Do you feel your Women’s Committee could be more effective? In this workshop, we will discuss the benefits of having a Women’s Committee in your Local/Unit and how to get one started. Participants will share best practices and creative ideas committees have used to include and involve members.
The Art of Retiring - Paint YOUR perfect picture to create a Retirement Masterpiece
Thinking of retiring? Planning for retirement can be a daunting task. Join the CSEA Employee Benefit Fund and the CSEA Health Benefits Department in this interactive workshop to learn what is necessary in order to continue your benefits in retirement and how your benefits will work once you retire. Pre-Retirement Packets will be available for all attendees.

Student Debt Relief
Are you a public employee with federal student loans? Are your children struggling with student debt? Are you a leader looking for new ways to engage your members and the community? This workshop discusses the student debt crisis and gives important information about how qualifying applicants can lower – and sometimes even eliminate – their student loan debt.

A Basic Overview of Civil Service Law
Have you ever been confused, frustrated and/or exasperated over the terms and concepts involved with the New York State Civil Service Law? You are not alone! Participants will come away from this workshop with useful information and a better understanding of what the law can and cannot do, and how you can protect yourself and others. Great for first-time attendees as well as veteran activists.

6:00 p.m. Dinner Program
Presentation of the Irene Carr Award
8:00 p.m. - 9:00 p.m. Let’s Move
Hosted by the Standing Women’s Committee
Come and join your CSEA Sisters and Brothers and learn basic line dances and more!

Saturday, April 29, 2017
6:15 a.m. – 7:15 a.m. Sunrise Session – Energy for the Day!
6:30 a.m. – 8:00 a.m. Breakfast
7:00 a.m. – 8:30 a.m. Information Tables, Health & Wellness Fair
7:00 a.m. – 10:45 a.m. Conference Registration
Saturday, April 29, 2017 cont’d

8:30 a.m. – 10:00 a.m.  Mission Possible: Strengthening Our Union

This opening session will highlight the important role women have taken and must continue to take in labor’s mission to advance the agenda of working people and build a strong foundation for the future of the labor movement.

10:00 a.m. – 10:30 a.m.  Information Tables

10:30 a.m. – 12:00 p.m.  Each One Teach One

The labor movement is about using our voices and protecting what is most important to us: fair wages, a safe place to work, and the chance to retire with dignity. We know that knowledge is power – an educated membership is a strong membership. As union leaders, our job is to engage our members and help them understand how important the labor movement really is, and how it impacts our everyday lives. In these breakout sessions, members will be given the tools needed to continue building and strengthening our union, one member at a time.

Each One Teach One: Political Action Matters!
The political power of members has enabled us to gain many of the benefits we enjoy as union members. This session will provide information and skills to assist members to be involved in the legislative process to fight for the issues that affect working women and their families.

Each One Teach One: Mobilizing Workers Matters!
The power of mobilizing workers around issues has helped us gain and defend our rights over the years. However, getting members to be involved can be a challenging task. This session will provide strategies and techniques to identify workplace issues and engage workers in resolving them.

Each One Teach One: Communication Matters!
The power of communicating with members has allowed us to build and strengthen our locals/units. Good communication practices are an essential leadership skill. This session will provide strategies and techniques to effectively engage and connect with members in the workplace.

Each One Teach One: Organizing Matters!
The power of workers exercising their right to come together to gain respect and fairness in the workplace has built the labor movement. Every worker has the inalienable right to join with co-workers and form a union. In this session, participants will explore why organizing the un-organized matters, and what they can do to help strengthen our union.
Saturday, April 29, 2017 cont’d

10:30 a.m. – 12:00 p.m. Each One Teach One

Each One Teach One: Health & Safety Matters!
The power of workers standing up for safe and healthy work environments has effectively resolved workplace violence issues. This session will discuss what unions have done to address workplace violence, and provide strategies and techniques to engage and mobilize workers to take action against this and other workplace health and safety issues.

12:15 p.m. – 1:30 p.m. Lunch

1:45 p.m. – 3:15 p.m. WORKSHOPS

Reach Up, Reach Back! Building & Supporting Women’s Leadership
As leaders, it is important that we reach up to other leaders to assist us and provide us with knowledge and skills in our leadership journey. It is also important that leaders recognize the value of reaching back to support and grow leaders. In this workshop participants will reflect on women in leadership, review the qualities and skills of effective leaders, assess their leadership skills and discuss steps to take to develop and support women’s leadership.

Presenting to Persuade
Why is it that some people deliver presentations in front of small and large groups alike with confidence, composure and credibility, while others shake, rattle and roll as they confuse, irritate and alienate listeners? Training is the answer. Persuasive, effective speakers are not born. They are trained, developed and coached. This workshop will cover: organizing the message, snappy beginnings and powerful endings, pacing, engaging listeners, finding and using anecdotes, handling questions, overcoming obstacles and having fun at the podium.

Beyond Bias: An Introduction to Implicit Bias
Did you know that 80 to 90 percent of the decisions we make happen subconsciously? This has a major impact on how we interact with people of different races, genders and backgrounds. As leaders, understanding implicit bias can be a valuable tool to help strengthen our union and shift how we think, talk and act about differences. In this interactive workshop, participants will learn about the science of implicit bias and gain strategies for addressing bias.

Conflict Resolution
Dealing with difficult people is no easy task. To deal with them, you must be able to recognize “who” they are and know how to resolve issues that may arise. This engaging workshop will provide simple steps to resolve conflict that may erupt between two parties and provide other tips and techniques to help you in dealing with difficult people.
Saturday, April 29, 2017 cont’d

1:45 p.m. – 3:15 p.m.    WORKSHOPS

Sexual Harassment Prevention
This workshop will provide CSEA leaders, activists and members with basic information on how to identify and respond to various forms of sexual harassment.

Staying Strong and Resilient
Have you recently changed jobs or had a change or loss in your life? How do you handle challenges, problems and hardships in your life? In this workshop, participants will learn strategies for staying strong and resilient, maintaining a positive outlook and reducing stress in their lives.

3:30 p.m. – 5:00 p.m.    WORKSHOPS

BOKWA
Bokwa is a new and completely different approach to group exercise that is rapidly spreading across the globe. Moving together to today’s most popular music, participants of all ages draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine. Because Bokwa steps are structured and based on the forms of letters and numbers, doing Bokwa does not require you to count steps, like a traditional 8 count followed by most dance fitness programs. Simply feel the music, freely move with the beat and share the energy and excitement with other participants! 
*Participants must wear comfortable clothing and footwear.*

Relaxation 101
In this introductory meditation workshop, we will use guided imagery and breathing to learn how it makes you even more productive during the day and sleep better at night.

Identity Theft Protection and Self Help
Identity theft has become a fact of life for many Americans. This workshop reviews how it occurs, prevention, and recognizing “Red Flags.” Also learn action steps to take if it happens to you. A checklist to prevent, protect and recover will be provided.

5:00 p.m.    FREE TIME – DINNER ON YOUR OWN!

Sunday, April 30, 2017

7:00 a.m. – 8:30 a.m.    Breakfast

8:45 a.m.    *General Session: “We Rise Up”*