

2018 Women Forward Speakers Series ENCORE OF FAVORITES

THE MIRACLE OF CHOICE

Sunday, January 28, 10:00 a.m. - 12 Noon

You are the architect of your own reality. We create the life we live through choices and decisions we make every day. Thoughts, perceptions and reactions drive the way we feel about ourselves and the world around us. Learn ways to expand your awareness, so that you can harness your natural power to choose the life you want.



Presenter: Lauren Gavshon Brand, Psy.D.
Chief Operating Officer, Jewish Federation & Family Services, Orange County

Dr. Brand is a Clinical Psychologist who has over 20 years of experience successfully guiding organizations through change and restructuring. She is sought out for leadership expertise in organizational culture and development, as well as for her background in building and managing human services programs.

EQ IS THE NEW IQ

Sunday, February 25, 10:00 a.m. - 12 Noon

Much emphasis has been placed on the importance of an individual's intelligence (IQ). In this session, we will explore how improving your emotional intelligence (EQ) may positively impact your relationships and your career success. We will define emotional quotient and offer practical methods to heighten your awareness of self and others in order to manage your interactions with others.

Presenter: Marian Anderson

Director, Human Resources, Critical Care & Vascular Business Unit, Edwards Lifesciences

Marian has over 25 years of experience developing leaders. Through her highly regarded training programs, Marian has helped countless individuals to adjust their approach and communication to be most effective in both their personal and professional lives. She holds numerous certifications related to people, leadership and organizational development.



WHAT SHAPE IS YOUR TREE?

Sunday, March 25, 10:00 a.m. - 12 Noon

The Persian poet Rumi once said, "Maybe you are searching among the branches for what only appears in the roots." In this hands-on session, we will use the metaphor of the tree to explore ways we find and sustain a balanced, joyful life. This will be a playful opportunity to discover the shape of your own personal tree.



Presenter: Cathy Rooney
Consultant & Former VP, Sales Operations and Client Services, CoreLogic and First American Financial

Cathy has held various executive leadership positions in the financial services technology industry. A specialist in guiding organizations through change, she has found that transitions are a great way to practice finding balance in motion. Her current mission is to enliven and enrich everyday experience with the power of presence.

BUILDING YOUR BRAND

Sunday, April 29, 10:00 a.m. - 12 Noon

Brand speaks to who you are and what you offer. Branding, the way you express and communicate your skills, personality, and values, gives you power to uniquely stand out. Join us to learn how to proactively control your personal/professional development and how your "brand" is perceived in the marketplace of your life. Topics include effective networking and honing your image through communication skills.



Presenter: Teresa A. McQueen, Esq.
Certified Business Etiquette Trainer & Founder/
Principal Attorney, SAFFIRE LEGAL, PC

Teresa is a certified business etiquette trainer and employment law general counsel, providing services to various California businesses. She is the host of the employment law podcast *Workplace Perspective* and has valuable expertise in workplace etiquette training, employment law and HR consulting.

BALANCING EMOTIONAL RESPONSES IN DIFFICULT SITUATIONS

Sunday, June 24, 10:00 a.m. - 12 Noon

When we are in the midst of a challenging situation, it can be difficult to express what's inside of us. Sometimes it's hard to get past the intensity of what we are feeling and respond in an effective way. Through this interactive session, you'll learn how to find your grounding in the here and now with an emphasis on using your breath and other specific techniques so that you can successfully navigate the situation with clarity and balance.



Presenter: Sara Clancy Hernandez, Ph.D.
Licensed Therapist, Private Practice

Dr. Hernandez is a Licensed Psychologist with a private practice in Irvine. She works with couples, families and individuals using a holistic approach with an emphasis on emotion-focused and mindfulness-based methods. She has a B.A. in Psychology with honors from UCI and a Ph.D. in Counseling Psychology from Washington State University, Pullman. Dr. Hernandez has conducted research at Stanford University and has completed post-doctoral training at UCI's Counseling Center.

FREE

with required RSVP
to Lucy@JFFS.org or
949.435.3460.