



**Women in Quality Symposium
Thursday, December 8, 2022
Virtual Event Schedule***

9:00 a.m.

Symposium Kickoff and Welcome

9:05 a.m. - 10:10 a.m.

Driving Performance through Self-Compassion:

Debbie Vyskocil, President, Optimal Edge Performance

Two critical factors can stall creativity and curb productivity: Being self-judgmental and self-critical. High achievers tend to deal with more self-judgmental thoughts than the average person. With renewed Self-Compassion, confidence is elevated, creativity is unblocked, and motivation is ignited, and then happiness organically flows. During this session, attendees will gain insight into how to:

- Identify why self-compassion is critical to success at the office and in life.
- Determine your current self-compassion level and compare where it needs to be in regard to your optimal outcomes.
- Experience skills that you can replicate to incorporate self-compassion into your work and life.

10:15 a.m. - 11:00 a.m.

Mid-Morning Peer-led Discussions on:

- Resiliency and Leadership
- Balance, Burnout and Self-Care
- Hybrid Work Success: Staying Connected

11:10 a.m. - 12:10 p.m.

The Great “R’s” and Moving Forward

April Schmidt CPHQ, CSSBB, Senior Manager Strategy & Customer Success, TWI Institute

U.S. Bureau of Labor Statistics data indicates 47.8 million people quit their jobs in 2021, with one in three women either leaving their jobs or downshifting their career during the pandemic. A combined global health and economic crisis has given rise to the “Great R’s”: Reflection, resignation, reshuffling and retirement. Employees have been clear: work-life balance, flexibility, meaningful work that engages them, and inclusivity are important.

Employees want employers who value and respect them. A silver lining: Lean's foundational principle of Respect for People and tools for continuous improvement can be used to support employee engagement while developing organizational cultures that embrace psychological safety, inclusion along health and wellness.

Come to this session prepared to participate in conversation, share your learnings and examine the use of A3's and process mapping to help your organization to move towards the workplace of the future.

*Schedule as November 7, 2022. Subject to change.

12:15 p.m. - 1:15 p.m.

Stop Apologizing: Learn to Write Emails That Project Your Confidence and Authority

Leslie O'Flahavan , President, E-WRITE

You spend a lot of time writing emails that are meant to get things done. But do your emails convey confidence, or are you inadvertently undermining yourself? In this session, you'll learn to recognize words and phrases that weaken your requests, suggestions, or requirements, and you'll replace them with stronger language—without coming across as arrogant. If there's too much, "I'm sorry..." in your emails, this practical session is for you.

1:30 p.m. - 2:00 p.m.

Networking Salons

- Young Professionals
- Mentoring Programs
- Diversity, Equity, and Inclusion

2:05 p.m. - 3:05 p.m.

Discover Your Authentic Voice - And How To Use It To Lead Change

Heather Whelpley, Speaker and Author

Do you feel as if something has to be perfect before you share it with anyone? Maybe you feel as if you don't know enough or have enough experience to put your idea out there? Or maybe you've gotten feedback that you can be too direct...or need to be more confident...or both!

You're not alone. Most of us have been handed messages that cause us to minimize our voices – and hold us back from making the impact we desire. It's time to flip those messages upside down. It's time to reclaim your authentic voice – and use it to lead change.

Instead of diving into tactics on how you "should" present yourself, we're going to get clear on what is authentic to YOU so that you can share your ideas, challenge the status quo, and lead positive change in your workplace – and beyond. In this interactive session we'll identify:

- How imposter syndrome, perfectionism, and discrimination get in the way of sharing your authentic voice
- The changes you want to influence with your voice
- Concrete strategies to get your voice heard and create an impact
- Actions you can take to build a culture where others are free to show up as their full selves and share their voice

3:10 p.m.-4:00 p.m.

Closing Message: Paying it Forward and Giving Back

Wanda Sturm, Incoming Chair, ASQ Board of Directors

The benefits of giving back—to our companies, our communities, and our families—are many, from providing a sense of purpose to broadening our network to unlocking new perspectives. so what's holding you back from stepping into a role that allows you to deliver the quality, positivity, and value that can make a difference? Join Wanda Sturm open for a personal reflection of why giving back is so vital to the quality community.

4:00 p.m.

Symposium Conclusion

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