



Friday, May 31, 2019, 9:00 AM - 3:30 PM ❖ UMPI Campus Center
University of Maine at Presque Isle ❖ 181 Main Street, Presque Isle

REGISTRATION FORM

Please include contact information for all registrations – attach duplicate forms if needed.

Name: _____
Address: _____
City, State, Zip: _____
Phone (home/work/cell): _____
Email: _____

❖ **Feel free to bring your business card to share on our Networking Table**

Please feed me well! I have the following lunch needs: (Please describe. We will advise UMPI food services)

_____ Number of **registrations** enclosed (\$30 each, 2/\$50 or 3/\$65) *Check off your **breakout sessions** on the next page!

_____ Number of **sponsored seats** requested (Note: If cost is a factor in your decision to attend, please select this for free registration. A limited number of seats are available- first come first served, thanks to the support of our conference sponsors.)

_____ I cannot attend the conference, but I want to support New Ventures Maine.
My **tax-deductible contribution** of \$_____ is enclosed.

_____ I would like to **sponsor** the conference. My tax-deductible contribution is enclosed (circle one):
\$100 Supporter **\$50 Supporter** _____ **Your gift of any amount is appreciated.**

_____ TOTAL AMOUNT ENCLOSED

My check is enclosed: Please make check payable to New Ventures Maine.

I authorize New Ventures Maine to collect my gift in the amount above through the credit card indicated:

MasterCard / VISA / Discover

Account # _____ Exp. Date _____ Security Code _____

Signature _____

Print Name on Card _____

NOTE: This event will be photographed. Please check HERE to opt OUT of having your photo taken.

***New this year – Female Hygiene Product Drive.** Please consider bringing feminine hygiene items for donation to the Hope and Justice Project and the Micmac and Maliseet Domestic Violence Advocacy Centers.

Return to: New Ventures Maine, UMPI – Preble Hall, 181 Main St. Presque Isle, ME 04769
(207) 768-9468 phone ❖ karin.petrin@maine.edu ❖ newventuresmaine.org

**R.S.V.P. by Friday, May 17. Space is limited to 175, and registration is first come, first served.
Register today to ensure your place at the table! (Check our website to register online)**



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BREAKOUT SESSIONS

Read carefully and plan ahead to **choose one morning session and one afternoon session** from our Assets, Business, Career, Empowerment, and Leadership tracks. No need to stick to one track!

Please check one selection for AM and one selection for PM.

Your pre-registration helps us assign larger sessions to rooms of sufficient size. Thank you!

Morning Breakout Sessions

___ Assets – Frugal by Choice: It’s About Values and the Lifestyle You Hope to Achieve.

In this session we will discuss how understanding your values and habits around money can assist you in the creation of a spending plan to help you pay for what you need, pay down/off debt, and save for what you want.

Facilitated by Janet Smith

___ Business – Accounting Software: Introduction to QuickBooks

Get quick tips and tricks to keep your business record keeping straight. Demonstration of QuickBooks Online and instruction on sample company activities will take place.

Facilitated by Amy Lane, C.P.A.

___ Career – Finding Balance: We can’t do it all??

Learning to prioritize and practice mindfulness is important. As women, we often strive to find balance in our work and home lives. Participate in hands-on activities and share in stories that can provide you with a new perspective about achieving work, home, and life balance.

Facilitated by Julie French

___ Empowerment –Self-Actualization: Making the Most of Your Potential

Personality profiles help us learn about ourselves, but often leave us feeling pigeon-holed. The Enneagram (*ennea* = nine, *gramma* = sign or figure) provides a holistic way to help you reach a deeper understanding of who you are and offers techniques for how to be the best possible version of yourself. Cathy and Meg will give you an overview of the tool and practical suggestions for its use.

Facilitated by Meg Hegemann and Cathy St. Pierre

___ Leadership – Being a Leader: What does it take?

What are the elements and attributes that make an effective leader? Join an interactive discussion and use a self-assessment tool to breakdown the elements, attributes, and skills that leaders possess and apply them to your personal leadership style.

Facilitated by Nicole Francis



Afternoon Breakout Sessions

___ *Assets – Your Finances: Health Savings Accounts*

How does health insurance relate to a Health Savings Account? This topic may be a little intimidating but it could be an important part of your financial well-being. Let's talk about what a Health Savings Account (HSA) is and how it works. Learn what is required to qualify for this tax-advantaged account and get some tips on how to use it to your advantage. We'll clear up some of the mystery and answer your questions.

Facilitated by Laurie Colton and Jessica Ouellette

___ *Business – Finding Solutions: Financing Your Business*

Need cash to start or grow your business? Explore the many options to bootstrap your business finances. In this interactive workshop, we will explore the elements of a business loan, the ABCs of credit, some crowdfunding ideas, pitch competitions to explore, and pitfalls to avoid.

Facilitated by Gigi Guyton

___ *Career – Workplace Engagement: Building Supportive Relationships at work*

"We spend most of our adult lives at work. That time is precious. It's a tragedy if we aren't happy and energized. It's a loss for our organizations." Join Sonja Eyer in a presentation of FISH!: a philosophy that strengthens trust, teamwork, and engagement in our workplaces. Learn how to lead more effectively and bring out the best in your colleagues by infusing enthusiasm and passion for your mission and goals into your everyday practices. We'll explore four concepts of being there, make their day, play, and choose your attitude in a fun session that will renew energy, improve your work and client relationships, and help you learn to handle what life throws at you!

Facilitated by Sonja Eyer

___ *Empowerment – Authentic Self: Embracing the Real You*

Explore the properties of authentic self; values, beliefs, self-image, relationship, self-actualization and more. In this session you will be encouraged to address barriers and develop goals towards your plan to become your authentic self.

Facilitated by Christie Wolf

___ *Leadership – Getting it done: You Gotta' have Backbone!*

Join Jan for an interactive discussion as she shares her journey of persistence and reflection. From being an activist and journalist to owning her own business, Jan will discuss how determination and commitment paved the way for her success. Learn how to move from feeling unsure and unready, to deciding "I better be ready" and jumping into new challenges and experiences; helping you move your organization or causes you believe in forward.

Facilitated by Jan Grieco



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AGENDA

9:00-9:30 Registration

Welcome! Plan your schedule and breakout sessions.

9:30 -9:45 Welcome!

9:45-11:00 Leadership Panel – 40 Years of HERstory

As New Ventures Maine embarks on our 40th year of providing services to people throughout Aroostook County and Maine, we invite women from different walks of life to share their stories of success and self-awareness.

11:00-12:15 AM Breakout Sessions

Choose your session from our ***Assets, Business, Career, Empowerment, and Leadership*** tracks.

12:15-1:30 Buffet Lunch Provided (Finished early or want to eat later? Look what else you can do!)

- Attend 30-minute mini sessions: 12:15-12:45 Choose Meditation or Dance & Movement
12:45-1:15 Choose Hands-on Art Project or Open Recovery Meeting
- Take advantage of the ***free photo shoot***. Get a professional head shot and capture the spirit of your day.
- Visit the networking table to collect information from fellow attendees!

1:30-2:45 PM Breakout Sessions

Choose your session from our ***Assets, Business, Career, Empowerment, and Leadership*** tracks.

2:45-3:30 Closing Session

Before you go, don't forget to swap your evaluation for a special gift!

Thank you for supporting New Ventures Maine!
www.newventuresmaine.org