



own it!



A conference to inspire and empower women

Thursday October 18th

8:45 am - 4:15 pm

Weatkins Glen Harbor Hotel

Program:

8:45 am — Registration, coffee & networking

9:30 am — Kick off & Opening Remarks

9:45 am — Session 1: "How I Owned It" Panel

11:00 am — Session 2: Existing in the #MeToo World

****or****

Overcome the Mean Girl - Why Women Should Have Each Other's Backs

12:15 pm — Lunch & Keynote Address: Breaking the Glass Ceiling

1:30 pm — Session 3: Leading with Authenticity - Finding & Owning Your Voice

3:00 pm — Session 4: Look Your Best for Less and Still Own Your Success

****or****

Stress Relief Techniques

4:00 pm — Closing

\$105 per person (includes coffee, lunch and snacks)

Registration deadline: Friday, October 12th

Register by Tuesday, September 12th for a discounted rate of \$90 per person

Name _____

Company _____

Email _____

Phone _____

Address _____

City, State, _____

Zip _____

Complete this form (front and back) and return with payment to:

Corning Area Chamber of Commerce
Attn: Janet Morgan
1 W Market St, Suite 202
Corning, NY 14830

Or by email to jbmorgan@corningny.com

If you have any questions or need online registration information, email jbmorgan@corningny.com





own it!



Choose your breakout sessions:

Existing in the #MeToo World

The #MeToo movement began in October 2017, and in just 24 hours, had 12 million posts and comments on Facebook. A January 2018 online survey showed 81% of women had experienced some type of sexual harassment. So how do you deal with this pervasive issue? This session will cover the law and your rights, as well as dealing with your own experiences.

Overcome the Mean Girl - Why Women Should Have Each Other's Backs

Why do we as women let ourselves and each other down? What are the reasons and/or situations why we chose to speak up or stay silent? We can learn to help each other if we can recognize in the moment more of what triggers us as women to react, and perhaps gain the tools to make our reactions more kind, compassionate, and safe.

Look Your Best for Less and Still Own Your Success

"Dress confidently in clothes that make you feel great about yourself. When you look better you feel better."
— Susan C. Young

Looking your best helps you to feel confident. Confidence is a booster for success. This session will introduce some tricks, tips and hacks you can use to feel and look your best without breaking the bank.

Stress Relief Techniques

Practical things you can do in your office, car, home or anywhere when the stress begins to mount. Beginning with breathing techniques, and moving into some basic warm-ups that help to loosen, warm, and protect the movements of the spine paired with breath work, and ending with a short relaxation technique often used in mediation called The Body Scan.

**Keynote Address: Breaking the Glass Ceiling
Jessica Renner, Regional President, Excellus BlueCross BlueShield**

Jessica's personal history, including how she overcame her challenges, and tips and strategies for success you can apply for yourself.

Payment Options:

Check: payable to *Corning Area Chamber of Commerce*

Credit Card: Visa: MC: Disc.: AmEx:

Name on Card: _____

Card #: _____

Address: _____

Exp. Date: _____ Security Code: _____

Signature: _____

Please choose your preferred breakout sessions:

Session 2:

- Existing in the #MeToo World
- Overcome the Mean Girl—Why Women Should Have Each Other's Backs

Session 4:

- Look Your Best for Less and Still Own Your Success
- Stress Relief Techniques

*Space may be limited & will be assigned first come, first served. If your chosen session is full, you will be assigned to the alternate session.

Do you have any special dietary requirements? (i.e. vegan, gluten-free)

