

# 2009 CWA National Women's Conference

## Workshop Descriptions

### **How to Build an Effective Local Women's Committee — Panel Discussion**

Is your local in the process of building a local Women's Committee? Did your existing committee and its members take a downward spiral and now need to be rebooted? If so, then you will enjoy this panel discussion. Hear from local leaders who have built and sustained strong local committees while working on all sides of the CWA Triangle.

### **Dealing and Coping with Change**

The only constant in life is change. Come share the secrets of how to cope with change. Women and men must develop their adaptability and flexibility to rise to the challenges, changes and very often the stress that we confront in the world of work, family and life.

### **CWA Triangle — Women Leading in Labor 2009-2010 Campaigns — Panel Discussion**

Explore the world of politics and civic engagement from the ground up. The electoral process has proven to be a key tool for the union movement and one solution to help address labor issues. Hear from local activists on how they used effective tactics and how they worked with key allies in the 2008 presidential election.

### **Using Technology to Engage Younger Union Activists**

So, you think you know everything there is to know about the emerging technology and the Internet? Do Twitter, Facebook, MySpace, blogs, texting, and other online networks have you confused? If so, this workshop is for you. Learn how to use these new forms of technology to reach your local membership and community. This workshop promises to be informative and fun and will give you the tools to add to your organizing and coalition-building arsenal.

### **Becoming a Person of Influence**

Discover your unique leadership ability and how you can share it with others in the labor movement. Examine how you can use your existing skills to mentor and motivate people of all ages to help grow our union.

### **Journey to a Healthier You**

An inspiring message which challenges women to have a greater hand in their health. Women will be engaged in conversation about such issues as Breast Cancer, HIV/AIDS, Cervical Cancer, Domestic Violence, Aging, and other health issues in hopes that they will be better equipped to educate members and their communities.

### **Planning Your Future in Uncertain Economic Times**

What you don't know might hurt you. Whether you are concerned with planning for retirement, helping a family or union member, or maintaining your own independence and dignity, this workshop is designed to help you sort out what you may be able to do to make the future easier for yourself and others.