



Southeast Region D

Charlotte-Metrolina Section, D-002

Event Report

Women in Power: The Tight Rope of Life

Professional Development Seminar

02 Nov 2009

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1. Event Name

Women in Power: The Tight Rope of Life
SWE/WIN/WTS Professional Development Seminar

2. Event Date & Time

November 2, 2009; 9:00am - 1:00pm

3. Event Location

Duke Energy McGuire Nuclear Station, MOC Auditorium Bldg#7422

4. Event Coordinators

Chris Cathcart, Angela Berry, Carena Tate (WIN), Tamara Kenney (WIN)

5. Attendance

Number of Members present: 3
Number of Non-members present: 27

6. Event Sponsors & Donations

Sponsors of the event are listed with their donations in Table 1 Event Sponsors & Donations:

Table 1 Event Sponsors & Donations

Event Sponsor	Donation
Women in Nuclear	Building, Speaker, Refreshments

7. Awards/Door Prizes & Recipients

Awards and Door Prizes that were given at the event are listed with their recipients in Table 2 Awards/Door Prizes & Recipients:

Table 2 Awards/Door Prizes & Recipients

Award/Door Prize	Recipient

8. Income & Expenses

Income, other than donations, that was received or collected for or at the event is listed in Table 3 Event Income:

Table 3 Event Income

Item	Amount	Receipt Remitted? (Yes/Pending)

Registration Fees for 8 attendees	\$320	Yes
	\$	

Expenses, other than awards or door prizes, that were incurred for or at the event are listed in Table 4 Event Expenses:

Table 4 Event Expenses

Item	Amount	Receipt Submitted? (Yes/Pending)
PayPal Fees for 8 payments	\$11.68	N/A
	\$	

9. Event Description

Written in the format of a newsletter article.

The fall Professional Development Seminar was a great success! SWE again partnered with Duke Energy's Women In Nuclear (WIN), and the Women's Transportation Seminar (WTS) to co-host Debbie Reeves, RN, CNOR, MS, CNO, who presented "The Tight Rope of Life," sharing strategies on work-life, balance and leadership. The work-life balance portion included methods on how to establish ways to balance people at work and at home while promoting personal time and maintaining a positive attitude. This centered on being able to identify pessimistic thoughts and to refocus on having a positive attitude. The leadership segment centered on the elements of leadership and fostering more cohesive relationships. The elements discussed included: trust, authenticity, communication, credibility, likeability, listening, respect, and displaying emotion. A great rhetorical question was "Would You follow You?" Lastly, we were provided with some tips on staying mentally and physically healthy along with some notes on recent medical advances. We were excited to hear that there has been good progress on developing a breast cancer vaccine. Overall it was a great seminar and with over 30 attendees, it was a great networking opportunity as well!

10. Lessons Learned

Things that went well and things that we could do better next time.

- would have liked to have had a tour! Debbie Reeves' daughter, Meredith Werley, works at Duke as an engineer and introduced Debbie. I talked to Meredith about doing a tour and she said that she can only do 10 people max for security, and would need about a week of notice with information from each individual ahead of time for the security background check. She said she would be happy to host SWE for a tour! So I'd like to set something up with her in the spring if she ever emails me back.
- the food was good 'chef herb' is out of Rock hill and enjoys catering.
- the presentation was already printed out for everyone which was nice
- there were little bowls of candy on every table which was nice
- would be nice to have had bottled water or cups for filling in the water fountain

11. Contact Information

For future planning.

Carena.Tate@duke-energy.com; Tamara.Kenney@duke-energy.com

12. Photos

Have the photos taken at event been uploaded to Section's Flickr account?

Yes

Not yet

None taken

Photos will be uploaded by date .