Beyond Rubies Women’s Conference
March 27-28, 2013

Your Work,
Your Mind,
Your Life

The Kirkwood Center
Kirkwood Community College
Cedar Rapids, Iowa
Welcome to Beyond Rubies, A Women's Conference!

Whether you’re a first-time participant or you’ve been coming for the past 20 years – we invite you to join us to experience an unforgettable event guaranteed to inform, inspire and empower.

Beyond Rubies is a conference for women of all generations and backgrounds to learn practical ideas on how to succeed, while juggling increasingly complex and diverse life demands. You will be engaged in an exciting, fun and inspirational atmosphere, where women come together to network.

New this year, this upbeat, two-day conference will have a professional development focus on day one and a personal growth focus on day two. Each day will feature a keynote presentation and attendees will have the opportunity to attend three workshop sessions of their choice. A wine and cheese networking event will be held at the close of day one. We’ve also moved the conference location to The Hotel at Kirkwood Center, providing you with easy access parking, one-level convenience, and sit-down, plated meals both Wednesday and Thursday.

The conference will set the tone for building better lives while enjoying the journey. The focus will be to provide information on a full range of issues – for your work, your mind and your life.

We encourage you to attend this year’s conference and participate in the wonderful opportunities Beyond Rubies 2013 has to offer. We look forward to seeing you in March!

Kristi Stimac & Michelle Cherrier
Beyond Rubies Conference Coordinators

This is what some of last year’s participants said they enjoyed:

Very well organized. Diverse workshops to choose from.
The keynote speakers were great. There was a good variety of vendors to visit. Many good class choices and facilitators.
This is my first time attending the conference. I do enjoy it and plan to come back again next year.
This is a wonderful way to bring women together in a supportive and engaging environment.
I really enjoyed my first Beyond Rubies conference and look forward to attending in the future.
Always a wonderful conference. Great time for rejuvenation! Good balance of topics from personal self-improvement, business self-improvement, finance, leisure, exercise. Loved it all!
Workshop topics were very helpful. Vendors were a great addition. Everything was great!

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Keynote Speakers

Wednesday, March 27

The Courage of Your Convictions: Lessons of Enron and Ethical Corporate Leadership

Sherron Watkins
Former Vice President, Enron Corporation

Sherron Watkins is the former vice president of Enron Corporation who, in August 2001, alerted then-CEO Ken Lay to accounting irregularities within the company, warning him that Enron “might implode in a wave of accounting scandals.” Watkins, sometimes called the “whistle blower,” has received numerous honors in recognition of her outstanding demonstration of ethics in the workplace and has co-authored, along with prize-winning journalist Mimi Swartz, Power Failure: The Inside Story of the Collapse of Enron.

In her keynote presentation, “The Courage of Your Convictions: Lessons of Enron and Ethical Corporate Leadership,” Sherron Watkins will share what she learned firsthand about what happens when corporate leaders don’t ensure a sound system of values and ethics in an organization. After discovering Enron’s “off the books arrangements,” Watkins sounded the alarm that marked the beginning of the end for the corporate giant.

In this insightful keynote, Watkins reveals what made her decide to speak up about the accounting irregularities at Enron, and how she felt about Ken Lay’s response to the information. You’ll hear about how she handled the spotlight of Congressional testimony and media attention, and then isolation from business leaders in the weeks and months after her name was leaked. She’ll discuss how a company known for innovation, pushed its employees past innovative transactions into fraud, and what she would have done differently if she had a chance to do it all again. Most importantly, Watkins will share her views on how to spot the warning signs of an erosion in values and how, from her experience, she would advise others on the issues of ethics and governance in the context of the current climate of distrust in corporate America.

Thursday, March 28

Who Hijacked My Fairy Tale?

Kelly Swanson
Award-winning storyteller, comedian, motivational speaker and author

Kelly Swanson is an award-winning storyteller, comedian, motivational speaker, and author of several books, CDs and DVDs, including the fan favorite, Who Hijacked My Fairy Tale? Her wacky southern characters, her quirky personality, and her powerful stories will make you laugh, cry, and give you a renewed sense of passion and purpose for that woman you see in the mirror.

Kelly Swanson’s keynote presentation, “Who Hijacked My Fairy Tale?” recognizes that we all reach potholes in the yellow brick road of life - where we get stuck between our vision and our reality. It’s not the obstacle that brings us down, but how we choose to react to it. This hilarious and powerfully moving program follows Kelly’s twisted journey from the shy bullied kid, to the woman who wanted more out of life, to the big-haired comedian with a plus-sized passion for living outside her comfort zone. You’ll laugh, get a renewed sense of purpose for who you are and what you do, and learn Kelly’s See/Believe/Do approach to get you on your way to a happier ever after, laughing the whole way.

For a taste of why audiences love her so much, check Kelly out at: www.youtube.com/swansonspeaks or www.kellyswanson.net
Workshop Series I
(9-10:15 a.m.)

1. Above and Beyond - A Passion for Exceptional Service
How would you rate the service you give to your customers? Come ready to share how you and your team excel in providing outstanding internal and external customer satisfaction. We’ll define successful customer service and develop strategies and skills to improve your service performance. We will also discuss the importance of attitudes, what people really want from you, taking responsibility for yourself, first impressions and how to build trust. Terry Whitson, owner and president, TW Training, LLC

2. Time Management
Are you crazy busy and sometimes experience brain overload? Do you feel overwhelmed and want freedom to focus on what you want? Learn how to manage your time better, how to prioritize and how to potentially feel less stressed. Wanda Johnson, virtual assistant, At Your Service Corridor Community

3. Being a She in a He World: Six Strategies to Being Successful in a Male Dominated Career
Being a woman is complicated enough, but being a successful woman in a male-dominated career is even more complicated. Women who work in these fields experience challenges such as being taken seriously, having a good support system and communicating in terms men understand. Learn how to overcome these and other challenges with six strategies guaranteed to advance your career. Are you ready to succeed? Kristine Arens, owner, Empower U Coaching

4. Workplace Technology: Help! I Don’t Speak Geek!
From software and apps to smartphones and tablets... How do you decide what will actually work for you with so many technology opportunities and choices? Get an interactive overview of some of the basic and potential techie tools, including some you may already own. Discuss OneNote, Outlook, a variety of apps and mobile devices in a comfortable, easy to understand format. No geek speak here! Tish Young

5. Putting Emotional Intelligence to Work
We encounter lots of behavior at work. Some of it helps, but a lot of it doesn’t. Come renew your energy and passion by taking time out, strengthening your coping strategies to deal with difficult behavior and learn some new “words to say” in even the toughest times. Dr. Celina Peerman, speaker, trainer and instructional coach

6. What’s Your Style?
Do you ever wonder why you get along great with some people, but not so well with others? Do you wish you knew how to be a better communicator? Are you looking for ways to become a more effective leader? Our behavior affects how we interact, communicate and lead. Identify your behavioral tendencies, build self-awareness of how your behavior impacts your leadership style, recognize your strengths and explore ways to address your limitations and learn not only to accept, but also to celebrate behavioral differences. Angie Chaplin, professional behavior analyst, founder and president, Angie Chaplin Leadership Partners, LLC

7. Behold the Turtle: Making Progress Might Mean Sticking Your Neck Out
The greatest risk in life is not taking one at all. Everyday we are faced with challenges and choices, and often times find it easiest to hide under our protective shell. For those who find making decisions uncomfortable, especially in the work environment, come discuss the decision making process through humor and personal stories that will entertain and inspire you to take on the risks to achieve your dreams. Stacy Besch-Williams, owner, ICM Seminars

Workshop Series II
(10:30-11:45 a.m.)

8. What’s New? Coping with Workplace Change
We can’t predict the future, but we can try to be prepared for it! It’s easy to feel overwhelmed by the fast pace of change in our work and personal lives. As your work environment continues to evolve, the need for understanding why and how things are changing plays an important part in getting your team on the same page for the challenges they face. Get the skills you need to manage change effectively and put it to work for you instead of against you! Terry Whitson, owner and president, TW Training, LLC

9. Minding the Gap: Generational Concepts for Dramatic Results
In Europe, stepping onto a subway is preceded by a recorded warning “mind the gap.” Now, more than ever, people are working with a highly diverse group of co-workers. You can no longer expect to achieve measurable results in your communication efforts by operating in an information vacuum and not acknowledging the impact of generational influences. Bridge the gap between generations by developing a perspective about how to work with all generations, understanding how the different age groups problem solve and developing a reputation for being the “go to” resource. When you “mind the gap” everyone wins. Karel Murray, certified speaking professional (CSP), Our Branch, Inc.

10. Conveying Your Message - Clearly, Cleanly, Effectively
The written word is the foundation of communication. In a world overtaken by email, texting and tweeting, your words matter. Learn the tools you need to communicate clearly, cleanly and effectively. Laura Behrens, principal, Red Pen Communications
11. Networking with Confidence
Do you feel comfortable starting a conversation with a stranger at a networking event? If even the thought of doing this causes uneasiness, come and learn some techniques successful business people use to maximize networking opportunities before, during and after networking events. Also, find out about networking opportunities in eastern Iowa. Rose Slaymaker, owner, Sendoutcards.com/rose

12. Dealing with Difficult Behavior
One of the biggest behavior areas receiving attention at work today is Emotional Intelligence (EQ). Review the essentials of EQ and how this research applies to many areas of our lives, including work. Discussion and activities will provide you with helpful tools to balance the role of emotions and build better relationships.
Dr. Celina Peerman, speaker, trainer and instructional coach

13. Energy Leadership
Want more success with less effort? It’s all about energy! Our results are driven by how we think about things, and how we think about things creates energy. Come learn the seven levels of energy and how they work for or against you in achieving your goals, objectives and dreams!
Lynette Marling, owner, My Own Strategy

14. Public Speaking 101
The best leaders and innovators are not only knowledgeable, but they communicate effectively. Learn the tools and strategies necessary to effectively share your vision and ideas.
Reginald Williams, public speaker and mentor

Lunch: 12-12:45 p.m.
Keynote Speaker: 1-2:15 p.m., Sherron Watkins

15. Presenting with a Goal in Mind
We always hear that one of the first rules to presenting is to know your audience. But to be really effective, you also need to know your goal! Do you want to entertain, inform, motivate or persuade? Let’s talk about ways to create the presentation that leads you to success! Christy Hatter

16. Stand Up for Your Health - Small Changes in the Workplace Can Lead to Radical Results!
We literally need to stand up for our health! Recent research on the workplace environment shows that Americans are suffering from “The Sitting Disease.” We are much less active and heavier compared to 30 years ago. Nearly 64 percent of U.S. adults are overweight or obese. Fortunately, it has been found that lifestyle modifications can prevent most health issues. Implementing small changes in your lifestyle through non-exercise activity (less sitting, more movement) can lead to drastic results (mental, physical and emotional). Learn ways you can alter your daily work habits to stimulate weight loss and better health! Molly McWilliam, wellness coach, Mercy Care Business Health Solutions

17. Whistle While You Work
Discover key understandings and skills to help you stay energized in any professional setting. Learn about the importance and benefits for finding balance in your career, especially during times of increasing stress and rapid change in the workplace. Doug Henderson, life coach

18. Become the Agent of Change
Embracing change as a way of life creates a thriving business. Maintaining core values during substantial marketplace upheaval is crucial to establishing longevity in any industry. Engage with concepts from today’s top thought leaders about how to embrace the new technologies and communication avenues that will keep you relevant without feeling overwhelmed. Spend time with an Agent of Change and gain the confidence you need to maximize your customer service connections using the tools available today. Karel Murray, certified speaking professional (CSP), Our Branch, Inc.

19. Needs, Wants and Deal Breakers
Take a close look at your career goals and what you truly want from your job. Discuss how you can go about getting your boss, employees and customers to respect your professional wants and needs. What do you consider your deal breakers—the things we just will not stand for in life and career? Learn how to set boundaries allowing you to balance a successful career and family life. Explore how to ask for what you need, how to handle different conflict styles and how to negotiate your needs. Julie Jewell, president, lead trainer and consultant, Active Business Training and Consulting

20. Five Steps to Building Stellar Teams!
Discover the five dysfunctions of a team. Assess your team, as you think about where you are as a team and where you are going. What are your team’s strongest areas, weakest areas and key differences? How strong is trust in your team? Discover the five dysfunctions of a team. Assess your team, as you think about where you are as a team and where you are going. What are your team’s strongest areas, weakest areas and key differences? How strong is trust in your team? Trust is the most important quality in a team and is the foundation for building a successful team. Gain a clearer understanding of what your team needs to develop a culture where everyone thrives on being comfortable, confident, productive and having fun! Sheila Hildebrand, Makeovers Inspire Abundance LLC

21. Managing Your Project
Projects mean deadlines. If you are a first time or soon-to-be project manager gain valuable insight that will help you stay on-time and on-budget. Reginald Williams, public speaker and mentor

Networking: Wine and Cheese 3:45-5 p.m.
Thursday, March 28, 2013
REGISTRATION: 7:30-8:30 a.m.
WELCOME: 8:30-8:45 a.m.

Workshop Series IV
(9-10:15 a.m.)

22. Caring for Your Family’s Papers and Photographs
Review the basics of how to preserve papers and photographs. Learn how to assess and organize collections, collections policies, recommendations for rehousing and ordering supplies, and developing a long range plan for the preservation, conservation and care of collections. Tanya Zanish-Belcher, department head, special collections and university archives, Iowa State University

23. Say Yes to Downsizing
Focus on the freedom and space gained through downsizing, especially for those preparing to make major transitions in life. We don’t realize how our stuff can bog us down. Knowing the important steps to letting go of things can create more physical, emotional and mental space. Gina Ballestrasse-Ernster, Smooth Moves by Gina

24. You Have the Power!
Learn four easy ways to start healing at any time. It’s easy when you know how. Your power to heal is within you, all you need is the tools. An interactive workshop where you’ll share healing energy with one another. Dr. Tanya English, Quantum Healing Chiropractic

25. Getting Back in Balance
Does your brain know where you are? Understand how the brain works in terms of not only balance and where you are in relation to your surroundings, but also how this is important for your social relationships. A fun, interactive class leaving you with information to help yourself and your family. Dr. Mike Powell, chiropractic neurologist, Powell Chiropractic-A Functional Neurology and Family Chiropractic Clinic

26. Celiac Disease and Gluten Sensitivity
One in 130 people have or will develop celiac disease and having a gluten sensitivity is becoming much more common. Learn the basics on these medical conditions, how they are diagnosed and how to identify risk factors. Gain information on how to treat these two conditions and useful tips for living gluten free. Marilyn McCall, Rd.Ld., clinical dietitian and nutrition consultant, Jones Regional Medical Center

27. Writing is Therapeutic, If Not Profitable
Everyone has a story to tell, whether published or not. If writing or telling a story is always therapeutic, why not make it marketable? Come find out if you’re the next winning novelist. Carol Ballard, author

28. The Non-Gardener’s Garden
Do you want your front steps and entrance to look great but lack the time or desire to become a full-fledged gardener? Learn tips to beautify your landscape with minimum time and effort! Becki Lynch

29. Creating Inspirational Cards with Gems of Hope
Learn how you can share hope with others by creating cards of encouragement for area cancer patients. Your cards will hold handcrafted earrings, bookmarks or serenity circles and will be given to men and women undergoing cancer treatments. Materials are provided. No experience is necessary. Carol Lagneaux, Gems of Hope, Inc.
Workshop Series V
(10:30-11:45 a.m.)

30. Cancer and Exercise
Research shows that exercise, nutrition, education and support provide a strong defense in the fight against cancer and its treatment effects. Learn the science behind the research and participate in a mini exercise session and relaxation period. Amanda Covington, BS, CES, HFS, thrive coordinator, Mercy Medical Center

31. Learn to Speak “Financial-ese” with Ease
Do you know the difference between an IRA and a Roth IRA? What about a mutual fund and a stock? Participate in an interactive session defining many of today’s common financial terms giving you the tools you need to have a more productive conversation with your financial advisor. Craig Adamson, president and owner, Adamson Financial Planning

32. Transform Your Energy for Healing and Personal Growth
Do you ever wish you could change your energy so you can relax, focus, move forward and even heal? You can’t change past events, but you can transform your energy responses to neutralize the negative and energize the positive. Learn how. Janet Swartz, developer and teacher of the Empowerment Process, intuitive reader, healer, Empowerment Process

33. The Mind/Body Connection: How Your Brain Can Overcome Stress and Deep Emotional Wounds
Discover how your brain stores stress and trauma with life’s experiences. Find out what symptoms really mean to the brain. Learn how your body is designed to heal from the inside out, and explore the brain’s ability to respond in a positive way to today’s stresses. Dr. Michael Goad, Stirling Bridge

34. Fitness Foods For Women
Getting a great workout or performance goes beyond the number of reps you do or the miles you log on the treadmill. It’s the foods you put in your body before, during and after exercise that can either help or hinder your performance and health. Learn tips and the best “fitness foods” for women to eat whether they are exercising for fun or training for a competitive event. Julie L. Gallagher, MS, RD, LD, registered dietitian, Hy-Vee

35. Great Reads for Book Lovers
Do you love to read? Join a long-time bookseller to get some great ideas for your reading list. Sue Gerth, assistant store manager, Barnes and Noble Booksellers #2587

36. Design Your Garden
Given basic design guidelines, you will be placed in a small group to design a garden. Create 3D garden plans for viewing and review. Class and discussion feedback on the designs will identify positive aspects of the design and enable reflection on how to make improvements. Susan Hightshoe, Landscape Design by Suzie

37. “Bead” with Gems of Hope
 Volunteer for a great cause. Gems of Hope staff invites you to create beaded earrings and bookmarks for local cancer patients. We provide all the materials and no beading experience is necessary! Join us for some fun! Kathie Cink, Gems of Hope

Lunch: 12-12:45 p.m.
Door Prizes/Announcements: 12:35-12:45 p.m.
Keynote Speaker 1-2:15 p.m., Kelly Swanson

Workshop Series VI
(2:30-3:45 p.m.)

38. Could You Please Rub My Feet?
Is your body letting you down? Do your back, knees or ankles hurt? Chances are good that the problem is your feet. Your feet support the ENTIRE weight of your body with every step you take, every minute of every day! Come learn what could be causing your aches and pains and see what can be done to feel better with every step! Dr. Kourtne Shanahan, Powell Chiropractic - Functional Neurology and Family Chiropractic Clinic

39. Understanding Your Stress, Learning to Balance Life and Reduce Anxiety
Look at stress, your ability to handle stress, your current stressors and how to deal with them. Calculate your stress level and discuss how you currently handle stress and how you can handle it better. Learn some methods and exercises to try when anxiety is high and what factors can help lower your stress level. Julie Jewell, president, lead trainer and consultant, Active Business Training and Consulting

40. Women and Wine
Come learn ways to become wine savvy for success. From boardroom, to banquet, to the most basic restaurant wine list. Cheers! Lauren Chalupsky-Cannon, founder and owner, The Secret Cellar

41. Brain Training 101
Our brains have the lifelong ability to adapt. No matter how old you get, your brain is always finding new and better ways to reorganize neural pathways and build new ones. This is called neuroplasticity and is the science behind brain training. Find how dramatically brain training can change a life. Courtney Axline, center director, LearningRX
42. Overfed and Undernourished
Many of our foods today have been stripped of nutrients they contained just 50 years ago. Preservatives have changed the quality of our food and with each generation we are becoming less and less healthy. Given proper nutrition, the body has an amazing ability to repair itself. Fatigue, insomnia, ulcers and headaches do not necessarily require prescription drugs. Discover how nutrition response testing can reveal underlying causes of symptoms and nutritional solutions to begin healing yourself! Dr. Kristin Morris, DDS

43. Writing From Within
Learn the benefits of expressing your feelings and passion and sharing your heart through creative writing. Writing encourages you to create a voice and empower yourself. Allowing yourself to discover your true beauty, become unstuck and grow. Susie Isaac, inspirational coach, teacher, writer, Feelings In Motion

44. Container Gardens/Veggies
Container gardens do not have to be three geraniums, asparagus fern and vinca vines. You don't need to grow only one tomato in a container when you can grow a whole salsa garden in a container. Come see what can be done with your containers. Explore a gardening experts containers for ideas and leave with instructions. You will never have a plain container garden again. Deb Walser, gardening expert

45. Design and Make a Pair of Earrings
Design and make a pair of earrings. Advanced level techniques in earring design will be discussed. Jessica Levy, Jessy's Gems

Conference Sponsors
The success of the Beyond Rubies Conference is directly related to the participation and support of our community. We are proud to recognize the following sponsors:

DIAMOND LEVEL:
- Dr. Kristin Morris, DDS
- Infinity Skincare & Vein Center
- Jessy's Gems
- Powell Chiropractic-Functional Neurology & Family Chiropractic Clinic
- Tanger Outlet Center
- The Enchanted Gift
- Wickwire Chiropractic and Wellness Center

EMERALD LEVEL:
- Body By Vi Challenge
- Bridgehaven Pregnancy Support Center
- Chiropractic Health Care Associates
- Decolletage Perfect Fit Boutique
- Dew Dropz Jewelry
- Essential Bodywear/The Bra Lady
- Foot Solutions
- Foundation 2, Inc.
- Gettin Lippy
- Iowa Egg Council
- Iowa National Guard
- Jensen Eyecare Center
- LearningRX
- Mount Vernon Confections
- Norwex-Tiana Dougherty Independent Sales Consultant
- Peaceful Nature Massage
- US Small Business Administration

RUBY LEVEL:
- Casey's General Stores, Inc.
- Collins Community Credit Union
- Pagliais Pizza
- Shuttleworth & Ingersoll, P.L.C.
- St. Luke's Hospital Auxiliary
- Stirling Bridge Place & Dr. Michael Goad
- Western & Southern Financial Group

INDIVIDUALS:
- Craig Adamson, Adamson Financial Planning
- Courtney Axline, LearningRX
- Gina Ballestrasse-Ernster, Smooth Moves by Gina
- Laura Behrens, Red Pen Communications
- Amanda Covington, Mercy Medical Center
- Dr. Tanya English, Quantum Healing Chiropractic
- Sue Gerth, Barnes and Noble Booksellers #2587
- Dr. Michael Goad, Stirling Bridge Place
- Christy Hatter
- Sheila Hildebrand, Makovers Inspire Abundance LLC
- Becki Lynch
- Lynette Marling, My Own Strategy
- Marilyn McCall, Rd.Ld., Jones Regional Medical Center
- Molly McWilliam, Mercy Care Business Health Solutions
- Dr. Kristin Morris, Dr. Kristin Morris, DDS
- Karel Murray, Our Branch, Inc.
- Rose Slaymaker, Sendoutcards.com/rose
- Janet Swartz, Empowerment Process
- Tanya Zanish-Belcher, Iowa State University

Sponsor for three or more years listed in red.
Registration

Early bird registration deadline:
January 31, 2013

To Register:
Online www.kirkwood.edu/rubies

By phone: 319-398-1022 or toll-free (Iowa only) 800-332-8833.

By mail: return the form to Kirkwood
Continuing Education Registration,
PO Box 2068, Cedar Rapids, IA 52406

Make checks payable to Kirkwood Community College. Be sure to indicate first, second and third choices for each of the concurrent sessions, as enrollment will be limited in each breakout. Breakout sessions will be assigned on a first-come basis. Keynote events are open to all conference participants. Return form by March 22, 2013. Remember early bird rates end January 31, 2013.

Don’t wait in line!
Please phone-in or send in your registration information, including workshop choices and payment, 10 days or more in advance of the conference. We will mail your confirmation slip of workshop choices, name tag and ticket. Bring all three with you to Beyond Rubies. If you register online, instructions on how to select your workshops will be in your Beyond Rubies Conference email confirmation. Your registration will be completed as you arrive and hand in your ticket. All others will need to go to the Registration Desk to complete their registration.

New Location!
We’ve moved the conference location this year to The Hotel at Kirkwood Center, providing you with easy access parking, one-level convenience, and sit-down, plated meals both Wednesday and Thursday. The Hotel is located at the corner of Kirkwood Blvd. SW and 76th Ave. SW in Cedar Rapids.

Please Circle Your Choice

Fill out all alternate choices otherwise registration may be delayed.

Wednesday, Session I
First Choice: 1 2 3 4 5 6 7
Second Choice: 1 2 3 4 5 6 7
Third Choice: 1 2 3 4 5 6 7

Wednesday, Session II
First Choice: 8 9 10 11 12 13 14
Second Choice: 8 9 10 11 12 13 14
Third Choice: 8 9 10 11 12 13 14

Wednesday, Session III
First Choice: 15 16 17 18 19 20 21
Second Choice: 15 16 17 18 19 20 21
Third Choice: 15 16 17 18 19 20 21

Thursday, Session IV
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Third Choice: 22 23 24 25 26 27 28 29

Thursday, Session V
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Second Choice: 30 31 32 33 34 35 36 37
Third Choice: 30 31 32 33 34 35 36 37

Thursday, Session VI
First Choice: 38 39 40 41 42 43 44 45
Second Choice: 38 39 40 41 42 43 44 45
Third Choice: 38 39 40 41 42 43 44 45

Special Needs: If you have special needs or require a special diet, please call (319) 398-5549 to submit request. Special diet requests must be submitted by March 20, 2013.

Wheelchair access is available throughout the facility. While this conference features breakout sessions and programs of interest to women, it is open to all interested persons. Kirkwood Community College is a smoke-free campus. Smoking is not allowed in any of the campus facilities, on campus grounds or in parking areas.
Four easy ways to register!

Log on to the Beyond Rubies website at www.kirkwood.edu/rubies and click "Register." Pay with credit card.

Call 319-398-1022 or 800-332-8833, between 8 a.m. and 4:30 p.m. any weekday. Pay with credit card.

Return this completed page with payment to: Continuing Education, Kirkwood Community College PO Box 2068, Cedar Rapids, IA 52406

Fax enclosed enrollment form with credit card/debit card number to 319-398-7185.

Your Registration:

Name ________________________________________________________________________________________________________________________

Address ______________________________________________________________________________________________________________________

Email Address ________________________________________________________________________________________________________________

City ________________________________________________________________   State ___________   ZIP  ____________________________________

Phone (day) _______________________________________________   Phone (evening) ____________________________________________________

Date of Birth ___________________________________________________________________________________________________________________________

Organization Name (for company registrations) __________________________________________________________________________________

Credit Card Number ____________________________________   Exp. Date  ____________________________________

Signature ______________________________________________________________________________________________

Enclosed: _________   registration(s) totaling $ ___________________________

REGISTRATION FOR:

Early Bird Registration Rates

_____ Wed. & Thurs. $159 (includes lunch both days) Section # CLPD-1000-37605

_____ Wed. only $109 (includes lunch) Section # CLPD-1000-37606

_____ Thurs. only $109 (includes lunch) Section # CLPD-1000-37607

Registration Rates after January 31, 2013

_____ Wed. & Thurs. $175 (includes lunch both days) Section # CLPD-1000-37605

_____ Wed. only $125 (includes lunch) Section # CLPD-1000-37606

_____ Thurs. only $125 (includes lunch) Section # CLPD-1000-37607

Kirkwood Community College assumes no liability for accidents that occur while participating in Continuing Education classes and provides no funds to cover medical costs. Participants are reminded that participation is entirely voluntary and are strongly urged to have their own health insurance. It is understood that participation is voluntary and Kirkwood Community College is not responsible for injuries or accidents and all liability against them is waived.

Kirkwood Community College declares and affirms to its students, employees and to the public that it does not discriminate on the basis of sex, race, color, creed, religion, national origin, age, sexual orientation, gender, gender identity, physical attributes, physical or mental ability, marital status, veteran status, genetic information, or socioeconomic status in its educational programs, activities, admission procedures or employment practices. The college affirms its commitment to comply with all applicable federal, state, and local laws, regulations and orders.
Things to Know

Keynote presentations will be held in Ballrooms A-F

First Aid
Front Desk

Sit Down Lunch
Ballrooms A-F

Coat Room
Provided across from Front Desk
(Not responsible for lost or stolen items.)

Phone Number
319-398-7768, staffed during conference hours

Wednesday, March 27, 2013

7:30 a.m. - 8:30 a.m. Registration/Vendors
8:30 a.m. - 8:45 a.m. Welcome
8:45 a.m. - 9 a.m. Break/Vendors
9 a.m. - 10:15 a.m. Workshop Series I
10:15 a.m. - 10:30 a.m. Break/Vendors
10:30 a.m. - 11:45 a.m. Workshop Series II
11:45 a.m. - 12 p.m. Break/Vendors
12 p.m. - 12:45 p.m. Lunch
12:45 p.m. - 1 p.m. Break/Vendors
1 p.m. - 2:15 p.m. Keynote Speaker
2:15 p.m. - 2:30 p.m. Break/Vendors
2:30 p.m. - 3:45 p.m. Workshop Series III
3:45 p.m. - 5 p.m. Wine & Cheese Networking/Vendors

Thursday, March 28, 2013

7:30 a.m. - 8:30 a.m. Registration/Vendors
8:30 a.m. - 8:45 a.m. Welcome
8:45 a.m. - 9 a.m. Break/Vendors
9 a.m. - 10:15 a.m. Workshop Series IV
10:15 a.m. - 10:30 a.m. Break/Vendors
10:30 a.m. - 11:45 a.m. Workshop Series V
11:45 a.m. - 12 p.m. Break/Vendors
12 p.m. - 12:45 p.m. Lunch
12:45 p.m. - 1 p.m. Break/Vendors
1 p.m. - 2:15 p.m. Keynote Speaker
2:15 p.m. - 2:30 p.m. Break/Vendors
2:30 p.m. - 3:45 p.m. Workshop Series VI

“Keynote speakers were all excellent! So much fun! Breakout sessions were wonderful!”

Be sure to visit the Beyond Rubies exhibition tables!
Wednesday, March 27 & Thursday, March 28, 2013

The Kirkwood Center, Kirkwood Community College, Cedar Rapids, Iowa

Wednesday, March 27
Sherron Watkins
Former Vice President, Enron Corporation

Thursday, March 28
Kelly Swanson
Award-winning storyteller, comedian, motivational speaker and author

Register at www.kirkwood.edu/rubies.
Early bird registration deadline January 31, 2013.