

BPW/Texas 89th Annual State Convention

June 11 - 14, 2009 - Ft. Worth, Texas

Name: _____ LO: _____
 Address: _____ Region #: _____
 City, State, Zip: _____
 Email: _____ Phone: (____) _____

If paying by: MasterCard Visa

Account Number: _____ Exp. Date: _____

Signature: _____

Name as it appears on credit card: _____

- State Officer BPW/USA Officer Past BPW/Texas President
- BPW/USA Comm. Chair _____ BPW/USA Comm. Member _____
- State Comm. Chair _____ State Comm. Member _____
- Region Director Region Director Elect 2008-09 Woman of the Year
- 2008-09 Young Careerist 2008-09 Individual Development Candidate
- 2008-09 LO President First Timer Leadership 101/201/301 Alumnus

I have been a BPW member since _____.



Mail completed registration form and check made payable to **TFBPW Clubs, Inc.** no later than **May 29, 2009** to:

Evelyn Lucas
1505 PB Lane, Suite B
Wichita Falls, TX 76302
evelyn.lucas@sbcglobal.net
940-723-7282

PLEASE MARK ALL ACTIVITIES YOU PLAN TO ATTEND EVEN IF THERE IS NO CHARGE.

Time/Date	Function	Amt	Total
	Registration (Mandatory)	\$25.00	\$25.00
	Late Fee (If postmarked after 5/29/09)	\$20.00	
Thursday, 6/11/09			
8:30a- 4:00p	EC meeting	N/C	
4:30-5:00p	Finance Committee Meeting	N/C	
7:00-10:00p	Circus of Fun(d)! MD Anderson Fundraiser	\$35.00	
Friday, 6/12/09			
8:00-11:00a	BPW/TX Foundation Board	N/C	
8:30-9:30a	Young Careerist Interviews	N/C	
9:00-10:15a	Individual Development/ Young Careerist Speak-off	N/C	
10:30-11:30a	First Timers	N/C	
10:30-11:30a	Presidents, RDs & Officer Training	N/C	
10:30-11:30a	Lifestyles Workshop-E Miller	N/C	
11:30a-1:00p	Lunch—Town Hall Meeting	\$23.00	
1:30-4:30 p	Board of Directors Meeting	N/C	
4:00-9:00 p	Jump Start to Success		
4:30-6:00p	Technology Workshop-Holly Hoffman/Kendra Kinnison	N/C	
6:00-7:30p	On Your Own For Dinner		
6:00-7:30p	Past State Presidents Dinner		
7:30-8:00p	Pep Rally!	N/C	
8:00-10:00p	Opening Ceremonies/ Business Session & Awards	N/C	
10:00-10:30p	Meet the Candidates	N/C	

Time/Date	Function	Amt	Total
Saturday, 6/13/09			
BREAKFAST WORKSHOPS Choose A or B			
7:30-9:00a	A —What Habits? D Arrington	\$19.00	
7:30-9:00a	B —Delegation-Sarah Zink	\$19.00	
9:15-11:45a	Business Session & Elections	N/C	
8:00a-12:00p	Jump Start to Success		
11:45a-1:45p	Lunch-Jump Start Fashion Show, Membership, PR and Legislation Awards	\$23.00	
1:30-6:00p	Business Session	N/C	
7:00-10:00 p	President's Banquet Keynote Speaker—Anne Barab Awards Presentations 90 th Anniversary celebration!	\$45.00	
Sunday, 6/14/09			
8:00-9:00 a	Anne Barab Workshop	\$10.00	
9:30a-12:00 p	Officer Installation & Brunch	\$22.00	
1:00-5:00p	Post Conf Executive Meeting		
Total Amount Enclosed			\$

Ft. Worth/Dallas Airport Marriott South
4151 Centreport Blvd.
Ft. Worth, Texas 76155
800-228-9290

ROOM RATE: \$119.00

Refer to "BPW/Texas" to receive special rate.

**HOTEL RESERVATIONS MUST BE MADE BY:
 May 20, 2009**

Maps/Directions, amenities and online registration are available at

<http://www.marriott.com/hotels/travel/dfwam-dallas-fort-worth-airport-marriott-south/>

Group code: txftxa



BPW/TX 2009 State Conference Speakers and Workshop Presenters



BPW/TX, through funding provided by TFBPW Foundation Leadership Fund is pleased to present this year's speakers and workshops



Anne Barab, the keynote speaker for the President's Banquet on Saturday evening, June 13:

"I Had A Life Plan, but the Magnet Fell off the Fridge"

Learning through life situations: Family doesn't want us to bring work home and employers don't want us to bring home to work. What's a person to do? Resilient, robust, juicy living means slurping up the wisdom inherent in your life journey. In this richly interesting and inspiring keynote, Anne will help you laugh and learn about how to:

- Encourage a positive mindset
- Apply the secrets of adapting to change
- Create more energy and fun in your life

Anne Barab's programs are grounded in cutting edge research on 21st century skills and focus on immediate behavior change. Her exuberant message is educational, inspirational, and motivational.

All Anne's presentations are high energy, practical, use a lot of audience involvement and cloak serious messages in an aura of fun. She will help us to learn new ways of looking at old problems and to discover immediately usable, easy-to-implement tips to improve their behavior, teamwork and people skills.

Anne will also present a workshop on Sunday, June 14 at 8:00 a.m: "Resilience: Leadership, Change, Stress, Life Balance," with techniques on how to be more resilient.

Friday, June 12 Workshops

10:30 a.m. Ellen Miller—Lifestyles Workshop: "Reduce your stress and feel good about yourself inside and out."

If you are a typical woman, you are a caregiver but forget to take care of yourself. You multitask and are stressed a good deal of the day. Learn how you can reduce your stress levels, feel energized, and get fit all at the same time during your busy days.

Ellen Miller is the owner and CEO of IsoBreathing Inc. She founded the business originally called Body Shaping Inc. in 1994 when she moved to Louisiana. The company was renamed IsoBreathing Inc. in 2002.

Ellen is a certified Fitness Practitioner and Personal Trainer and has been teaching obtainable lifestyle changes for over 20 years. Ellen writes and produces fitness DVD's of the IsoBreathing program. The DVD's are now being sold through the IsoBreathing website world wide.



Ellen writes for her monthly newsletter, North shore wellness and counseling and New Orleans Wedding Magazine. She has been awarded Innovator of the Year 2006 by City Business and 2008 Best Of Mandeville in Exercise Programs by USLBA. Ellen has also been the Managing Area Director of BNI for Southeastern Louisiana and Gulf Coast Mississippi until her recent move to Dallas, overseeing 32 chapters and 640 members. Ellen is available for speaking engagements to Corporations and organizations about stress reduction and fitting fitness into your busy lives.

Her hobbies include Oil Painting, Knitting, Pottery, Gardening, Baking and Reading. She has been married 31 years to Alan and has three grown children.

Friday, June 12 Workshops

10:30 a.m. Kendra Kinnison & Holly Hoffman—Technology Workshop: “Maximizing Technology in Communicating and Connecting”

With advances in technology, you can stay connected with family and colleagues, collaborate online, develop your professional network, and enjoy the latest in social media – all for free in most cases. We'll walk through a quick refresher related to email – since it's the foundation for most of these services. Then, we'll focus on three key areas: online collaboration, online networking, and social media. In just a short time, you'll be well on your way to enjoying and utilizing the latest technologies to advance your personal life, your career or business, and BPW. Laptops are encouraged, but not required.



Kendra L. Kinnison, MBA, CPA, is the Chief Financial Officer and Vice President for DOYLES, a manufacturer of pressure control products for the international drilling industry. Kinnison is responsible for overseeing the accounting, human resources, information technology, and special project team functions of the company. DOYLES was recognized in 2008 by Inc. Magazine as one of the 5,000 fastest growing private companies in the United States. She holds ownership interests in companies in the information technology, leadership training, and publishing industries as well.

Kendra is active in the Momentum 2015 Steering Committee, the National Alumni Association of Texas A&M University – Corpus Christi, and the Advisory Board of the College of Business. She currently serves as Chair of the Leadership Development Committee for BPW/Texas and is President of the Corpus Christi Business and Professional Women's Club. Kinnison is also President of the Volunteer Service Council of the Corpus Christi State School and on the Board of Directors for KEDT – South Texas Public Broadcasting System. She has served in leadership positions in a number of community service organizations, and is an active member of Bay Area Fellowship.

Holding an MBA and BBA (in accounting) from Texas A&M University – Corpus Christi, Kinnison is the youngest MBA graduate in the school's history. She is also a graduate of Leadership Corpus Christi Class XXX and was the Steering Committee Chair for Class XXXV. Kendra was an inaugural selection to Corpus Christi's Top 40 Under 40 list in 2006 and was a Y Women in Careers Honoree in 2005.

Holly Hoffman has been in the media industry for nearly 10 years, beginning in radio before transitioning to print and online media, and finally finding her passion in media marketing. She has been involved in social media from the get-go, having grown up on the front lines of Gen Y.

She is the founder of WorkLoveLife, a site of musings, rants, diatribes and commentary on corporate and start-up life, personal finances, personal relationships and love, health and wellness, spirituality, and whatever else life decides to throw at the driven Millennial generation. She recently launched HollyHoffman.com, a blog that focuses on the user's perspective on social media and marketing. Holly also works as the marketing research manager for E.W. Scripps newspapers in Texas.

Aside from pursuing career and business success, Holly loves to run and train for races, practices yoga, loves health food, and yearns to strike a balance between earthly enjoyment and spiritual enlightenment.

Personal motto: "It is better to travel well than to arrive."

Founder & blogger, WorkLoveLife.com
Founder, Social Media Club Corpus Christi
Attendee, SXSW Interactive conference 2009



Saturday, June 13 Workshops

7:30 a.m. Deborah Arrington Workshop A: "What Habits?"

Can you live an effective and productive life without following the rigid steps and routines set up by authors who know nothing of your life? Why, yes, you can.

Spend a bit of fun time accepting the unique person you are—with all your "bad" habits. It's your life, live it your way!

By presenting workshops to encourage personal growth from the inside out, Deborah Arrington uses her skills as a Certified Corporate Trainer to provide opportunities to delve into our adult minds through thought and knowledge of others.

She has presented a variety of training sessions, including the Seven Habits of Highly Effective People and The Four Elements of Success. She is an Advanced Toastmaster Bronze and Competent Leader through Toastmasters International and serves her community with the Red Cross and the Randolph Metrocom Chamber of Commerce.



7:30 a.m. Sarah Zink— Workshop B: "Delegation"



What Exactly IS Delegation, and How Can I Make It Work?

- **Delegation is a tool for success or failure. A common trap for managers is thinking: "If I want anything done right, I have to do it myself." This kind of thinking is a sure way to stay overloaded with the same kind of work, and never see your employees grow and mature.**
- **Participants will discuss Why Delegate? Why are You NOT Delegating? What is the Criteria for Delegation? What is the Cost of Delegating? What are the Conditions Under Which you Would Delegate?**
- **This session help participants understand how to decide what tasks can be delegated and how best to prepare someone for delegated skills.**
- **Participants will leave this session with homework; namely, identifying both tasks that can be delegated, and employees who can benefit from delegation.**

The Delegation Process

- **The bulk of this session will review and discuss the nine steps of successful delegation**

Sarah Zink is a multi-dimensional businesswoman and "Multipreneur" with a background in education, psychology, networking, marketing, and community development. Sarah's vibrant skill set combines passion with results. Sarah spent 10 years developing her dynamic presentation and training skills while raising money for such charities as Boys and Girls Clubs, Junior Achievement and Volunteers of America.

Sarah is a well-known speaker, whose passionate and entertaining topics remind us that success comes from 'Doing the Right Thing Right.'

Sarah is also the author of the workbook, "Not Everyone With a Checkbook is Your Customer", an entertaining, yet to-the-point book designed to help entrepreneurs focus on what makes them money.

Sarah is an instructor at the University of Texas at Arlington through the Division of Continuing Education, and is a member in the Northeast Tarrant County, Arlington and Mansfield Chambers of Commerce, the Fort Worth Business Assistance Center Advisory Board and other local civic and philanthropic groups.