

Get

Recharged, Motivated, and Inspired!



- Step Up, Speak Up and Show Up: Confident Communication for Women
- Humor in the Workplace
- Bridge the Gap - Gender and Generational Differences
- Write Yourself a Note

Women in Community Banking Summit

*Empower
Yourself!*

May 8-9, 2019
Ramkota Hotel and
Conference Center

Sponsored in part by



Member FDIC

Attendance at this session will qualify towards the ICBND Frontline Certification Program.

ICBND recognizes the powerful influence and potential of women in the banking profession, as well as the many challenges they face on a daily basis.

This summit helps restore your passion for work and home and find a renewed sense of purpose. You learn how to set yourself apart from the competition, motivate yourself to deal with stress and change, form stronger teams, embrace change, inspire accountability, and more!

Don't miss this opportunity for invaluable networking, powerful information, and a great career move. Not only do you benefit both personally and professionally, you leave this conference motivated, energized, and inspired!

Who Should Attend?

The 2019 Women in Community Banking Summit is designed for all levels of female community bankers who are looking to develop their skills and grow within themselves and their banking profession.

Wednesday, May 8 **Sponsored by:** **Evening Wine and Art Social Activity - 6:30 - 9:30 pm - Ramkota Hotel**

Back by popular demand! Come in early for the Summit and enjoy an evening of wine, art, food, fun and laughter. Fill your plates with delicious hors d'oeuvres and your glass with wine (or your beverage of choice!), then sit down and foster your inner artist! Not sure of your artistic talent? No problem! The instructors will guide us through the evening's project by breaking the steps down into a simple process. The paintings are made with acrylic paints and at the end of the evening you will be able to take your masterpiece back home with you. All materials are included in the summit registration fee. All you need to do is show up ready to laugh, network, and have some fun!



AGENDA

8:30 - 9:00 AM

Registration & Continental Breakfast

9:00 - 10:30 AM *Step Up, Speak Up and Show Up: Confident Communication for Women with Debbie Peterson*

Every aspect of your professional life involves how you step up, speak up, and show up with others. Confidence and internal and external communication skills are vital for you to succeed but are you aware of what may be sabotaging them? Discover the role your thoughts play in how you confidently navigate your career. Identify how to eliminate limiting beliefs and step up and rise to your full potential. Discover how to build respect, credibility and create influence with the ability to speak up appropriately. Learn the habits of the most successful communicators and put them to work for you. Explore strategies that allow you to show up more confidently—not only physically but figuratively in your professional life. Confident communications is so much more than the words you speak and navigating your career is so much more than the skill you have. Take charge of your personal thoughts and experience the professional results that you deserve.

Debbie Peterson is a Professional Keynote Speaker and Mindset Strategist who works with companies to shift mindsets and drive bottom-line results. Debbie believes that your mind is the biggest tool in achieving breakthrough growth. At any level of your career – changing perspective and gaining additional clarity will help men and women alike overcome roadblocks to realize transformative outcomes. She became a certified Trainer of NLP at the Master Practitioner level in 2009 after three years of study and apprenticeship. She has spent over eight years studying, designing and delivering workshops, corporate trainings, and creating events using Neuro-linguistic Programming (NLP) as a foundation.



Debbie's specialty is the Mindset of Personal *Internal* and *External* Communication driving results in Leadership, Culture, Retention and Engagement.

10:30 - 10:45 AM BREAK

10:45 AM - 12:15 PM *Humor in the Workplace* with **Jenny Nolen**

Would you rather have a colonoscopy than go to work? Would it be easier to bag fog than to get yourself back to the office? Have you lost the joy and excitement you once felt going to a "new" job? There's hope! This fun and interactive workshop looks at the physical and psychological benefits of laughter at work. Learn how to manage negative emotions at work and rekindle a spirit of optimism. We will explore using humor as a coping mechanism, refocusing negative self-talk, and getting in touch with that wonderful child within.



Known as "One Funny Lady", **Jenny Nolen** has been in the national spotlight as an entertainer, speaker and trainer for well over a quarter of a century. To say that she is contagious is an understatement. She is enthusiasm personified! As a very unconventional presenter, Jenny will go to any length to make sure her audience is relaxed, has fun, and is ready to learn and retain! Whether using props, singing, quoting poetry or performing magic, attendees will leave not only having laughed a lot, but also with valuable lessons in wit, wisdom and wonder.

12:15 - 1:00 PM LUNCH

1:00 - 2:30 PM *Bridge the Gap!* with **Candy Whirley**

This interactive, energetic and entertaining presentation will enable you to recruit and manage top candidates by learning the differences between the generations and their work habits and goals. Candy will also share her knowledge of gender differences in order to help you understand that there is truly a difference in communication and conflict management between the genders. The genetics portion of the presentation will expose the 4 personality styles and how each contributes to your organization's vision and goals. Put on your hardhats, you will be building a BRIDGE!



Candy Whirley brings 'real world' experience from many industries including: training, retail, customer service, restaurant, entertainment, management, youth ministry and business owner. She has spoken nationally and international.

Candy graduated Cum Laude from Missouri Western State University with a B.S. degree in Speech Communications and Human Relations Emphasis, and has earned her Master's in Management at the University of Phoenix. She is also an author of the top selling book, *It Takes 4 to Tango*. She is also a former Kansas City Chiefs Chiefette, performed at Starlight Theater in Kansas City, and modeled for the Kansas City Star magazine. With her entertainment background her sessions are more of an interactive and engaging experience than a presentation!

2:30 - 2:45 PM BREAK

2:45 - 4:00 PM *Write Yourself a Note* with **Holly Hoffman**

We all need to make a conscious effort to bring ourselves back to center and refocus. The desire to live focused every day may take a daily reminder to write yourself a note!



"Nobody can go back and start a new beginning, but anyone can start today and make a new ending." - Holly Hoffman from *Your Winner Within*. Born and raised in Eureka, SD, **Holly Hoffman** was the last remaining member of

the Espada Tribe and the last woman standing on Season 21 of CBS' hit reality show "Survivor Nicaragua". Through that experience, and others throughout her life, Holly was inspired to share her message of possibility, determination, and confidence with business leaders. A professional speaker and the author of *Your Winner Within* and *Write Yourself a Note*, Holly acknowledges that life is mad up of challenges, and we are oftentimes faced with situations that seem insurmountable. But within each of us is an ability to focus our thoughts, emotions, and energy to success—if only we have the knowledge, tools, and discipline to do so. Holly's speaking and writing not only offer encouragement and optimism but a roadmap for self discovery and spiritual enlightenment. Her methods—the ones she uses everyday in her own life—are intuitive, honest, and adaptable to nearly any situation. Attendees alike will walk away inspired to light the fire of successful living within themselves.

4:00 PM Prize Drawings!

Thank you again to our event sponsor Bell Bank



Registration Fee

ICBND Member Regular Rate*

First attendee \$429 each
Each additional attendees from same institution \$379 each

ICBND Member Last Minute Rate - After April 17

First attendee \$479 each
Each Additional Attendees from same institution \$429 each

Prospective Member Regular Rate*

First attendee \$629 each
Each additional attendees from same institution \$579 each

Prospective Member Last Minute Rate - After April 17*

First attendee \$679 each
Each additional attendees from same institution \$629 each

*Fees include Art and Wine Social (food, drinks and all art supplies), hand-out materials, lunch, and refreshment breaks.

*Cancellation Policy: Individuals canceling 15 days prior to seminar date will receive 100% refund; 14 to 7 days prior to seminar date will receive 50%; less than 7 days prior to seminar date will receive no refund.

There is no additional charge to come to the Wine and Art social but please mark below if you will be there so that we have adequate art supplies for the evening.

Thank You.

2019 Women in Community Banking Summit

May 8-9, 2019

Held at the Ramkota Hotel and Conference Center, Bismarck

Name of Bank _____

Address _____

City, State, Zip _____

Attendee Name _____ Email _____ Painting: Yes or No

Attendee Name _____ Email _____ Painting: Yes or No

Attendee Name _____ Email _____ Painting: Yes or No

Attendee Name _____ Email _____ Painting: Yes or No

**Please attach an additional sheet for more attendees*

___ Invoice Bank ___ Check Enclosed ___ Credit Card _____

Name on Card _____

Expiration Date _____

Billing Address _____

