

PNW Forum April 7-9 2022

Report to Silicon Valley Chapter 99

By: Laura Grabar, 2021-2022 President

Attendees for Silicon Valley Chapter 99: Kayla Alvarado, Shawna Alvarado, Laura Grabar, Pat McDonald, Marlene O'Donnell, April Vicchrilli

The forum started with a rousing welcome to Boise by Cherie Buckner-Webb. She had us energized and ready for two days of education, networking and fun. Our first speaker of this forum was Karleen Savage with "Conflict Resolution for the Win". We are a society on information overload that has led us to raised levels of suicide, anxiety and depression. Which can quickly lead to conflict in both our personal and professional lives. We need to limit our exposure to negative and look for the uplifting. We need to stop the labeling, "If you don't like it don't do it". Her number one rule for conflict resolution is "Curiosity". Learn to close your mouth and listen. Ask questions be curious but listen to the answers.

Between the two speakers we had the traditional NAWIC business, voting on the budget for next year along with what National has done, any changes to guidelines or policies. We would have voted for the new region treasurer, however I was running unopposed. I will join Ruth Fritz and Tammie Taylor beginning in October.

The second speaker was Jason Harwood with the Power of Positive Self Image. Mind over matter, your mind set is important to your self-image. A positive mind set along with a powerful skillset increase productivity. Your habits are what get you where you are. In order to create a positive self-image you need to determine what habit or mindset will get you there. This may require changing or create new habits. He gave us three keys to develop any habit. First determine the habit but keep small then make it easy to continue and celebrate once you accomplish this habit. Big changes take motivation which may not always be there so by starting small, keeping it simple a new habit is easier to form. Therefore creating a positive self-image.

We ended the day with three courageous stories from three members that were uplifting. Followed by a panel on rebuilding and revitalizing your chapter which I was asked to participate as a panelist.

The second day began with a refresher on managing workers compensation cost by Ruth Fritz. This was followed by Annette Wells and Belief is a Choice. Failure is a part of life and we learn as much from failure as success. You need to find your confidence. What do you think confidence is, make a list and find what pertains to you. You also need to find your joy. If you enjoy what you do you will be successful. It is important to set goals and work towards accomplishing them. She recommends creating a dream book and writing down your goals. Date them and make notes as you work towards accomplishing these goals. You may find that a goal you set is no longer what you want and that is okay. Make note closing the goal and move on to the next goal.

The remaining morning was a women's safety panel discussion followed by lunch where we enjoyed an awesome safety and workwear fashion show. The afternoon consisted of committee, contest and industry council presentations followed by national candidate presentations. We then were invited to Annual Convention 2022, Fall Conference 2022 and Forum 2023.

The evening and forum concluded with dinner where we were entertained by Basque dancers followed by the traditional awards ceremony. Silicon Valley Chapter 99 won the regional contest for #building leaders. I picked up the Member Longevity Pins for Marlene O'Donnell and Diane Urata-Lyons for 45 years and Pat McDonald for 30 years.

Be curious but be polite. Create a powerful mindset along with your skillset. Believe you have the choice to make your goals happen. These were the main topics and ideas for this forum. What powerful topics, which many people struggle with on a daily basis. By taking just one or two steps from these lectures you can take charge and change your life.