2022 NAWIC Pacific Northwest Fall Conference

Bend, Oregon

September 29 – October 1

We had 9 attendees from our chapter attend this year's fall conference, which was amazing.

There was a job walk with CS Construction on October 29th for those who arrived early enough to participate, it sounded interesting they learn about Post Tension technology and then some.

The first timers of a NAWIC conference had a meeting that evening so they can know the ends and out of NAWIC conferences which I think is a great idea. Then we had a welcome party right after to network with new connections and old ones it was awesome.

On Friday the 29th the conference started with early risers attending a power walk, then Breakfast was served. I had the honor of being asked by Julie Salinas our PNW Director to be the Secretary for the conference and had a front-row seat. Melanie Kebler a council women for Bend started us off with a welcome to Bend introduction, she is a powerful woman and now running for Mayor of Bend. Meykia Smith then went over the Parliamentary Procedures which she said is boring but instead, she made it interesting to learn and gave a nice overview of Robert's Rules of Order. The timing was perfect to conduct NAWIC business which we did.

Rising Together: Foundations for Thriving at Work - Lori Eberly

Five key points for thriving at work:

1. Collective, are you heard and valued.
2. Variability: I know my needs and the needs of others.
3. Adaptive: Creative, collaborative, and curious
4. Shape–Shifting: Professional and Personal Growth
5. Nourishing: We value learning and having growth abundance for all

Lori also went into healthy company culture and how the mission and purpose needs to be clear and followed. There also needs to be trust in one another or your culture is not healthy. We must have a psychological safety feeling and be able to show up without the real or perceived threat of being harmed.

Perishing at work is not a good thing Lori, discussed the following:

1. Isolating: Not being heard or undervalued.
2. Fixation: My way or the Highway.
3. Fear of change: The status quo.
4. Shape – Shifting Professional growth is discouraged.

The key takeaway from Lori's presentation is that Healthy companies will acknowledge bad stuff and address it. And unhealthy companies just sweep it under the rug and don't address it.

The next topic was Courageous Conversations from two of our NAWIC Sisters, Tammy Taylor, and Stephanie Vasquez. They discussed the challenges of being a woman and working in Construction which is more of a Man's field. They had several challenges but were able to work through them. Not surprising these same issues are still happening and more needs to be done to make changes for Women in construction.

The day ended with techniques of speed networking and interactions between all our NAWIC Sisters it was a good exercise for all.

Friday night we had the Gala Dinner which was filled with more networking, and dancing, and a lot of us participated in karaoke which got me out of my comfort zone. It was a good time for all.

Saturday, Oct. 1st we started again with those early risers going on a power walk. Everyone trickled in for breakfast and we were off to some more NAWIC business and a few speakers.

The first speaker was from Karm Safety Solutions who addressed fall protection and the importance of keeping safe. Fall protection is the number one of OSHA violations. In construction, there are lots of places and ways you can fall so that is why falling is one of the top violations. (Ladders, Roofs, Vehicles, equipment, scaffolds, structures, stairs and simply tripping when you are walking on a construction site.) He made a good fact that employees that have been on the job for many years are the biggest offenders because they are taking shortcuts to save time. This is not good because they are training the new employees.

The second speaker Mary Wang, was from Siteline which is a great software for construction billing management and much more can't wait to get a demo. She also discussed how she received a degree in Civil Engineering but later decided to go into the technology side of Construction.

Pregame your Network - Ciarra Pressler

The information presented by Ciarra was awesome, the key takeaway even though I already know this is "people are the whole point" We received key factors on networking and building our network. Make sure you are acknowledging other people that get it done and know who is your game changer in your network. Always be authentic with people and make them feel great about themselves they will never forget how you made them feel. When networking talk about what you want to learn, what you are curious about, what you want to create, and whom you like to work with.

Building the relationship: Ciarra discussed three levels.

1. Staying in touch and keeping up with contacts: Social media, send emails, share your achievement, prioritize little meetings, congratulate, and celebrate.
2. Add Value to your contacts: Share awesome content, participate in the conversation, matchups (Introductions), invite, and recap.
3. Show Leadership: share your experience, create space, volunteer, rally the crew, and host an event.

After lunch, the conference came to a close with the invitations to the 23 forum in Alaska, the annual conference in Portland, and the fall conference in Montana, I hope more members will join in these conferences. Silicon Valley also bid on and will be hosting the fall conference in 2024.