SATURDAY Registration opens at 10:00 am

10:30-11:30 Nevada/California Legislative Advocacy ..... Emerald A

Trude McMahan & Barbara Agonia, Nevada Coordinators / Eda Chen, California Coordinator

Workshop goal is to provide education and awareness on various topics pertaining to issues related to women and girls. The Legislative Advocacy committee will share information on legislation related to the Soroptimist mission of improving the lives of women and girls. All members of SNR and SPR Region should be aware of current issues, and understand actions they can take to help women and girls affected. An impactful workshop to help clubs make advocacy a part of it's strategic planning.

10:30-11:30 Human and Sex Trafficking ..... Emerald B

Joanne Tremelling, California Coordinator/Lesli Brisson, Nevada Coordinator

How can you make a difference in your community? Take the time to hear the mission of Soroptimist and increase community awareness and education to STOP Human Trafficking and Sexual Slavery locally and globally. Human trafficking is a public health issue that impacts individuals, families, and communities.

10:00 am Market Place Opens ..... Paradise Terrace

12:00 pm **LUNCH - KEYNOTE SPEAKER - MACHEN MACDONALD, CPCC. CCSC** ..... Paradise C/D/E

Dream solutions for difficult situations

1:30 pm Master the Work Life Balance ..... Paradise A

Sondra Lee, Life Mastery Consultant

Feeling overly busy and stretched to the limit trying to balance work, family, and volunteering? Come to this workshop to discover three powerful tools the most successful people use to achieve balance and live full-spectrum lives.

You've got this!- Presidents/President Elects ..... Emerald A

Ann Bryant/Beth Stochl

As your club's president or president elect you will be planning, organizing, and carrying out responsibilities associated with your role as the club's chief executive officer. Most members will help you succeed when tasks and expectations are clearly defined, reasonable, and the members share interest and goals. Remember, planning and preparation count, and enthusiasm is contagious.

Ambitions of the perfect Club Secretary ..... Emerald B

Nancy Becker/Nancy Lilly

Becoming a Secretary is not only a great way to meet everybody in the club, but also a great way to improve your own planning, communication and management skills. This started from the moment you decided to run for Secretary. Learn how to use the skills that will allow you to carry out your role with ease.

Stars, Dreams and Wishes -Dream It, Be it (Part One) ..... Emerald C

Kate Ritchey/ Elaine Cassel

Is your club thinking about putting on a Dream It Be It event but don't know where to start? Have you held one but still are not feeling very comfortable with the curriculum? Join us as we practice Sessions 1, 2, and 3 together. You'll leave with lots of tips and tricks to help you and your club put on a successful Dream It, Be It Project!I

Demystifying the Treasurers Job! (Part One) ..... Treasurers A

Sheron Box/Charlie Rodgers

You exit your Soroptimist latest board meeting, having just been elected or appointed treasurer – now what? Its a daunting task, some would say nah. If you feel overwhelmed wondering what your role and responsibilities will be and how you will be able to accomplish the task while helping your organization achieve success, you are not alone. Come learn from our region treasurers.

2:45 pm Igniting the Dream - Secret Language of Soroptimist ..... Paradise A

Sue Chambers/Cheryl Addleman

I solemnly swear, to learn with excitement, explore with vigor and share what I know about Soroptimist! For the new Soroptimist and those who want a refresher. Learn the Soroptimist Lingo and Protocol in a fun interactive workshop.

SATURDAY (CONTINUED)

2:45 pm

Maximizing the Dreams on Social Media ..... Emerald A
Joelle Leder-Rule/ Babette Maiss
Perhaps the greatest value of social media marketing is your ability to foster and engage with a community of other people. That engagement is at the heart of social media, and without it, you're left with a megaphone and no one to hear you. You can interact with members or others from all over the world—including those who are right down the street—on a huge scale. This is for the novice who wants to navigate Facebook, Instagram and more!

Public Speaking for the Dreamer ..... Emerald B
Jackie Sillman
Tried-and-true tips for dazzling your audience Conquer your public speaking jitters and deliver a dynamite speech. Anxious about public speaking? Have no fear! This workshop will offer the tools to overcome stage fright and build a rapport with your audience.

Wishes, Dreams and the Plan-Dream It, Be It (Part Two) ..... Emerald C
Elaine Cassell/Katie Richey
Are you thinking about putting on a Dream It Be It event but don't know where to start? Have you held one but still are not feeling very comfortable with the curriculum? Join us as we practice Sessions 4, 6, and 7 together. You'll leave with lots of tips and tricks to help you and your club put on a successful Dream It Be It Project!

Don't Stop Now: Making the Most of the Rest of Your Life ..... Treasurers A
Jan Fishler, MA
Attitude is one of the few things that is ours alone. When we take control of our attitude, we take control of our life. Discover strategies to help you find your way through the maze of life.

4:00 pm Light up our Dreams -Inspiring New Members ..... Paradise A
Trudy Mills/Amory Marple
If you want to grow and maintain your club's membership program, but do not want to spend a large chunk of time planning and executing some sort of membership engagement plan, then this is the workshop for you. "Membership engagement" is such a broad concept, it's tough to get your strategy right on the first try (or even after many tries!). Lucky for you, we've made tackling the membership engagement issue a little less tricky.

Create your Bash, Make some Cash - Fundraising ..... Emerald A
Julie Curl/Linda Silviera
To have a successful event, you need to get people to show up and donate. But to get enough donors to attend, you can't be the only person promoting the event. You'll need a group of other people who are willing to pitch the fundraiser to their friends, co-workers, and networks—and, of course, to inspire them to give. This workshop is great to learn about successful fundraisers.

Seeing the Magic in the Treasurers Job (Part Two) ..... Emerald B
Sheron Box/Charlie Rodgers
Let's continue your role as treasurer and learn about miscellaneous "Stuff" such as finance committee, budget and record retention and government reporting. Many resources to help make your job easier.

Living your Dreams Beyond the Cash Award (Part One) ..... Emerald C
Darlene Rodriguez/Kay Dunham
Your club's participation in the Soroptimist Live Your Dream Awards is a terrific way to make a BIG difference in the lives of women—and their families. More than economic awards is needed, hear how to make a difference in a practical way. Learn how to follow up and keep your recipient on track to achieve her dreams.

5:30 pm **COCKTAILS & MOCKTAILS** ..... Paradise C/D/E
No Host Bar and signature drink of SDR

6:15 Marketplace Closing ..... Paradise Terrace

6:15 pm **DINNER - KEYNOTE SPEAKER - CAROL SCOFIELD** ..... Paradise C/D/E
Set the goal, make the plan

SUNDAY

7:00-8:10am Yoga & QiGong - Mindfulness, Movement & Mediation ..... Treasurer A

Denise Barclay

This class combines movements from Yoga & QiGong to help calm the mind and nervous system in order to relieve stress that accumulates in the ups and downs of daily living. The additional emphasis on mindfulness, to be present in the moment with things as they are, leads to a more heartfelt and compassionate attitude towards ourselves and others. After a practice of moving into stillness we end with a short meditation period which is the original intention of the poses. Denise is with Denise Barclay Yoga.

8:00am Coffee Bar, hosted by Ann Bryant, Lyons Real Estate ..... Marketplace Entrance

8:00 am **MARKET PLACE OPENS** ..... Paradise Terrace

9:00 am Dreaming of a more diverse club ..... Paradise A

Does your membership reflect your community? Learn activities to involve your members increase awareness.

Don't just Dream it, Step up for Leadership ..... Emerald A

Sarah Carrasco/Pam Taylor

Let us inspire you, Governor Elects will share their tools, knowledge, and personal leadership experiences. We dare you to lead!!!! Serve as a Region Officer or a Region Committee Chair. We have some pretty powerful information that will be helpful in any aspect of life.

Stars, Dreams and Wishes - Dream It, Be It (Part One Repeat) ..... Emerald B

Kate Ritchey/ Elaine Cassell

Learn how to engage your club in participating, planning and conducting a community assessment. You will go over the curriculum guide. Leave your fear at the door and hear how others have gotten this program off the ground!

Let's Recruit Those Who Wish to Live Their Dreams (Part Two) ..... Emerald C

Darlene Rodriguez/Kay Dunham

Now that you know all about the Soroptimist Live Your Dream Awards and are ready to make a positive impact on the life of a woman … what's next? It's time to begin recruiting applicants! Learn how to share the online application portal with your community partners, on your website, Facebook page, and in your emails!

You've got this!- Presidents/President Elects (Repeat) ..... Treasurer A

10:15 am Coaching for Success ..... Paradise A

Liesl Schmidt

Probably one of the most important aspects of coaching in work, life and Soroptimist is the ability to transfer knowledge from one person to another. A strong coaching culture enables you to continuously share ideas with others and improve internal processes.

Planning to Achieve the Dream ..... Emerald A

Carolyn Brayko Ph.D., University of Nevada Reno

A planning process identifies strategies that will best enable Soroptimist clubs to advance our mission. While the process of bringing everyone together to plan is energizing, once that is in the rearview mirror, don't let the plan gather dust on the shelf. You will learn important development tools to get your strategic plan together.

Wishes, Dreams and the Plan-Dream It, Be It (Part Two Repeat) ..... Emerald B

Kate Ritchey/ Elaine Cassell

Marvelous Meetings, Let's change it up! ..... Emerald C

Sarah Lee/Shannon Sutherland/Stacy Yurmanovic-Sawyer

If your meetings are regarded as a weekly obligation, it's time to bring a fresh perspective: board meetings are an opportunity to exchange ideas, resolve issues and deepen commitment. Take away some fun and productive ideas on how to mix it up!

11:45 am **KEYNOTE SPEAKER KATE DOSCHER**

CALIFORNIA INTERPERSONAL SKILLS ..... Paradise C/D/E

"Say What You Mean and Say It Well"!

1:30 pm Closing Remarks, 50/50 raffle and Spin the Wheel ..... Paradise C/D/E