

Interagency Committee of State Employed Women (ICSEW)

Meeting Agenda

January 19, 2021

Zoom online meeting

<https://us02web.zoom.us/j/89421693549?pwd=emJ4Qy9HQUpLYUZZZi9EeVhDcGYzdz09>

Mission: To better the lives of state employees by advising the Governor and agencies on policies that affect state employed women.

Vision: Enriching lives through advocacy, outreach, and opportunity.

| General Membership Session Open to ICSEW Members and Guests | | |
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| 8:30 – 8:45 | System Audio and Video Check, Tech & Networking and Mingling. Meeting was recorded and available on Facebook (link). | All |
| 8:50 – 9:00 | Welcome – Opening Remarks | Josefina Magana |
| 9:00 – 10:00 | How to Survive, Revive and Thrive Professionally in a Crisis Here is where you can access the worksheet: https://annhiatt.co/free-resources | Anne Hiatt |
| 10:00 – 10:30 | Washington State Women’s Commission (WSWC) Update For those interested in learning more about how to engage with the Women’s Commission, please reach out to: Kate Sowers, Program Coordinator kate.sowers@swsc.wa.gov | Regina Malveaux |
| 10:30 – 10:45 | Break | |
| 10:45 – 11:45 | Building Resilience to Manage Stress - Employee Assistance Program (EAP) https://www.marcusbuckingham.com/ https://olgaphoenix.com/ https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap www.eap.wa.gov/worklife | Kari Uhlman |
| 11:45 – 12:00 | Closing Remarks | Josefina Magana |

