

Interagency Committee of State Employed Women (ICSEW)

Meeting Agenda

March 16, 2021

Zoom online meeting

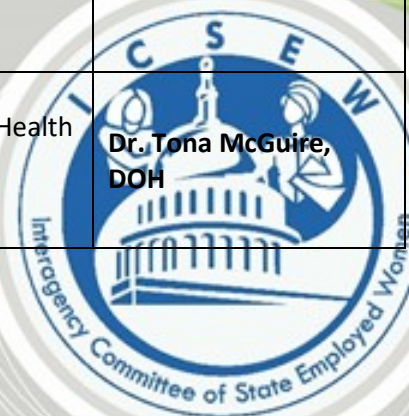
Part 1: <https://fb.watch/4onAvQKaCY/>

Part 2: <https://fb.watch/4onzM6MSpv/>

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 | | |
|---|---|------------------------------------|
| 8:30 – 8:40 | System Audio and Video Check | Speakers and Tech Crew |
| 8:40 – 8:50 | Networking and Mingling – Open waiting room to all | All |
| 8:50 – 9:00 | Welcome – Opening Remarks Executive Chair, Josefina Magana welcomed members, alternates, and guests and Introduced the Speakers. | Josefina Magana |
| 9:00 – 10:30 | Burn out - Jared Bull and Linda Tilson provided a presentation on burnout and strategies to become more resilient. Jared Bull offered a free one-on-one coaching Session (Valid for one week following presentation on March 16, 2021) https://calendly.com/jb798527/intial-consultation The presentation will be available on the updated website, scheduled to be launched in Spring 2021. Please contact the Executive Board for a copy before that. Watch at: https://fb.watch/4onAvQKaCY/ | Linda Tilson and Jared Bull |
| 10:30 – 10:50 | Subcommittee Break Out Session – Subcommittees hosted brief break out sessions where people could be introduced and find out more about the work being done in the subcommittee. | Each Committee |
| 10:50 – 11:00 | Break | |
| 11:00 – 11:55 | Coping with COVID: Resilience in the Workplace – Dr. McGuire provided a presentation about the Behavioral Health Impacts of COVID-19: Workplace Trends, Resources, and Strategies. | Dr. Tona McGuire, DOH |



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| 11:50 – 12:00 | <p>Closing Remarks – Josefina Magana thanked the speakers and shared that the Executive Board meeting would start at 1:00 pm and is open to the public at the same Zoom link.</p> | Josefina Magana |

