



Interagency Committee of State Employed Women

September/October 2019 Bulletin

Learn To GROW With ICSEW

Accomplishing goals will be the topic at the ICSEW's Sept. 17 meeting.

Everyone has goals they want to accomplish, personal and professional ones.

[Thrive at Work](#) Olympia Career Consultants John Utter and Damon Drown will lead a discussion on how to effectively set and accomplish goals during the meeting.

All regular ICSEW meetings are free and open to anyone, regardless of gender or employment status. An hour-long ICSEW executive board meeting immediately follows the regular meeting, which is also open for attendees to observe.

Participants will learn how to bring the best out in themselves and others using the G.R.O.W. process! This is a simple and memorable way to help yourself and others accomplish important goals in almost any situation. Everyone will receive a full-color "Help People



G.R.O.W." poster they can hang in their work area as a handy reminder.

This introductory course is highly interactive and will allow participants to clarify their own goals and how to attain them while in class.

This is a catered meeting and RSVP is required. Please click the link to register for the meeting on [EventBrite](#).

Location & Time: 8 a.m. to 2:30 p.m. at the Washington State Department of Corrections' Headquarters building (the Edna Lucille Goodrich building), 7345 Linderson Way SW in Tumwater.

Parking Info: The DOC has a limited amount of visitor parking. There are a few street parking spots in 73rd Ave.

We encourage carpooling or utilizing the Mountain View Church parking lot which is located at the corner of Linderson Way and Israel Road. Please make sure to have photo ID with you at check-in.

About the Presenters



John has been a provider of career and wellness solutions for more than 20 years as a consultant for government agencies, private businesses and individuals. His work has been recognized by Al Gore's National Performance Review and by Washington State Government for excellence.

He was most recently part of the award-winning Wellness 360 team that serves employees of the [Washington State Department of Labor & Industries](#).

Before his coaching career, John was a recording artist with Bounce the Ocean on the Private Music/BMG label.



Damon holds a doctorate degree in Organizational/Industrial Psychology. He brings a vast amount of knowledge about leadership he gained through academia and from the top companies in the world. He was in charge of leadership evaluation at [Microsoft](#) before leaving to join Thrive At Work.

Before Microsoft he served at [Amazon](#) on their research team. Damon is leading the Thrive at Work effort with his colleagues to create a leadership model that is non-biased across culture, gender, and age. Damon has also studied creativity and humor in the workplace.

An Interview with Ecology Director Maia Bellon

Washington State Department of Ecology Director Maia Bellon was recently interviewed on being Native American and how growing up in the Pacific Northwest shaped her worldview and ignited a passion for working with communities to solve environmental problems. Bellon grew up exploring Washington's woods and coastlines. As Washington's Department of Ecology director, she's putting environmental justice front and center.

I grew up below the poverty line, and [outdoor recreation] was our vacation. My parents had us outside all the time — we were swimming, trout fishing in lakes and fly-fishing in rivers. My



dad would do things like grab a bunch of sea kelp and seaweed, wrap himself with it and run after us on the beach pretending to be a sea monster.

I loved romping around in the woods. My father had me convinced as a little kid that some of the moss growing off of trees

was Sasquatch hair, so I was the self-appointed Sasquatch tracker. It was wonderful; I loved it. We did a lot of hiking, climbing and camping, while living in Washington, Montana and Northern California on the Fort Bidwell Paiute Indian Reservation. It was all very rural and isolated.

I am part white, and I am part Native. When I was going to a very small rural high school, and half of the school population was native and half was from a non-Indian ranching community, my brother and I were the only two mixed-race children. The bus was divided, and this was 1983! The non-Indian children sat up front and the Native children sat in the back. By the time we moved to Tumwater a few years later, that bus was integrated.

Read the rest of the article on our [blog](#).

ICSEW Conference 2019



Thank you to all presenters, sponsors, volunteers and all attendees of the ICSEW's 2019 Professional Development Conference. If you're interested in helping plan next year's event, serving as a sponsor or a session presenter, please visit our website's [conference page](#).

YWCA Other Bank



ICSEW Recently collected **\$11,668** worth of personal hygiene and cleaning products for the YWCA of Olympia's Other Bank!

The Other Bank distributes the products to thousands of low-income individuals and families annually in Thurston County.

Check out the ICSEW [blog](#) for more information, plus see the individual agency collection totals.