

Interagency Committee of State Employed Women (ICSEW)

# Meeting Agenda

January 17<sup>th</sup>, 2023

[Zoom online meeting on YouTube](#)

**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		
8:40 – 8:50	Networking and mingling – Open waiting room to all	All
8:50 – 9:00	Welcome – Opening Remarks Books recommended by ICSEW Chair: <a href="#">Home-scale Forest Garden by Dani Baker</a> <a href="#">Braiding Sweet Grass by Robin Wall Kimmerer</a>	Deirdre Bissonnette
9:00 – 10:00	Leading During Challenging Times <a href="#">Joan Robison Bio</a> <a href="#">Joan Robison Website</a> <a href="#">Presentation Slides</a> Challenges introduce you to <u>who</u> you really are. Challenges are your <u>greatest</u> teachers. Challenges open doors to new <u>opportunities</u> . <b>CHALLENGE #1: LEADING OURSELVES</b> <ul style="list-style-type: none"><li>• Be honest with yourself.</li><li>• What do you want?</li><li>• Does your morning routine reinforce who you want to be?<ul style="list-style-type: none"><li>○ Write “I am ....” Statements on 3”x5” cards</li></ul></li></ul> <b>CHALLENGE #2: BECOMING EFFECTIVE WHEN FACED WITH CHANGE</b> <ul style="list-style-type: none"><li>• <u>Prioritize</u> your well-being</li><li>• How do I respond/react to change?</li><li>• Words that come out of your mouth control your mindset.</li><li>• Balance the head and the heart</li></ul> <b>CHALLENGE #3: COMMUNICATING &amp; CONNECTING</b>	Joan Robison



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	<ul style="list-style-type: none"> <li>• How you show up is contagious.</li> <li>• Set clear boundaries and expectations</li> <li>• I cannot control people, places and things</li> <li>• EMPOWER team members to get on the same page by delegating</li> <li>• <u>Listen first</u> and <u>ASK</u> questions</li> </ul> <p><a href="#">Presentation Worksheet</a></p>	
10:00-10:15	Break	All
10:15-11:15	<p>Surviving and Support for Menopause</p> <p><a href="#">Brita Montes-Sanders Bio</a></p> <p><a href="#">Presentation Slides</a></p> <p><a href="#">The Hot Flash PowerPoint</a></p> <p><a href="#">Libido PowerPoint</a></p>	Brita Montes-Sanders, ARNP
11:15-11:25	<p>Subcommittee Recap</p> <p>Communications:</p> <ul style="list-style-type: none"> <li>• Information Center for ICSEW for members</li> <li>• GovDelivery emails (mtgs, trainings, anything else we are doing)</li> <li>• Maintain Blog</li> </ul> <p>Leg and Policy:</p> <ul style="list-style-type: none"> <li>• Follow and track upcoming legislation that will impact women, womxn and ICSEW's mission.</li> <li>• Write bill alerts.</li> <li>• Work with Women's Commission,</li> <li>• Empower other women to learn about the leg process.</li> <li>• Training coming up January 31<sup>st</sup> at 10:00am</li> </ul> <p>Membership Committee:</p> <ul style="list-style-type: none"> <li>• Where to go if you want to be a member.</li> <li>• Emails to engage, recruit, partner with other groups</li> </ul> <p>Mentorship Committee:</p> <ul style="list-style-type: none"> <li>• Look for ways to mentor in the community</li> </ul> <p>Professional Development</p> <ul style="list-style-type: none"> <li>• Providing affordable training and education to members</li> <li>• Plan &amp; prep bi-monthly meetings by connecting with and reaching out to speakers</li> </ul>	Sub-Committee Chairs



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	<ul style="list-style-type: none"><li>Partners with Conference Committee for ICSEW yearly Conference</li></ul> <p><b>Public Outreach:</b></p> <ul style="list-style-type: none"><li>Create coordinate outreach</li><li>Work on Combined Fund Drives</li><li>Extend awareness of ICSEW</li><li>Show up at conferences and events sharing DEI message</li></ul>	
11:25-11:50	ICSEW Subcommittee Time	All
11:55-12:00	Closing Remarks	Deirdre Bissonnette

