



# ~ Make Waves ~ A Sea of Possibilities



---

## ***2008 Southeast Regional Training Program***

### ***A Leadership and Motivational Seminar***

Wednesday, March 5, 2008  
through  
Friday, March 7, 2008

Oceanfront Holiday Inn, Cocoa Beach, Florida

*Sponsored by*  
Space Coast Chapter, Federally Employed Women

Check website for future updates & registration information  
<http://www.ksc.nasa.gov/groups/few/>

# 2008 FEW Southeast Regional Training Program

## Schedule of Events

*Wednesday, March 5, 2008*

- 8:00 a.m. – 4:00 p.m.**      **EXHIBITS OPEN**
- 8:00 a.m. – 9:00 a.m.**      **REGISTRATION**  
*(Complimentary Continental Breakfast provided)*
- 9:00 a.m. – 10:00 a.m.**      **OPENING REMARKS - (Main Ballroom-downstairs)**
- Welcome – *Marlene Satterthwaite*, Seminar Chair**  
***Presentation of the Colors***  
**Welcome – *Janet Petro*, Deputy Director, Kennedy Space Center**
- Keynote Speaker: – Donna R. Walton, Ed.D. – “Making Waves:  
Creating a Sea of Opportunities & Becoming a Winner”**
- 10:15 am to 12:15 p.m.**      **Morning Session** *(please choose one workshop)*
- (A) “7 Tips to Remaining Balanced in a Chaotic World” - *Jeanne Henningsen*, M.S. CPC - Maitland, FL**
- (B) “Business & Social Etiquette” - *Lily Yeboah*, London, England**
- (C) “DISCover What Truly Motivates You at Work” – *Robin Krawiec* –  
New Albany, IN**
- (D) “Somebody’s In My Corner: Mentoring Strategies for Women” -  
*Annmarie Kelly*, West Chester, Pennsylvania**
- 12:30 p.m. – 1:30 p.m.**      **Networking Luncheon - (Main Ballroom - downstairs)**
- 2:00 p.m. – 4:00 p.m.**      **Afternoon Session**  
*(Repeat of morning session. Go to workshop of your choice)*
- Networking Events**      *On your own to visit Merritt Square Mall, Ron Jon’s Surf Shop  
and local restaurants*

## Schedule of Events

*Thursday, March 6, 2008*

- 8:00 a.m. – 4:00 p.m.**      **EXHIBITS OPEN**
- 8:00 a.m. – 9:00 a.m.**      **REGISTRATION**  
*(Complimentary Continental Breakfast provided)*
- 9:00 a.m. – 10:00 a.m.**      **Panel Session - (Manatee A -upstairs)**
- Shuttle Program Update and Future Plans at the Kennedy Space Center – NASA Senior Managers**
- 10:15 a.m. to 12:15 p.m.**      **Morning Session** *(please choose one workshop)*
- (A) “7 Tips to Remaining Balanced in a Chaotic World” - Jeanne Henningsen, M.S. CPC - Maitland, FL**
- (B) “Business & Social Etiquette” - Lily Yeboah, London, England**
- (C) “DISCover What Truly Motivates You at Work” – Robin Krawiec, New Albany, IN**
- (D) “Somebody’s In My Corner: Mentoring Strategies for Women” - Annmarie Kelly, West Chester, Pennsylvania**
- 12:30 p.m. – 1:30 p.m.**      **Networking Luncheon - (Main Ballroom - downstairs)**
- 2:00 p.m. – 4:00 p.m.**      **Afternoon Session**  
*(Repeat of morning session. Go to workshop of your choice)*
- Networking Events**      *Casino Cruise out of Port Canaveral (7:00 p.m. – midnight)*  
*or*  
*Group Dinner at the Cocoa Beach Pier, overlooking the ocean*

*Friday, March 7, 2008*

- 8:30 a.m. – 9:30 a.m.**      **News and Updates from the National Board** (Palm Room)  
**Legislative & Compliance Program - Rhonda Trent, National President**
- 9:45 a.m. – 11:15 a.m.**      **Southeast Region Membership & Board Meeting**
- 11:30 a.m. – 12:30 p.m.**      **Box Lunch**
- 12:30 p.m. – 4:00 p.m.**      **Tour of the Kennedy Space Center**  
**Pick-up at the Oceanfront Holiday Inn** *(Must register in advance to attend and bus will depart promptly at 12:30 p.m.)*

## **KEYNOTE SPEAKER – Donna R. Walton, Ed.D., - 9:00 a.m. - Wednesday**

In 1976, Dr. Donna R. Walton's life was transformed. She was diagnosed with a life-threatening form of bone cancer called osteogenic sarcoma. At 18, the young college student, an aspiring performer, received the crushing news that she had to sacrifice her left leg above the knee to prevent the cancer from spreading.

Decades later, Dr. Walton has achieved personal and professional success. She has triumphed over her fears of deficiency to discover that she is not only an asset to herself but the world around her. In 2000, while Director of Whitman-Walker Clinic in Washington, DC, Dr. Walton started a program called "GO Now", a vocational rehabilitation service that helped persons disabled by HIV/AIDS acquire skills and the confidence to seek and gain employment. Currently, Dr. Walton works with the Department of Transportation's Federal Transit Administration's Office of Civil Rights as an Equal Opportunity Specialist. She works to ensure that transit agencies enforce Americans with Disabilities Act regulations.

## **PANEL SESSION – NASA Leadership Team - 9:00 a.m. – Thursday**

The John F. Kennedy Space Center is undergoing many changes. We are coming down to our last few years in the Shuttle Program and will begin a new era of Space and Discovery. Please join us for an enlightening Panel Discussion with some of our most knowledgeable leaders and learn about their current roles and responsibilities and what is to come in the future.

## **WORKSHOP & TRAINER DESCRIPTIONS**

### **MORNING SESSION: 10:15 a.m. – 12:15 p.m. (Wednesday & Thursday)**

- A. "7 Tips to Remaining Balanced in a Chaotic World" - *Jeanne Henningsen, M.S. CPC - Maitland, FL* - The overall purpose of this workshop is to inspire you to regain balance despite professional and personal demands on your time and energy. Over 65% of the working population reports that they lack balance in their lives. When employees are balanced, they are more productive, motivated, absent less, and take less sick days.

The objectives of this workshop are for you to:

- realize the importance of self care;
- recognize the importance of day-to-day tasks being tied to your values and priorities;
- learn how to go with the flow in your life and stop paddling upstream;
- identify what drains your energy and make the decision to do it, hire it, or chuck it;
- learn the importance of connecting with your inner wisdom and guidance;
- pay close attention to the vibrations you are attracting to yourself; and
- learn how to request support and encouragement from others.

For 17 years, Jeanne Henningsen has helped organizations and individuals from entry-level employees through executive level management to fully realize their potential and to excel in their performance. Using a structured approach to coaching, Jeanne guides individuals from the initial steps of identifying who they are and where they want to be through implementing the action steps and breaking through barriers necessary to make that a reality. Jeanne's listening

without judgment informs the direct and honest feedback that propels individuals toward their goals and increases their personal self-awareness.

- B. “Business & Social Etiquette” - Lily Yeboah, London, England** – The boundaries of work-life balance are getting more and more blurred and etiquette is that fine line that makes the difference between success and failure. This workshop will equip you with vital skills for survival in today’s workplace. From interviewing to working lunches, grooming to networking, plus the hidden tricks that MBA programs do not teach which professionals on the rise must absolutely have at their fingertips.

Lily Yeboah is an international award-winning image and personal branding specialist. Her career in Training, Coaching and Consulting spans over 15 years, the last 7 of which have taken her as far as Europe, North America and Africa. She uses her extensive experience to create credible and visible results for career-minded professionals who might be in a bit of a quandary as to where their next big gig would come from.

*“My job is to make you successful in today’s crowded workplace through a series of campaigns. With multiple career tools such as business etiquette, presentation, wardrobe consulting, resume-writing, interview skills and focused networking, I help my clients stand head and shoulders above other candidates.”*

- C. “DISCover What Truly Motivates You at Work” – Robin Krawiec, New Albany, IN** - This session explores the basic motivations that drive people. It helps you see more clearly which aspects of your work environment are motivating for you...and, which ones serve to “demotivate” you. Using this newfound insight, you can create plans to maximize your performance by tapping into your own personal and unique motivational needs.

Robin Krawiec’s business success has followed her throughout the past 17 years of her life. Her efforts have proven fruitful for her employers and clients, as well as her own small business ventures. After graduating from Indiana University with a Bachelor of Science degree in Business Management, she began working with Pizza Hut, Inc. as the Training Manager for Southern Indiana.

After three years, Robin seized the opportunity to develop training initiatives for the world’s largest international Pizza Hut franchisee, National Pizza Company (NPC). She quickly proved herself and her abilities, advancing to Director of Training, where she managed a staff of trainers and presented training curriculum to franchises throughout the United States.

- D. “Somebody’s In My Corner - Mentoring Strategies for Women” - Annmarie Kelly, West Chester, Pennsylvania** – Eighty-one percent of female executives agree that mentoring is either critical or very important to their career development. If you aren’t one of the women benefiting from mentoring, this useful, interactive workshop will show you how to find a mentor who will be in your corner, advising you and rooting for your success.

In this interactive workshop, you will learn:

- the most effective way to approach mentoring;
- how to choose the right mentor, that is, someone who will be in your corner, advising you and rooting for your success;
- an effective, results-driven meeting structure;
- Six Victory Skills every woman must develop for success; and
- how to use the Stepping Stones and Victorious Woman Model

*Mentors welcome too!!*

Annmarie Kelly is the founder and principal of *SkillBuilder Systems*, a workforce development company that specializes in management and communication skills for organizational and personal performance improvement. She is also the author of a book for and about women, *Victorious Woman! Shaping Life's Challenges into Personal Victories* (Optimal Living Press 2005), writes the monthly column "Business Smarts for Women" for the Success Connection and her articles on goals, work/family balance, behavioral styles and emotional intelligence have been published in a variety of national magazines and professional publications.

**AFTERNOON SESSION: 2:00 p.m. – 4:00 p.m. (Wednesday & Thursday)**

*Repeat of Morning Workshops - select your second workshop from those offered above.*

---

## NETWORKING EVENTS

The following networking events will be available while you are attending the Regional Training Program. Please feel free to network and participate in whatever tickles your fancy or just take a break and enjoy the sandy beaches of Cocoa Beach, Florida.

- Tuesday, March 4, 2008 - An icebreaker and friendly get together will be held in one of the hotel lofts from 7:00 – 9:00 p.m.
- Wednesday, March 5, 2008 - On your own to visit Merritt Square Mall, Ron Jon Surf Shop or one of our local restaurants
- Thursday, March 6, 2008 - Casino Night Cruise or dinner at the Cocoa Beach Pier. No charge for Casino Night Cruise.
- Friday, March 7, 2008 - Tour of the Kennedy Space Center
  - NOTE: If you intend to take this tour a separate Security form will be sent to you for completion. **ALSO, you must wear long pants and close-toed, flat shoes to go on this tour.**

Please note you will need to sign up in advance for the Casino Night, dinner at the Pier or the Kennedy Space Center tour.

---

## HOTEL INFORMATION

The Oceanfront Holiday Inn Resort is located at 1300 North Atlantic Avenue, in beautiful Cocoa Beach, Florida and is:

- A full-service oceanfront resort;
- 20 minutes from the Kennedy Space Center;
- Approximately 45 minutes to many Orlando theme parks;
- Close to Port Canaveral Cruise terminals;
- Within walking distance to some shops, restaurants, night-life and recreation; and
- Close to deep sea fishing charter boats and river cruising.

The Government rate is \$105.00 + applicable taxes per night. For hotel reservations, please call 1-800-206-2747 or 1-321-783-2271 Monday through Friday, 8 a.m. – 4 p.m. to make a reservation. Please mention you are attending the FEW Southeast Regional Training Program.

---

## AIRPORT & TRANSPORTATION INFORMATION

There are two airports within 50 miles of the Holiday Inn Oceanfront. Orlando International Airport, <http://www.orlandoairports.net/main.htm>, although a little farther away is usually lower priced on flights. The other airport is the Melbourne International Airport, <http://www.mlair.com/>. Travel time from Orlando International is approximately one hour and from Melbourne International about 30 minutes.

The hotel does not provide Shuttle service from the airport to the hotel. Transportation services can be found on the individual airport links above, or information from a couple of local shuttle services is provided below.

*Art's Shuttle* 321-783-2112 from OIA to Holiday Inn Oceanfront. They have group rates if booked in advance as a **“Group”**.

1 - 3 people - \$70 each way (total cost/divided by # of travelers)  
4 people - \$80 each way  
10 people - \$140 each way

*Cocoa Beach Shuttle* 321-631-4144. Please see website for rates and pick-up instructions:  
<http://www.cbshuttle.com/>

Taxi rates usually range from \$110.00 from Orlando International to \$45.00 from Melbourne International (one-way).

---

## GENERAL SEMINAR INFORMATION

### Name Badges

All seminar participants are requested to wear a name badge. Space Coast Chapter FEW members working at the seminar can be identified by various colored ribbons hanging from their name badges. If you need assistance, please look for one of them.

### Smoking

Smoking is prohibited anywhere inside the hotel during the seminar.

### Exhibits

Don't miss the exhibits located on the 2<sup>nd</sup> floor in the “Bird” Rooms; see the Schedule of Events for times.

### Restrooms

There are no scheduled breaks during the workshops. If you need to leave during your workshop, please feel free to do so and return quietly.

### Meal Service

A continental breakfast and lunch will be provided on Wednesday and Thursday. A vegetarian meal will be available if requested in advance on the registration form.

### And Remember...

- ❑ Layer your clothing or bring a sweater or jacket to ensure your comfort
- ❑ No audio or video recording, please
- ❑ PLEASE put your cell phone on "quiet" or turn off

### FEW Membership Table

We will have a Membership table with information available concerning FEW & You as well as some entertaining photos and events from our local Space Coast Chapter.

---

### How to Register for this Seminar

Complete a Registration Form for each attendee with registration information and full payment or purchase order information. For multiple attendees use the last sheet in this package with registration information and full payment or purchase order information. You are **NOT required to pre-select** workshops. Seating will be available on a first come, first seated basis. Once the workshop room has reached its safety limit, you must select another workshop. In order to return a confirmation of enrollment, **Training Contact information must be included on the registration form. Registration forms must be submitted by February 22, 2008. No confirmations will be sent after February 22, 2008.** Photocopies of form are encouraged.

Send completed Registration Form(s) with payment via one of these methods:

- E-mail to CMAAnderson8@cfl.rr.com; or
- Postal mail to Space Coast Chapter FEW, Attn: 2008 RTP Registration, P.O. Box 21201, KSC, FL 32815

### Tuition

Cost is \$125.00 for FEW members and \$140.00 for other participants. This cost includes the opening session on Wednesday, the panel session on Thursday, one of the morning and afternoon workshop sessions each day, continental breakfast and a networking luncheon on Wednesday and Thursday, lunch after the Southeast Regional Membership/Board Meeting on Friday, as well as the tour of the Kennedy Space Center.

### Substitutions and Cancellations

Substitutions may be made at any time; however, it is preferred that they be made in writing via e-mail.

### Cancellation Policy

A full refund will be extended for cancellations received in writing and postmarked by **February 22, 2008. No refunds** will be granted for cancellation requests received **after February 22, 2008;** however substitutions will be allowed. Cancellations must be faxed to: FAX 321-638-4649 or e-mailed to Registration Committee member above.



