Going back to school, work or in transition?

WOMEN IN TRANSITION: Moving Forward

SATURDAY, JUNE 24, 2017
8 A.M. – 12 NOON

HAWAI'I COMMUNITY COLLEGE – PĀLAMANUI, UNIVERSITY CENTER WEST HAWAI'I
73-4225 Ane Keohokalole Highway
Kailua-Kona, HI 96740

JOIN US for a morning full of inspirational speakers, informative and educational breakout sessions, and women’s resources that will help you to MOVE FORWARD in 2017 & Beyond! Topics will include Kūlia I Ka Nu’u II (Reaching for the Summit), Career Exploration, We Advise...You Decide..., What's the Spinach? & MORE!!!

Registration: $10
Registration is required, includes light breakfast:
Attendance is limited to space available so register early

Sponsored by: American Association of University Women, Kona Branch in Partnership with Hawai'i Community College – Pālamanui, University Center West Hawai'i

Information: Carrie Kuwada Phipps, University Center West Hawai'i
carriekp@hawaii.edu 969.8808
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Breakout Session Descriptions

Entrepreneurship: Is It for You?  (9:00 a.m. – 9:45 a.m. or 10 a.m. – 10:45 a.m.)
Judi Mellon, Director – East Hawai‘i Center Hawai‘i Small Business Development Center (HISBDC)
In this session, we will define “entrepreneurship,” what drives entrepreneurs, and what they do to thrive. Entrepreneurs by nature are risk takers and doers ready to embrace change and discover a world of possibilities. We will discuss how having your own business may provide a better quality of life for you, your family, and your community. Join us for this lively presentation.

What’s the Spinach?  (9:00 a.m. – 9:45 a.m. or 11:00 a.m. – 11:45 a.m.)
Lucy Jones, Assistant Professor Hawai‘i Community College – Pālamanui
An ordinary can of spinach beside my computer prompts me to ask, “What is the source of my strength? What’s the spinach in my life?” Through various exercises and discussion, we will discover and acknowledge the strengths we already have, and recognize the source of these abilities. These strengths can be nurtured to provide what we need to succeed in this world, and to rise above the ordinary. Like Popeye the Sailor Man, we can open the can of inner strength to conquer all odds, to find the spinach in our own lives.

Preparing for Your Career Success  (9:00 a.m. – 9:45 a.m. or 10:00 a.m. – 10:45 a.m.)
Connie Aderinto, Director of Human Resources Mauna Kea Resort
How do you make a good first impression with potential employers? What do they notice about you in those first few minutes of contact? Find out from a local HR manager.

Creating Life Balance: Healthful Strategies You CAN Do!  (9:00 a.m. – 9:45 a.m. or 11:00 a.m. – 11:45 a.m.)
Tami MacAller, Health Educator Hawai‘i Public Health Institute
How is your health? What does health mean to you? Without it, we cannot live well. This workshop will provide you with an opportunity to put you first! It will include simple steps, strategies and choices to invest in your health. Step up and Take Charge of Your Life!

Kūlia I Ka Nu'u II (Reaching for the Summit)  (9:00 a.m. – 9:45 a.m. or 10 a.m. – 10:45 a.m.)
Malani Papa DeAguiar, Education Programs Manager Kamehameha Schools in West Hawai‘i
Have you ever felt stuck in a rut, nothing was ever going right, and that one obstacle after another kept you from achieving your goals? Come to Kūlia I Ka Nu'u and know that you are not alone and you can get over it! Malani shares her story of how she has come through many life transitions and overcome obstacles, incorporating ‘ōlelo no'eau (Hawaiian proverbs), humor and music.

We Advise . . . You Decide . . .  (10:00 a.m. – 10:45 a.m. or 11:00 a.m. – 11:45 a.m.)
Raynette (Kalei) Haleamau-Kam and Pearla Haalilio Hawai‘i Community College – Pālamanui
Advising plays an important role when you decide to go to college! Let us ADVISE you on Determining a Career & Academic Goal, Researching College Exploration & Selection, What's Involved with College Preparation, Personal Reflection, and Financial Aid & Scholarships. Then, you DECIDE on what your next step will be!

Career Exploration  (10:00 a.m. – 11:45 a.m., only)
Helen Nishimoto, Job Placement and Career Counselor Hawai‘i Community College
Did you know that when you are doing the work that you love, it hardly feels like you are working? If you have not found that career yet that makes you feel this way, come explore.
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Registration Form
Please complete and return this form with your $10 payment (cash, check, or money order) by mail to: AAUW Kona-Women in Transition P.O. Box 390487, Keauhou, HI 96739 by June 12

Name ____________________________________________

Last     First

Mailing Address ____________________________________________

Street                                   Apt. Number

City     State          Zip

Phone ______________________   E-Mail Address ____________________________

You will have time to attend two to three breakout sessions, so please check your top two or three choices below.

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