

**Baltimore Federal Women's Training and Awards Program**  
**Wednesday, March 24, 2010**  
**Martin's West**  
**Baltimore, Maryland 21244**

**Program Workshop Synopsis**

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**I. When Passion and Vision Collide** presented by Dr. Rochelle E. Oaks, President and CEO of the Oaks Group, LLC, a Veteran-owned company. The Mission of The Oaks Group is to teach, train, and build individuals, organizations, and communities. Our goal is to bring together the principles of education and lifelong learning to prepare individuals, teams and organizations to succeed. To accomplish our goal we believe in the transformation process that focuses on human beings as the key to all possibilities.

**SYNOPSIS:** This presentation is designed to encourage, challenge, and inspire people to reach inside themselves and embrace the courage that it takes to influence the future by allowing their passion and vision to collide.

Course length: 90 minutes per session

**II. The Impact of Mentorship** presented by Sadie M. Winlock, MBA. Dr. Winlock is the principal of Lock & Associates Consulting Firm. She has over 30 years of experience in corporate America, government contracting, and providing consulting services for small businesses and the military. She has chaired an organization focusing on mentoring to bridge the gaps between success and failure for youth, young adults entering the workforce, and professionals seeking to move within an organization and obtain additional responsibilities.

Dr. Winlock believes that mentoring is the key to success if understood and applied properly as a tool for personal and professional growth.

**SYNOPSIS:** The course will define mentoring, the responsibilities of the mentor and the mentee, the value of mentoring on individual and corporate success, and effective methods for both the giver and receiver of mentoring.

Course length: 90 minutes per session

**III. Introduction to Social Media** presented by Captain Candace M. Adams of Department of Defense Information School (DINFOS). Captain Adams serves as an instructor in the Public Affairs Leadership Department of DINFOS, which is the Department of Defense's center of excellence for professional communication. She has received the Defense Meritorious Service Medal, Air Force Commendation Medal with one oak leaf cluster, Joint Service Achievement Medal, Air Force Outstanding Unit Award, National Defense Service Medal, and the Global War on Terrorism Service Medal, among other recognition for her accomplishments.

**SYNOPSIS:** This course will define social media, its outlets and categories, and its target audiences. You will learn strategic tactics, techniques, and procedures while using social media.

The differences between personal and professional use will be thoroughly outlined. You will also learn the best practices in the business of social media.

Course length: 90 minutes per session

**IV. Communicate with Confidence and Clarity** presented by Anthony Tormey of Leadership Development Institute. Anthony is a motivational speaker, trainer, and consultant. He has conducted seminars and given motivational speeches nationally and internationally on subjects of Leadership, Management, Strategic Planning, Continuous Improvement Processes, Project Management, Experimental Teambuilding, and Effective Communication.

**SYNOPSIS:** You've proven your competence and your value. So why aren't you getting your point across? Look around you. The true leaders in your organization are the people who share a particular skill: the ability to communicate effectively. Regardless of upbringing, education, and talent – extraordinary leaders share the same quality: superior communication skills. Through observation, trial and error, or schooling from mentors, extraordinary leaders have mastered the art of “connecting” with people in ways that almost always yield positive results. This Success Series Session focuses on analyzing barriers that inhibit the communication process. It also identifies skills in speaking clearly, directly, and strategizing solutions to communication challenges. If you're committed to enhancing this skill, then this workshop is designed for you!

Course length: 90 minutes per session

**V. Growing and Empowering Future Leaders** presented by Dr. Amicitia Maloon-Gibson. Dr. Maloon-Gibson is President and CEO of the ATIC & MG Center for Excellence & MGAA. She conducts workshops and seminars presented throughout the United States and abroad.

Dr. Maloon-Gibson has been a senior executive in the federal government and a professional Diversity & Inclusion Leader with special emphasis in Civil Rights and Women Issues.

**SYNOPSIS:** During times that would challenge even the most resilient and experienced managers, it has never been more important to have an arsenal of life skills, techniques, and best practices for empowering and growing future leaders. This workshop will empower future leaders on how to use mentoring as a strategic tool to enhance the effectiveness of individuals and teams. It will give you a variety of tools, techniques, and optimal practices—from analyzing the cause of mediocre performance, to creating an environment for effective empowerment, coaching, and learning strategies—from giving self-analysis to corrective empowerment, to handling difficult responses for growing leaders.

You will gain useful skill sets during this workshop to make you more aware of personal habits, styles, and preferences when you are mentoring others, through assessments, role plays, and exercises.

Course length: 90 minutes per session