



# 2019 FORUM

May 9 - 11

Embassy Suites  
South Bend at Notre Dame

**South Bend, IN**



**PROGRAM & REGISTRATION INFORMATION**

## ABOUT THE WOMEN IN FINISHING FORUM

The **Women in Finishing (WiF) FORUM** features a variety of professional and personal development sessions and workshops geared toward women, as well as networking and team building activities. Through unique programming, participants will learn new ways to deal with issues that impact effectiveness, maximize professional impact, build strategies for success, and much more.

All women who have chosen or are pursuing a career in industrial finishing, from the finishing line to executive management, are invited and encouraged to attend the WiF FORUM.

For complete details and to register, visit our website by [clicking here](#).



## SCHEDULE OF EVENTS

### Thursday, May 9

6:00 PM **Welcome Reception**

### Friday, May 10

8:30 AM - 12:15 PM **Welcome & Event Overview**  
**Building a Championship Mindset**  
**My Journey to Leadership Panel**

12:15 – 1:00 PM **Lunch**

1:00 – 5:30 PM **Opportunities in Advanced Manufacturing**  
**Power – What It Is; How to Get It; How to Use It**  
**Trends for Women in Finishing**  
**Team Building Exercise on the Notre Dame Campus**

6:30 PM **Networking Dinner**

### Saturday, May 11

8:00 – 9:00 AM **Wellness Walk to The Grotto**  
9:00 – 10:00 AM **The Impact Wellness Has on Success**  
10:15 – 11:45 AM **Navigating Conflict Effectively**  
11:45 AM **Closing Brunch**



# FEATURED SESSIONS

## Building a Championship Mindset

**Dr. Amber Selking,**  
*Selking Performance Group*

From the manufacturing floor to the football field, delivering consistent performance excellence is critical to team success. Through her experiences working in manufacturing for Lippert Components and as the mental performance consultant for the University of Notre Dame football team, Dr. Amber Selking will share insights from the field of human performance psychology that will help you deliver your best on a more consistent basis. The mind is an often untapped and unrealized source of energy, efficiency, and effectiveness. This presentation will lead you to discover the power of your mind and share strategies to help you deliver your absolute best, consistently.



## PANEL - My Journey to Leadership

**Julia Murray,**  
*Chemetall*

**Dr. Victoria Gelling,**  
*Valspar*

**Facilitator: Anne Goyer,**  
*CCAI*

In this moderated panel discussion, women in a variety of leadership roles within the finishing industry share their career journeys. Learn about the challenges they faced, how they overcame them, as well as tips you may be able to apply to your own career pursuits. Our panelists have diverse backgrounds to provide perspective from both technical and non-technical viewpoints. This session will be interactive, allowing ample time for questions and answers.



## Opportunities in Advanced Manufacturing

**Steven R. Schmid,** *University of Notre Dame*

The modern manufacturing facility is nothing like the reputation earned in the 1980s. Modern manufacturing involves automation, computer integration, advanced controls, metrology and precision engineering; these are all considered to be American strengths in the modern worldwide economy. As a logical extension of simple economic models, manufacturing in the United States has shifted toward high value-added approaches and industries that can support relatively high wages. Another general trend is the continued improvement in productivity.

A high-tech manufacturing sector is much different than one that is built on low-skill labor: It needs fully trained and highly-skilled people to design the factory, products produced in the factory, and to operate the factory. The transformation of the manufacturing sector into a high-tech endeavor has been accelerated by programs such as Manufacturing USA, where industry, academe and government partner to develop vibrant industrial ecosystems that support entire supply chains. Dr. Schmid will describe the Manufacturing USA program that he helped design, as well as the opportunities that exist in the advanced manufacturing sector.



[Click here to register now!](#)



# FEATURED SESSIONS

## Trends for Women in Finishing

### Speaker to be announced

We are all aware of the shortage of skilled employees in the finishing industry, and manufacturing in general. But exactly what opportunities are out there in industrial finishing, how do you find them, and how do you best position yourself to land one of them? This presentation will take steps to answer these questions as well as provide information, statistics and trends on the state of women in manufacturing.

## Power: What It Is, How to Get It, How to Use It

### Marty Sawyer, *Trimac Industrial Systems, LLC*

Power is not reserved for men anymore. Women are assuming mantles of power at an ever-growing rate. Learn how to find more power in yourself and how to better use it in your work and life.



## Team Building Exercise

Scavenger hunts are a fun and effective way to improve team building, leadership, problem solving and communication skills. For the final session of Day 1 we will break into small groups and head out on the Notre Dame campus for a scavenger hunt and some friendly competition. Each team will be tasked with finding specific items or places within a defined amount of time. Awards will be given as well as coveted bragging rights for the winning team.



## Wellness Walk *(optional)*

Start the morning off right with a walk through the Notre Dame campus to the Grotto of Our Lady of Lourdes. At one-seventh the size of the original French shrine, the Grotto is a reproduction made possible with a gift from a former student in 1896. Constructed from boulders from surrounding farms, the Grotto is a special place to spend a few quiet moments and a popular place on football weekends and during finals. Upon our arrival at the Grotto, Dr. Amber Selking will lead us in a brief meditation session before heading back to the hotel for a presentation on "The Impact Wellness Has on Success." Total walk distance is 2 miles roundtrip and will take place rain or shine.



[Click here to register now!](#)

# FEATURED SESSIONS

## The Impact Wellness Has on Success

**Dr. Amber Selking,**  
*Selking Performance Group*  
**Kari Oliver,**  
*University of Notre Dame*  
**Roxie Sweikar,**  
*Physicians HolisticHealth Alliance*

Demanding schedules are the norm in this day and age. Add in connectivity technology and it seems we are never really "off the clock." As we run from meeting to meeting, put out fires throughout the work day, prepare presentations, answer endless emails, and much, much more (often after 5:00 PM), our personal wellness can easily be put on the back burner. But, what kind of impact does this have on achieving your professional and personal goals? Our trio of presenters for this session are wellness experts with strong ties to the Notre Dame football team. They will share how wellness techniques like yoga, meditation and nutrition are components of the team's regiment and how they impact success on all levels from the football field to your finishing career.



## Navigating Conflict Effectively

**Lee Ann Schwope-Cochran,**  
*PRADCO*

We all deal with conflict and, for many, it occurs on a daily basis. Because conflict is often perceived as negative, people avoid having difficult conversations or aren't having the right conversations to effectively navigate those conflicts. However, having healthy conflict is important whether it is at work or at home. It creates opportunity for diversity of thought, allowing new ideas to emerge and ultimately improves results. In this interactive workshop, participants will:

- Learn about different communication styles and how they impact your approach to conflict.
- Discover actions that can be taken to improve relationships and results based on your tendencies.
- Discuss the importance of healthy conflict and elements necessary for it to occur.
- List steps to effectively manage negative conflict and move toward more productive interactions with others.



## Networking Events

The FORUM will kick off with a Welcome Reception giving attendees the opportunity to meet fellow FORUM participants as they "uncork and unwind" during this wine, chocolate and cheese tasting event.

Friday's program will conclude with a Networking Dinner giving attendees and opportunity to continue conversations about the day's session topics in a relaxed atmosphere.



[Click here to register now!](#)

# REGISTRATION INFORMATION

## Registration Fees

**CCAI-WiF Member:** \$395

**Non-Member:** \$525

**Fee Include:**

- Welcome Reception
- Admission to all event presentations
- Refreshment breaks
- Lunch & Dinner on Friday
- Wellness Walk Shirt
- Teambuilding event
- Closing Brunch

**Note:** Breakfast is included in your room rate at the Embassy Suites

## Cancellations & Substitutions

Cancellations received 30 days prior to the start of the event will receive a full refund less a \$50 processing fee. Registrations cancelled within 30 days are non-refundable.

We will permit name substitutions until May 6, 2019 at no cost.

## Not a Member?

Join today and save money on your registration fees. An individual CCAI membership is just \$95 and includes membership in Women in Finishing!

[CLICK HERE](#) to join!

## How to Register

[CLICK HERE](#) to register now!

## Hotel & Travel

### Embassy Suites South Bend at Notre Dame

1140 E. Angela Blvd.  
South Bend, IN 46617  
Phone: 574-400-2600

**Room rate:** \$124 plus tax

**Rate includes:** Complimentary Wi-Fi, breakfast, daily manager's reception, microwave, mini-refrigerator, living room, pool and fitness center.

**Discounted parking:** \$6/day

[CLICK HERE](#) to make your hotel reservation! You do not need to enter any codes to get our rate; the Women in Finishing FORUM box should be checked.



## Complete Event Details

Full event details can also be found on the Women in Finishing FORUM website. [CLICK HERE](#) to review the details online.

## Thank you to our event sponsors!

