

# Women's Leadership Workshop

## Work / Life Balance

**June 10, 2009**  
The Brookings Institution  
Washington, DC

## Agenda

**Wednesday, June 10, 2009**

**7:30 – 8:00 am**  
*Falk Auditorium*

### Registration and Breakfast

**8:00 – 8:45 am**  
*Falk Auditorium*

### Welcome and Introductions

- Allison Brown, Program Manager, Center for Executive Education, The Brookings Institution
- Emily Luken, Enrollments Associate, Center for Executive Education, The Brookings Institution

**9:00 – 11:15 am**  
*Falk Auditorium*

### Understanding the Importance of Work/Life Balance and How to Achieve It

The rise of “extreme jobs” in recent decades makes the notion of work/life balance seem like a myth. Considering the trend of longer work weeks and 24/7 accessibility, both men and women need to realize the importance of work/life balance and the toll long hours take on our families, health, and wellbeing. With higher expectations of employee dedication and increased workload, how we achieve work/life balance in our own life and for our organizations? Sylvia Ann Hewlett's research examines how women need to work, and how that impacts the current corporate model creating a blueprint for tomorrow's workplace.

- Sylvia Ann Hewlett, president, Center for Work-Life Policy, a New York-based nonprofit organization. She also heads the Gender and Policy Program at Columbia University's School of International and Public Affairs, in New York. Author of *Off Ramps and On Ramps* (confirmed)

## Wednesday, June 10, 2009 (continued)

**11:30 am –  
12:45 pm**

*Falk Auditorium*

### **Strategies for Success**

This session features three women from different careers who have learned how to juggle the demands of both their jobs and families.

- Marianne Horinko, President of the Horinko Group; former Assistant Administrator, Office of Solid Waste and Emergency Response, U.S. Environmental Protection Agency 2001-2004; Acting EPA Administrator 2003 (invited)
- Jo Cooper, Toyota (invited)
- Michelle King, Social Security Administration (invited)

**12:45 – 1:45 pm**

*Stein Room*

### **Lunch**

**1:45 – 3:45 pm**

*Falk Auditorium*

### **Is Work/life Balance a Myth?**

Women at the top are often exhausted not just from work, but also from commitments to their families and communities. If we can't change most of our commitments to achieve work/life balance, how can we learn to better manage our energy to avoid burning out, and remain successful and feel renewed?

- Karen Reivich, Research Associate, Psychology Department, University of Pennsylvania; author, *The Resilience Factor: 7 Keys to Finding Your Inner Strengths and Overcoming Life's Hurdles*; co-author, *The Optimistic Child* (confirmed)

**4:00 – 5:30 pm**

*Falk Auditorium*

### **Can Women Have It All?**

Executive position, supportive spouse, loving mother - is it *really* possible for women today to juggle everything (without losing their sanity)? Alternatively, are women without spouses and children judged differently and discriminated against if they also want work/life balance?

- Rebecca Shambaugh, President and CEO of Shambaugh Leadership (confirmed)

**5:30 – 6:15 pm**

*Stein Room*

### **Networking Reception**