



Zoom Career Conference for Girls

Saturday, February 20, 2021 - 10 AM to 3 PM

Sponsored by Soroptimist International of Lodi

Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.

Soroptimist International of Lodi has served the local community since 1945.

Email: silodi@soroptimist.net

website: <http://www.lodisoroptimist.org/>

Instagram: [soroptimist_lodi](#),

Facebook: [SoroptimistofLodi](#)

We'd like to thank all those who made this event possible:

Presenters

Soroptimist Members

Local partners who helped provide "goodies" for conference bags: American AgCredit, Blue Ribbon Personnel, Grace & Mercy Charitable Foundation, Lodi Chamber of Commerce, Premier Staffing, State Farm, Watermark Labels



SOROPTIMIST®
Investing in Dreams

Agenda

- 10:00 am – 11:00 am Welcome & Session 1: *Discovering Your Dreams*
Elizabeth Kass, MD, Vice President, Soroptimist International of Lodi
Consider personal aspirations for 10 years in the future and create a Dream Collage.
- 11:00 am -11:30 am Session 2: *Turning Failure into Success*
Pastor Amy Miranda, Chaplain, Lodi Police Department
Learn about resilience and how to turn experiencing a failure into understanding the usefulness of mistakes in order to move forward.
- 11:30 am –12:00 pm Activity: *Balancing Your Stress*
Gladys Bates, Realtor & Yoga Instructor
Learn about yoga and meditation, strategies for managing and coping with stress.
- 12:00 pm – 12:15 pm Grab Self-provided Lunch
- 12:15 pm Prize drawing for all present participants
- 12:15 pm -1:00 pm Session 3: *Exploring Careers*
Dominee Muller-Kimball, Principal, Independence High School, Lodi Unified School District
Identify personal values and skills: learn how they connect to possible careers.
Helpful website: www.cacareerzone.org
- 1:00 pm -1:15 pm Activity: Dream BINGO
- 1:15 pm -1:45 pm Session 4: *Rising Above Obstacles*
Josefina Saenz Garcia, RN, Intensive Care Unit nurse, St. Joseph's Medical Center, Stockton
Learn about obstacles to career success that you may face in the future and how to overcome them.
- 1:45 pm -2:15 pm Session 5: *Creating Achievable Goals*
Natalie Bowman, Partners for International Cooperation
Learn the important skill of goal setting in both your personal and professional life.
- 2:15 pm -2:30 pm Activity: Music/Dance with DJ Sandra, SI Lodi Member
- 2:30 pm -3:00 pm Session 6: *Putting Dreams into Action*
Germaine Burke, OD, Co-Owner, Burke Optometry and Member, Soroptimist International of Lodi
- Create an action plan for achieving your goals and prepare a Letter to Self with what you'll do and be in the next year. Self-address letter, mail to SI Lodi in provided envelope and be entered in a prize drawing. Letters will be mailed back to participants in 6 months.
- Survey
- Final Thoughts
- 3:00 pm Conclusion of Conference