

**8th Annual IU Indianapolis Staff Council Mini-Conference  
Time to Program Your GPS: Growth, Progress, Success  
Wednesday, April 23rd  
IU Indy Campus Center, CE 450**

Please consider bringing a donation item(s) for the IU Indy Paws Pantry.  
Donors are automatically entered into a drawing for a token of appreciation.

Attendees already on campus are encouraged to walk or shuttle to the Campus Center. Shuttle information can be found at the following link: <https://iupui.ridesystems.net/routes>. For those who do not have an IU Indy parking permit, complimentary parking will be available in the [Vermont Street Parking Garage](#).

- 8:30-9:00     Registration/breakfast
- 9:00-9:20     Welcomes
- Heather Staggs, IU Indy Staff Council President
  - Anne Mitchell, IU Indy Senior Director for Human Resources
- 9:20-10:20    Keynote Speaker
- Catherine Matthews, Ph.D., Assistant Director, Talent and Organizational Development with Indiana University HR.
- 10:20-10:35   Break
- 10:35-11:35   Breakout # 1
- Owning the Room: Strategies for Confident, Engaging Presentations (CE405 overflow in CE305)**  
Presenters: Jess Risk & Sydni Franks
- Building your Travel Plan with LEGO Serious Play (CE450)**  
Presenter: Dillon Waggoner
- Turning a No into a Yes (CE409 overflow in CE309)**  
Presenters: Julie Davis & Heather Grimstad
- 11:35-11:45   Transition
- 11:45-1:00    Break/Lunch/Networking
- \*\* An opportunity to have a professional headshot taken will be available from 12:00pm – 3:00pm in the CE 450 Pre-Function Lobby \*\***
- 1:00-2:00     Breakout #2
- The Americans with Disabilities Act: FAQ for Employees**

**(CE409 overflow in CE309)**

Presenter: Cara Reader

**Self-Esteem in the Workplace (CE450)**

Presenter: Sydney Lease

**Leading from Where You Are: Influence, Impact, and Initiative  
(CE405 overflow in CE305)**

Presenter: Lisa Bridgewater

2:00-2:10	Transition
2:10-2:25	Video message from Chancellor Ramchand
2:25-2:35	Advertising Staff Council
2:35-2:50	Thank you from Staff Council President / Drawing

**Keynote Speaker**

Catherine Matthews – Assistant Director, Talent and Organizational Development with Indiana University HR.

**About:**

Over the course of their professional and volunteer life, Catherine has focused on helping teams and individuals achieve their goals. They partner with clients to understand their needs regarding engagement, performance, team building, and development, and then create plans that align with those needs. Catherine is a problem-solver with the ability to assess and summarize information quickly, identifying issues and solutions.

They love helping people develop their professional skills and knowledge through one-on-one coaching and highly engaging training workshops—both virtual and in-person. In coaching and consulting, their collaborative approach allows them to develop strong relationships with clients. As they work together, Catherine helps clients identify short-term and long-term goals and the practical strategies to achieve them.

With years of experience leading and working with teams and individuals, Catherine is a certified Gallup CliftonStrengths coach. Maximizing potential is at the heart of everything they do.

**Breakout Sessions**

**Owning the Room: Strategies for Confident, Engaging Presentations**

Presenters: Jess Risk & Sydni Franks

**Description:** This workshop will engage attendees in a collaborative discussion about how to feel comfortable and confident giving professional presentations. Drawing upon their backgrounds and experiences in classroom teaching, student support services, and as previous presenters at national conferences, co-presenters Sydni Franks and Jess Risk will explore how to leverage individual factors, preparation tactics, and presentation strategies to mitigate common challenges people face when giving presentations. The final 15 minutes of the workshop will challenge attendees to evaluate their current perspectives on giving presentations and invite them to reflect on strategies they can implement in the short term as well as part of longer-term development goals. Objectives - Session participants will: reflect on personal and professional experiences that shape presentation comfort levels; discuss strategies related to preparing for and presenting professional talks and workshops; and identify two to three tangible strategies targeted to address their personal experience, context, and goals as a presenter.

### **Self-Esteem in the Workplace**

Presenter: Sydney Lease

**Description:** Are you too hard on yourself? Do you worry about what your colleagues think of you? Do you wonder if you're actually making a difference? You're not alone! Imposter phenomenon is real and can have direct impact on our wellbeing at work and our ability to lead others, especially for supervisors and historically minoritized staff. This presentation will cover core concepts of self-esteem, apply those concepts to being a professional in a university environment, and how we can build healthy self-images of ourselves and work teams to reduce burnout and field attrition.

### **Turning a No into a Yes**

Presenters: Julie Davis & Heather Grimstad

**Description:** This presentation will be based off of our experience on hiring committees and how internal candidates do not always do a good job presenting their skills. Often internal candidates assume people know what they do, so we will provide tips for putting your best foot forward. Selling your soft skill, preparing examples for questions, and what to do if told no. How one can use the different IU resources for professional growth to help nail the interview after applying the other tips.

We will also talk about how the soft skills can help one move and some of our career path and how we accomplished this. We will also share how it took multiple efforts and applications to move to a new role and how we handled rejection.

## **The Americans with Disabilities Act: FAQ for Employees**

Presenter: Cara Reader

**Description:** This presentation will inform audience members about the Americans with Disabilities Act (ADA) and how employees with disabilities can receive accommodations at IU. We will discuss how to engage in the interactive ADA process with IU HR and OIE, along with providing common examples of accommodations that support employees with disabilities. As one in five Americans have a disability, we seek to educate the IU community about the ADA.

## **Building your Travel Plan with LEGO Serious Play**

Presenter: Dillon Waggoner

**Description:** LEGO Serious Play involves a facilitator providing a prompt and participants building a physical response to that prompt, which they then use as a visual aid to convey their ideas and stories. This session will utilize this methodology along with an extended metaphor of a road trip to ideate and convey several concepts regarding professional goals. Participants will engage in builds such as "what's your destination" and "who are you picking up along the way" in order to explore the nuances of their professional development.

## **Leading from Where You Are: Influence, Impact, and Initiative**

Presenter: Lisa Bridgewater

Leadership isn't defined by a title—it's about the influence you have in your role, your team, and the broader IU Indianapolis community. No matter your position, you have the power to foster collaboration, drive positive change, and contribute to a culture of growth and innovation. This session will explore practical strategies for leading from any seat, drawing from The 360° Leader and real-world workplace experiences. Join us to discover how you can maximize your impact, strengthen teamwork, and take the initiative to elevate both your career and the success of IU Indy.