



## **WiM Spring Retreat: Stronger TogetherHER**

**1 - 6 PM on May 8 | VMA Event Center**

### **1 PM | Welcome & Opening Comments**

**Bridget Bender**, WiM Virginia Chair

### **Keynote | Empowering Women Through Education and Career Development**

**Gretchen Moore**, Executive Director, WiM Education Foundation

Join [Gretchen Moore](#), Executive Director of the Women in Manufacturing Education Foundation (WiMEF), for a dynamic session dedicated to empowering women in the manufacturing industry. This workshop will explore the pivotal role of professional education in career advancement, with insights on how continuous learning helps women break barriers, gain leadership skills, and create new opportunities.

Participants will learn about WiMEF's impactful programs, from leadership development to virtual learning series and career fairs, and how these initiatives support women at all stages of their careers. Hear from actual WiMEF program graduates and gain inspiration on how to leverage education for career growth and leadership roles.

### **Building Your Personal Board of Directors: A Strategic Approach to Career Growth and Development**

**Caryn Durham**, Sr. Director of Corporate Affairs & Advocacy, Kaleo

In today's fast-paced and ever-evolving manufacturing industry, having a support network that extends beyond mentors can be an essential factor for career advancement. In this session, we'll explore how to build and leverage your own personal board of directors—a strategic network of diverse individuals who provide advice, guidance, and expertise in different areas of your personal and professional life.

During this session, you will learn how to:

- Identify key individuals who can serve as members of your personal board of directors.
- Understand the distinct roles each "director" can play in your career development.
- Foster strong relationships with these advisors to ensure mutual trust, respect, and valuable guidance.
- Use your board to receive advice on personal and professional challenges and growth.

## Connections that Empower: Networking for Success TogetHER

**Bridget Bender**, Chair, WiM Virginia Leadership Council; Associate Manager, Talent Acquisition, Altria

In today's fast-paced world, networking is more than just exchanging business cards—it's about cultivating meaningful relationships that empower both personal and professional growth. In this engaging session, participants will discover how to strategically connect, communicate, and collaborate to build lasting networks that support their careers and amplify their impact in the manufacturing industry.

This interactive session will kick off with an icebreaker activity to get everyone energized and primed for the day's discussions. Whether you're a seasoned networker or just starting to expand your circle, you'll walk away with new insights and actionable strategies to connect with fellow women in manufacturing, enhance your influence, and take your career to the next level—*togetHER*.

## Mentoring Program Recognition & Graduation Ceremony

**Kerry McAvoy**, Mentoring Pillar Co-Chair; **Jenni Ownes**, Mentoring Pillar Co-Chair

The WiM Virginia Mentoring Program was launched in 2021 to help develop our members by providing them with the knowledge and leadership skills that will empower them to realize their full potential. WiM Virginia's [Mentoring Program](#) is available to all members at no cost. Our chapter makes a financial investment in each person that goes through the program with additional professional development throughout the year to supplement the monthly meetings with their mentee/mentor. Join us as we announce the graduating class of the 2024-2025 Mentoring Program and present them with their certificate of completion and award.

## 4:30 - 6 PM | Closing Remarks & Cocktail Reception

