



SHSU Women's Symposium

"Unleashing the Woman Within"

~Wednesday, March 18, 2009~

REGISTRATION FORM

Basic Information

Name: _____

Email: _____

Phone Number: _____

Student, Faculty/Staff, or Alumni (Please Circle Appropriate Affiliation)

Major/Department or Organization Associated with: _____

Classification (If Applicable): _____

Session Information

(Please Mark Only Those You Can Attend)

- Breakfast with Kathy Bowersox (Career Coaching for Women)*
9:00 a.m.-10:00 a.m. (LSC Room 320)
- Break Out Sessions (25 Minute Educational Sessions with various SHSU facilitators)*
10:05 a.m.- 11:20 a.m. (LSC Theater)
- Women's Organization Fair*
11:25 a.m.-11:55 a.m. (LSC 3rd Floor)
- Luncheon with Christine Hassler (Life Coaching & Motivation for Women)*
12:00 p.m.-1:00 p.m. (LSC Room 320) *Hosted by SHSU First Lady, Nancy Gaertner

**Dress: Business Casual (Animal Prints Encouraged)*

*For more information please contact the Department of Student Activities at
936-294-3861 or leadership@shsu.edu.*

Key Note Speaker Biographies

Kathy Bowersox

Kathy Bowersox is a Psychotherapist and a Licensed Mastermind Executive Coach, Career Coach, and Licensed Professional Business Coach, and **President of Quantum Leap Success Coaching**. She is passionate about and known for helping women create success in all aspects of their businesses, careers, and lives.

Kathy specializes in assisting executives and business owners to develop an executive strategy, by employing a long-term, values-based blueprint to lead them to greater success through goal and mission development, and strategic and action plans addressing all areas of corporate and business success. Kathy has coached thousands of people from various industries, with a wide variety of functions. She has **worked with people from Dow Chemical, Union Carbide, Reliant Energy, CenterPoint Energy, Ranger Insurance, Marathon Oil, The Houston Ballet, Enron, Academy, BP, Greystar, Best Cleaning, ReEmergence**, and many other companies.

Kathy holds a M.Ed. in Counseling Psychology from the University of Houston (UH), and a **B.S. in Psychology from Sam Houston State University**. She received coach training through MentorCoach, the Coach Training Alliance, the Professional Business Coaches Alliance, and The Rescue Institute. She serves on several Advisory Boards, served as a Coach and Advisor to Success in the City and its Chrysalis Award winners, and collaborates on special projects with the Bauer College of Business at UH. She also coaches EMBA students for Rice University's Jesse H. Jones Graduate School of Management. She serves as President of Houston Business Force BNI and previously served as their Education Coordinator. Kathy is also the Business & Executive Coaching Expert Advisor for The Price of Business Radio Show and co-hosts the Coaches Roundtable for CNN 650AM Radio in Houston. Throughout her careers, Kathy has volunteered with the Houston Junior Chamber of Commerce, and the SAAFE House, a women's shelter. She is the past Vice President of Houston Area Doberman Rescue, served on their Board of Directors, and fosters rescued Dobermans.

Kathy is passionate about making a difference and helping women launch their quantum leap to success so they can build the careers, businesses, and lives they've always dreamed of having.

Christine Hassler

By age 25, Christine Hassler was one of the youngest television agents working in Hollywood, a rising young industry star, and she hated every minute of what she was doing. She quit her job to follow her passion, only to find out that her passion wasn't able to hold her interest. Although she was well-educated, motivated and had many great opportunities, she sank into a mire of unexpected depression fueled by unrealized dreams, an engagement called off, family tension and mounting debt.

Why in the world was she in crisis at an age where everything should have been in high gear? The exploration of her personal crisis led to the book, **20-Something, 20-Everything: A Quarter-Life Woman's Guide to Balance and Direction**. Based on her first-hand experience and interviews with hundreds of young women, Christine learned that the issues facing young women today vary widely from those experienced by their mothers. From epidemic eating disorders, earlier use of birth control, and the glut of opportunities and expectations, today's 20-Something women needed solutions for getting past their generation's unique problems. The old ways of coping were no longer working. Some new approaches were needed.

Christine has become a spokeswoman for today's 20-Something women. **She has appeared on the Today Show and CNN, speaking about the issues inhibiting today's young professional women**. In her campus programs, Christine shares the stories, conundrums, tears and laughter that she has discovered in her quest for answers for the quarter-life crisis. She helps young women discover paths that lead to lives with more contentment, balance, and direction. The program hits on many of the most critical issues facing today's young women: self-image, finances, dating and relationships, careers and spirituality. Most of all, Christine helps young women understand the importance of living with integrity.