

# THE ROAD TO LEADERSHIP:

**DON'T JUST SURVIVE – THRIVE!**

*A One-Day Leadership Event Presented by ICMA & League of Women in Government*

This thought-provoking, interactive and practical workshop is designed to support women, at different stages of their careers, to be even more successful.

- Network, share ideas, build skills, and get inspired.
- Build leadership capacities while participating in a day of encouragement and renewal.
- Hear how women in top leadership positions took control of their success.
- Learn how simple lifestyle changes can make a dramatic change to quality of life and longevity without sacrificing any of the fun!
- The session is interactive so wear comfortable clothes and shoes.



**FEATURED SPEAKER:**  
**DR. DOROTHY WOOD**  
*Harnessing the Mind-Body Connection Workshop*



**KEYNOTE SPEAKER:**  
**PAULA HENDERSON**  
*SAS, Senior Vice President, US Commercial and Public Sector*



**PANEL PRESENTATION BY CIGNA**  
*Taking Control of Your Success and Yourself*

**Friday, September 13, 9:30–3:45**

Sheraton Raleigh Hotel | 421 S Salisbury St, Raleigh, NC 27601  
 \$25 | Morning refreshments and Lunch included

**Register online: [icma.org/events/thrive](http://icma.org/events/thrive)**

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Presented by ICMA and the League of Women in Government

Friday, September 13, Raleigh Sheraton Hotel

## AGENDA:

- 9:30–10:00: Arrival & Check-in
- 10:00–10:15: Welcome and Introduction
- 10:15–12:15: Harnessing the Mind-Body Connection Workshop | Dr. Dorothy Wood
- 12:15–1:15: Lunch and Networking
- 1:15–2:15: Keynote | Paula Henderson
- 2:15–3:15: Panel | Presented by Cigna
- 3:15–4:15: Closing remarks and Acknowledgments

## SESSIONS:

### Harnessing the Mind-Body Connection Workshop

Featured Speaker: Dr. Dorothy Wood

This session is dedicated to empowering females in mind and body as they strive to juggle multiple roles. The mind-body connection is significant and can be empowering when harnessed, yet harmful if left unchecked. Here we learn how to take control of the body's regulatory processes and discuss the important factors that lead to longevity with high quality of life.



**Dorothy H. Wood** earned her Ph.D. at UNC-Chapel Hill School of Medicine in the Department of Pathology where she furthered her appreciation for the human organism and the importance of treating the body with care and respect. She is currently a faculty member at Durham Technical Community College where she teaches microbiology, as well as a textbook author with McGraw Hill Publishing Company. Dorothy has worked in the health and fitness industry for over twenty-five years.

### Keynote

Speaker: Paula Henderson

Paula Henderson will talk about executive leadership with the personal awareness of the challenges faced by female executives—highlighting some of the best practices for corporate support of women (and parents) at SAS and appropriately discuss the role of SAS analytics in better addressing government service delivery in areas such as child well-being and social services, as well as other critical service delivery areas such as education, policing and transportation.



**Paula Henderson** leads US sales teams across public sector and commercial industries. She oversees government, education, transportation, entertainment, services, communications, financial services, health and life sciences, energy, manufacturing and midmarket, as well as teams dedicated to customer advisory and operations. For the previous 17 years, Henderson was Vice President for SAS' US Government practice, where she led her business organization with a focus on innovation, helping customers reach their business objectives and, ultimately, improving the lives of all US citizens. Paula believes analytics can help government provide high-quality services, while maximizing resources and budgets, and ultimately improve the lives of citizens.

### Taking Control of Your Success and Yourself

Panel Presentation by Cigna

This engaging panel will be moderated by Rhonda Toole, VP Client & Customer Engagement at Cigna and features three local government leaders from the North Carolina who work to find balance in work, life, and health on their paths to leadership.



Register Today! [icma.org/events/thrive](https://icma.org/events/thrive) | Questions: email [crainwater@icma.org](mailto:crainwater@icma.org)