



<http://www.adelaide.edu.au/wpdn>
WOMEN'S
PROFESSIONAL
DEVELOPMENT
NETWORK

Women's Professional Development Network Achievements During 2001

The **Women's Professional Development Network (WPDN)** continued strongly during 2001. The Steering Group concentrated its efforts in several key areas.

Our **lunchtime networking forums (LNFs)** continued to be popular, with a variety of internal and external guests speaking on a range of topics relevant to women general staff at the University.

- **Kate Johnstone**, a specialist in the areas of time management, management, marketing and information technology, discussed techniques which can help us better manage our time, and achieve our long term and short term goals, both personal and professional.
- **Karen Axford**, Regional Commissioner, Australian Security Investment Commission (ASIC), spoke about ASIC and it's role, and gave invaluable tips on financial management and how to choose the right financial advisor.
- **Dr Jonathan Newbury**, Lecturer, General Practice, Adelaide University, is a specialist researcher in health assessment of the elderly. He discussed issues relating to the health of older people, which was of particular interest to the many women staff faced with the challenge of how to cope caring for ailing elderly parents.
- **Bette Wright**, from the Project Endeavour Team, Adelaide University, spoke about "Yoga for Health and Well-Being". Bette has practiced and taught yoga for many years. She gave an overview of Yoga, shared some of her personal experiences, gave a demonstration of a few positions and explained the associated benefits.
- **Anama Morriss**, Consultant, Human Resources Policy and Strategy, facilitated a **Focus Group** in November to gain feedback about the WPDN from members, and identify priorities and issues for women general staff in 2002.

The third **WPDN mentoring programme** concluded in mid-2001, and was a great success. The fourth mentoring programme is already underway with 20 pairs of mentors/mentorees, and is due to finish in mid-2002.

The **web site** was revamped early in the year, with a new, more professional look, and the addition of a collection of web-based resources of interest to general staff women. Members were kept up-to-date on WPDN initiatives through the web site, **electronic listserver**, **brochures**, and **regular advertisements in the Adelaidean**.

The Steering Group initiated a **Health and Well-Being Program** with the aim of promoting health, reducing stress, and improving members' enjoyment of all aspects of life, including work. The group negotiated a discounted membership package with the Fernwood Fitness Centre in Rundle Mall. All women staff (both general and academic) at the University can take advantage of the offer in 2002.

WPDN members have had the opportunity to meet and network with staff from other areas of the University at a number of **social breakfasts**. The **WPDN Christmas breakfast** at the Stamford Plaza provided a final chance to catch up before the New Year.

The Steering Group will hold a planning weekend in January 2002, in order to review its activities in 2001 and plan for the coming year.

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