



## Women's Professional Development Network Achievements During 2002

The **Women's Professional Development Network (WPDN)** continued strongly during 2002. 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.

- **Dr Jennifer Mills**, a former academic and Associate Director for Science and Technology Commercialisation Programs at the University of Adelaide, discussed the principles of entrepreneurial thinking and how they can be used during times of change to create new opportunities. She also spoke about her own personal experience in leaving the University to start a new business.
- **Heather Howard**, a long-term staff member and former manager of several areas of the University, led a discussion on "Compassion, Ethics and the University". She discussed the nature of large organisations, and the importance (and often, difficulty) of having organisational values reflected in the policies, practices, behaviours and culture of the organisation. She asked the participants to consider whether their own behaviour and interaction with their colleagues and students reflects the values in which they believe, and whether it differs during prosperous and "tough" times.
- **Pat Smytherman**, from the Carer Support and Respite Centre, spoke about caring for elderly parents and coping with the guilt many women (and men) feel when trying to deal with this responsibility, without being very well prepared for it.
- **Dr Kristin Roe**, a General Practitioner who uses complementary medicines in her practice, spoke about complementary medicines, their positive and negative aspects, "political" issues surrounding the use of these medicines, and the health problems which tend to respond well to them.
- **Trish Walkley** was the first female police officer in South Australia. She spoke about her 37 year career, including the time she spent with the drug squad, coronial inquests and Crimestoppers.

The fourth **WPDN mentoring programme** attracted 20 mentorees. It concluded in mid-2002, and was a great success. The fifth mentoring programme is already underway and is due to finish in mid-2003.

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 continued the **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 renewal of discounted membership packages 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 2003. The WPDN also initiated on-campus **Yoga classes**, which were extremely popular.

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 Regatta's Bistro provided a final chance to catch up before the New Year.

The Steering Group will hold a planning weekend in January 2003, in order to review its activities in 2002 and plan for the coming year.

*Catherine Edis*  
Information Technology Services  
ext 36151

*Danielle Hopkins*  
Information Technology Services  
ext 33937