



Women's Professional Development Network Achievements During 2003

The **Women's Professional Development Network (WPDN)** continued strongly during 2003. Our activities were initiated and coordinated by a voluntary Steering Group, comprising 12 energetic and enthusiastic women from various areas of the University.

Our program of **lunchtime networking forums** was the most popular to date, with a variety of internal and external guests speaking on a range of topics relevant to women general staff at the University.

- The Vice-Chancellor, **Professor James McWha**, and his wife, **Lindsay McWha**, joined us as our first speakers for the year. They spoke about their careers, the role of mentors in their lives and their influence on career development, mutual support and "having fun".
- **Dr Jill Thomas** (Senior Lecturer, Adelaide Graduate School of Business) spoke about effective leadership, and how individuals can develop their leadership and management skills in order to become more effective leaders.
- **Linda Chaousis** (Staff Development Coordinator, Human Resources) outlined the new Career Development Review process. She discussed how women general staff could use this as an opportunity to further their professional development and exert a positive influence on their role and their relationship with their manager.
- **Steve Daysh** (General Manager, Human Resources) and **Kathy Harrington** (Industrial Officer, NTEU) gave a joint presentation on "family-friendly" HR policies, which can help staff balance work and family life. They also discussed the changes the new Enterprise Bargaining agreement might introduce.
- A popular speaker last year, **Dr Kristin Roe**, General Practitioner, returned to discuss the effects of menopause on women and strategies to better manage this phase of life.
- **Linda Balthussen**, a fitness teacher, spoke about lifestyle, exercise and its benefits for a woman's work, family and personal life.

The fifth **WPDN mentoring programme** attracted 19 mentorees. It concluded in October 2003, and the mentorees reported that they found it a very valuable experience. The sixth mentoring programme will commence in March 2004, and preparation is already underway.

Members were kept up-to-date on WPDN initiatives through the **web site**, **electronic listserver**, **brochures**, and **regular advertisements in Inside Adelaide**.

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 renegotiated 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. The WPDN also promoted on-campus **Yoga classes** at the Sports Hub Fitness Centre.

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 Botanic Garden Kiosk was very well-attended and provided a final chance to catch up before the New Year.

The Steering Group will hold a **planning weekend** in January 2004, in order to review its activities in 2003 and plan for the coming year.

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