



Women's Professional Development Network Achievements during 2004

The **Women's Professional Development Network (WPDN)** had another successful year in 2004. We were especially pleased to inaugurate a **Roseworthy Chapter of the WPDN**, and, in addition, to hold a **video-linked lunchtime networking forum** between the Roseworthy and North Terrace campuses. This was most successful and offered an excellent opportunity to bring Roseworthy and North Terrace staff together.

With the support of the Executive Director of Student and Staff Services, the WPDN organised a '**Career Tips**' workshop. The ½-day workshop - open to all women general staff, free of charge - covered strategies for career management, CV preparation and interview techniques. It was extremely popular, with the most consistent feedback being "please make the course longer next time"!

Our **lunchtime networking forums** were very popular again, and covered a variety of topics.

- **Sue Barnard**, a registered psychologist with over twenty years experience in counselling, training and lecturing, spoke about personal well-being, motivation and stress management and the issue of 'What's happened to the lunchbreak?'
- **Professor John Taplin** and **Jane Copeland** gave a joint presentation on cultural awareness - What do we need to know? Professor Taplin, Pro Vice-Chancellor (International), gave an interesting business overview of what it means to the University to be "going International". Jane Copeland, International Student Centre, captivated the audience by playing the role of an International student, highlighting the cultural issues that can arise and how University staff can help.
- **David Hawke** (Trainer, Equal Opportunity Commission) gave a very informative talk on workplace bullying - how to recognise bullying and deal with the behaviour. David has worked with the Equal Opportunity Commission for 18 years, is a qualified mediator and trainer, and is currently studying to be a counsellor.
- In September, the WPDN held a pilot video conference between the North Terrace and Roseworthy campuses. **Helen Alm**, an inspirational speaker and counsellor, facilitated the video conference. WPDN co-founders, Liz Pryzibilla and Lee Jones, talked about their career progression and the importance of informal networks.
- Due to the success of the cultural awareness forum earlier in the year, **Jane Copeland** and **Ann Lawless** returned to continue the theme of culture, gender and social issues. Jane and Ann certainly did 'Engage our Hearts and Minds' with a number of role plays, which illustrated the importance of communication, understanding and cultural awareness.

The sixth **WPDN mentoring program** attracted 20 mentorees. It concluded in October 2004, and the mentorees again reported that they found it a very valuable experience. The seventh mentoring programme will commence in April 2005, and preparation is already underway.

Members were kept up-to-date on WPDN initiatives through the **web site**, **electronic mailing list**, **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 re-negotiated its agreement with the **Fernwood Fitness Centre** in Rundle Mall for discounted membership packages. All women staff (both general and academic) at the University can take advantage of the offer.

WPDN members have had the opportunity to meet and network with staff from other areas of the University at a number of **social breakfasts**. In addition, the **WPDN Christmas Social** event had a change of format, with the University of Adelaide Staff Club providing the venue for drinks and nibbles after work.

The Steering Group will hold a **planning weekend** in January 2005, in order to review its activities in 2004 and plan for the coming year.

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