

## LEADING A BOLD LIFE: WOMEN'S LEADERSHIP FORUM HEARS FROM DEVELOPMENT COACH

BY NICOLA TITKEMEYER

The Women's Leadership Forum hosted Suzanne Wilkins, a coach and consultant with more than 20 years of experience in developing leaders and executives for Fortune 500 companies, in an exciting workshop called, "Leading a Bold Life...Because Courage is Contagious," on 3 Dec, in the New Executive Conference Center.

The event offered a culturally diverse empowerment model that combined story sharing and drama to raise participants' self-esteem and leadership skills so that they would become confident risk-takers. Winston



Churchill once observed that "Courage is the first of human qualities because it is the quality which guarantees all others." The purpose of the workshop was to develop leadership skills like public speaking, and acting boldly when it is required, in instances such as interrupting racist actions or sexual harassment.

Workshop participants learned the actions of confident risk-takers for personal and social change, and how to speak out to higher authorities about their needs. The audience-participation event was designed to empower and raise the consciousness of both men and women. It began with an interactive discussion centered on the importance of leading bold lives. Dramatic readings of stories of courage followed. Finally, an open mike session featured

members of the audience sharing their personal experiences of acting boldly.

The dramatic readers were ONI's Farragut Center Director Mark Pfundstein, ONI Deputy Director Michael Waschull, ONI Chief of Staff CDR Timika Lindsay and Professional Development Officer Lynne O'Meara. Personal stories of triumph were told by Doris Key and Antonio Johnson. The event was videotaped and is available on the Women's Leadership Forum sharepoint site: <http://sharepoint.oni.nmnic.gov/info/Workforce/WF>.

ONI's Women's Leadership Forum seeks to encourage, educate, and empower individuals to lead with excellence from where they are, regardless of gender or position.

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## EVACUATING THE BUILDING IN AN EMERGENCY

BY HARRY KNIGHT

ONI conducted two successful NMIC Facility evacuation exercises last year. A large part of that success was due to everyone understanding their roles and responsibilities. From security forces and first-responders to decisions made by the chain of command, everyone plays an important role when the decision is made to evacuate the facility.

A crucial factor in any evacuation is the ability of the workforce to exit the facility in the quickest and safest way possible. To that end, there are some basic things every employee must know about facility evacuations.

If you hear a fire alarm, assume it is real and leave the building. Do not waste precious time calling the Security Operations Center (SOC), or anyone else, to verify an actual emergency. To report an emergency, call the SOC at ext. 5555 or 911. The SOC is manned 24/7. Know your designated mustering location along with a primary and secondary exit to get there, and know how the emergency exit doors operate. You must push the panic bar and hold it for 15 seconds before the door opens.

Under no circumstances should you return to your workspace to gather your personal

belongings. Your safety is the primary concern. Immediately proceed to the nearest exit and report to your muster location.

Don't try to go to your car or leave the compound. It is imperative that you first report to your muster location so your command can account for you. During a facility evacuation (as opposed to a compound evacuation), vehicles will not be allowed to depart until the command can account for everyone.

If you, or a co-worker, requires help in

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# ONI's Women's Leadership Host Leading a Bold Life

By Nicola Titkemeyer

## *Leading a Bold Life...Because Courage is Contagious*

"Courage is the first of human qualities because it is the quality which guarantees all others." – Winston Churchill

On Tuesday, 3 December, the Women's Leadership Forum hosted Suzanne Wilkins in an exciting workshop called, "Leading a Bold Life...Because Courage is Contagious." This event offered a culturally diverse empowerment model that combined story-sharing and drama to raise participants' self-esteem and leadership skills so that they would be confident risk-takers.



Suzanne Wilkins is a coach and consultant with over 20 years of experience in developing leaders and executives in Fortune 500 companies. The Leading a Bold Life workshops are an outgrowth of the work conducted by the women's empowerment organization That Takes Ovaries.

The purpose of this event was to develop leadership skills, such as public speaking and the courage to act boldly when required to do so, as in the case of bystander intervention -- for example, interrupting racism or sexual harassment participants may witness.

Outcomes included:

- Participants learned to take steps to act as bold, confident risk-takers for personal and social change.
- Participants learned how to speak out to higher authorities about their needs.
- Leadership and activism were developed.

The workshop offered a multicultural way to celebrate strength and courage. This audience-participatory event empowered and raised the consciousness of both men and women. The event began with an interactive talk entitled, "Leading a Bold Life," where the discussion centered on why it is important for the audience members to lead bold lives. This was followed by dramatic readings – true stories of courage. Finally, there was an open mike portion that encourages the audience to share their personal stories of times they acted boldly. The goal was to capture moments of personal triumph thus spurring courage and bold living in others.

The dramatic readers were ONI's own Mark Pfundstein, Mike Waschull, Lynne O'Meara and Timika Lindsay. Personal stories of triumph were told by Doris Key and Antonio Johnson. The event was videotaped and will be available on the Women's Leadership Forum SharePoint site: <http://sharepoint.oni.nmic.ic.gov/info/Workforce/WF>.

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## POWER Initiative

In July 2010, President Obama established the Protecting Our Workers and Ensuring Reemployment (POWER) Initiative. The POWER Initiative, under the Department of Labor's Office of Workers' Compensation Programs (OWCP), sets forth seven strategic goals to more aggressively extend prior workplace safety and health efforts of the Federal Government. A major component of the POWER Initiative is Goal 7; speeding employees' return to work in cases of serious injury or illness. Computer Electronic Accommodations Program (CAP) can take an active role in assisting federal agencies in achieving Goal 7.



Agencies are tasked with increasing the percentage of injured workers that return to employment within 2 years. Returning employees to work quickly has already been shown to save the government and tax payers millions of dollars. To more effectively address Goal 7, OWCP created the POWER Return to Work Council. Representatives from 14 agencies meet regularly to review results of analytical studies, identify best practices, and form a bridge between multiple connected communities in order to share information, ideas, and experiences regarding Goal 7.

Many employees may only be an accommodation away from returning to work in some capacity. By providing assistive technology at no charge to our partner agencies, CAP can play a crucial role in facilitating the return to work process for injured employees. Continued collaboration between POWER Return to Work Council members and federal agencies will help put the pieces together to bring more employees back to work and meet the goals set forth by the POWER Initiative.

Executive Order 13548: Increasing Employment of People with Disabilities in the Federal Government mentions the Federal Employees Compensation Act and calls for specific outcomes and measures for agencies to improve their return to work percentages. On September 19th, the Office of Personnel Management (OPM), the Department of Labor (DOL), the Equal Employment Opportunity Commission (EEOC) and CAP hosted The Federal Symposium: Promising Employment Practices for People with Disabilities. Over 200 participants from more than thirty agencies and components were in attendance learning from workshops which included return to work programs.

For additional information on CAP and the POWER Initiative, please visit [www.cap.mil](http://www.cap.mil) or [www.dol.gov/owcp/dfec/power](http://www.dol.gov/owcp/dfec/power).