



# CUWFA

College and University Work-Life-Family Association

[www.cuwfa.org](http://www.cuwfa.org)

## 2016 Annual Conference

*Harnessing an Unbridled Spirit:  
Supporting Workplaces, Families & Lives that Thrive*



Lexington, KY  May 11-13, 2016

Co-hosted by:

Transylvania University and the University of Kentucky

# Wednesday, May 11

<i>Optional Pre-Conference Activity</i>		
10:00 a.m.	Horses, Hooch & History Tour	
8:30 a.m. - 4:00 p.m.	CUWFA Board of Directors Meeting	Grand Kentucky Salon A
3:00 p.m. - 7:00 p.m.	Registration	Pre-Function Area
4:00 p.m.	New Member Meeting	Triple Crown Room
<i>World-Cafe Roundtable Discussions</i>		
5:30 p.m.	Breastfeeding	Grand Kentucky Salon D
	Childcare	
	Eldercare	
	Flexibility	
	Retirement	
	Wellness	
<i>Welcome Reception</i>		
7:00 p.m.	Cocktails and Hors d'oeuvres with the Bluegrass Band <i>No Tools Loaned</i>	Equestrian Room

## Thank You to Our Sponsors



### Conference Supporters



# Thursday, May 12

6:30 a.m.	Walking Tour of Downtown Lexington (30 Minutes)	Hotel Lobby
7:30 a.m.	Breakfast	Grand Kentucky Salon D
8:30 a.m.	Welcome	
8:45 a.m.	Keynote: Moving From Time Confetti Toward Time Serenity (Brigid Schulte)	
10:00 a.m.	Break and Meet With Sponsors	Pre-Function Area
<b>Concurrent Sessions</b>		
10:30 a.m.	Models and Best Practices of Dual Career Offices: An Extension of Work-Life	Bluegrass Room Salon A
	The Wellbeing Initiative: Being a Health Promoting University	Bluegrass Room Salon B
	Closing the Gap With a Supportive Infrastructure to Achieve Success in Breastfeeding	Triple Crown Room
11:45 a.m.	Lunch & CUWFA Membership Meeting	Grand Kentucky Salon D
1:15 p.m.	Break and Meet With Sponsors	Pre-Function Area
<b>Concurrent Sessions</b>		
1:30 p.m.	The Well-Oiled Workshop Machine	Bluegrass Room Salon A
	The Transformative Power of Play at Work	Bluegrass Room Salon B
	From Autism to Alzheimer's: The Work-Life Challenges Facing Caregivers in the Workplace	Triple Crown Room
2:45 p.m.	Snack Break and Meet With Sponsors	Pre-Function Area
<b>Concurrent Sessions</b>		
3:00 p.m.	Transforming Workplaces Into Performance Zones	Bluegrass Room Salon A
	Strategies for Being a Dream Employer: Results of a National Study With Case Examples of Progressive Support Programs	Bluegrass Room Salon B
4:45 p.m.	Load Buses for Travel to Reception	Hotel Lobby
5:00 p.m.	Bourbon Tasting and Reception	Transylvania U.
6:05 p.m.	Load Buses for Travel to Dinner	
6:15 p.m.	Dinner and Entertainment	The Carrick House

# Friday, May 13

6:30 a.m.	Walking Tour of Downtown Lexington (30 Minutes)	Hotel Lobby
7:30 a.m.	Breakfast	Grand Kentucky Salon D
<b>Concurrent Sessions</b>		
8:30 a.m.	When the Teachers Do: Academic Leaders Bringing Work-Life to the Office	Bluegrass Room Salon A
	Developing a Data Driven Approach to Evaluating Work-Life Program Utilization and Impact	Bluegrass Room Salon B
	Building Support for Elder Care: Models in Higher Education	Blackberry Lily Room
	Creating a Team at Home	Triple Crown Room
9:45 a.m.	Break and Meet With Sponsors	Pre-Function Area
<b>Concurrent Sessions</b>		
10:15 a.m.	Engaging Millennials in Today's Workforce	Bluegrass Room Salon A
	Supporting Breastfeeding Students by Creating Breastfeeding Friendly Campuses	Bluegrass Room Salon B
11:30 a.m.	Lunch & Keynote: Live Your Best Life (Jessica Degroot)	Grand Kentucky Salon D
1:30 p.m.	Closing Activity (30-Minutes)	

#CUWFA16



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*Complimentary wireless access is available via the 'Guest Access' network*