

OWN IT!

IBA Women in Banking Forum

July 11, 2023 | 9:00am-3:45pm
Sheraton Hotel | West Des Moines

From personal bankers to executive level decision-makers, IBA's Women in Banking Forum is designed to encourage, support and inspire women to reach their full potential in a career in banking. The program will provide professional development and structured opportunities for networking with other professional women to discuss similar challenges and solutions. Make plans to attend to find inspiration, empowerment and solutions for succeeding at every level in today's dynamic marketplace.

Who Should Attend

The forum is designed for bankers at all levels who wish to strengthen their communication, networking and leadership skills. Personal bankers, lenders, junior and senior officers and executives will all benefit from this program.

Registration Fee

\$245 per person

Registration fee includes: Welcome Reception, Continental Breakfast and Breaks, Lunch and Program Materials.

Register online at iowabankers.com.

Hotel Information

Sheraton Hotel | West Des Moines

A room block has been reserved at the Sheraton Hotel for July 10th.

Reserve your room with the hotel directly using [this link](#).

Room Rate: \$134.00 | Room block cut-off date is 6/19/23.

Questions

Contact Maggie Klocke, mklocke@iowabankers.com
or 515-286-4372.

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OUR SPONSORS!**

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MONDAY, JULY 10

5:30 - 7:00pm **Welcome Reception**

• **Sheraton, West Des Moines**

Get a jump on networking and join us for a casual reception.

TUESDAY, JULY 11

8:00am **Registration**

9:00am **Welcome**

9:10am **It Takes 4 to Tango**
Candy Whirley



It Takes 4 To Tango, Candy has two meanings when it comes to her "4". The first meaning... she will take you through her 4 C's of Leadership which are the importance of Confidence, Communication, Creativity and Change in the workplace, the second meaning... you will go on a brilliant exploration of personality styles that will make you think, laugh, even dance... and recognize your true self and others.

10:20am **Break**

10:45am **Boundaries & Joy**
Courtney Misener



Humans often focus so much on being loving and giving that they forget their own needs and limits. Based upon the Boundaries book "Set Boundaries Find Peace" by renowned therapist Nedra Glover Tawwab, this session will help you learn how to set healthy boundaries which will free you to be a loving, healthy, fulfilled and JOYFUL individual. Courtney has been dubbed "The Queen of Boundaries" and she will open your mind and heart to a new way of respecting yourself and others.

11:45am

Lunch

1:00pm

Banking Hot Topics & Networking Activity

2:00pm

Break

2:30pm

I'm Not Ready is a Lie!

Arika Pierce



In this high-energy keynote, Arika will inspire the audience with tactical strategies to push beyond their comfort zones at work. The audience will:

- Learn to recognize and embrace opportunities that showcase their leadership strengths and potential.
- Discover the five shifts in mindset and behavior that will spotlight their leadership brand.
- Learn to embrace and create career defining moments that will stretch them as leaders.

The audience will leave this program ready to lead with more courage and confidence to step into their leadership identity.

3:45pm

Adjourn

Registration Fee: \$245/person
Register online at
www.iowabankers.com



OWN IT!

IBA Women in Banking Forum Registration Form

July 11, 2023 | 9:00am-3:45pm
Sheraton Hotel | West Des Moines

Bank/Business _____

Address _____

City _____ ST _____ Zip _____

Phone _____

Attendees:

1. _____
(first & last name) (email)

2. _____
(first & last name) (email)

3. _____
(first & last name) (email)

4. _____
(first & last name) (email)

5. _____
(first & last name) (email)

6. _____
(first & last name) (email)

Number of IBA member attendees _____ X \$245 ea. = \$ _____

Number of non-member attendees _____ X \$490 ea. = \$ _____

Mail this form with payment to:

Attn: Registrar
Iowa Bankers Association
P.O. Box 6200
Johnston, IA 50131-6200

Or register online at www.iowabankers.com.

Special Needs or Dietary Restrictions:

If you need accommodations for a disability or a dietary restriction, please contact us in advance of the program. Special menu requests made the day of the seminar cannot be guaranteed and may require an additional charge.

Room Block:

A block of rooms has been reserved at the Sheraton West Des Moines Hotel for Monday, July 10th

- Room rate: \$134
- Reservation cut-off: June 19th
- [Room block link](#)

Registration Fee:

- IBA Member: \$245 per person
- Non Member: \$490 per person

Registration Fee includes:

- Reception
- Continental breakfast & breaks
- Lunch
- Program materials

Refunds will be made if requested by June 30, 2023. Substitutions allowed any time.

Questions:

Contact IBA staff with questions at (800) 532-1423 or direct at (515) 286-4300

- Maggie Klocke
Email: mklocke@iowabankers.com
- Kami Miller
Email: kamrynmliller@iowabankers.com

Schedule:

Monday, July 10th
5:30 p.m. Reception

Tuesday, July 11th
8:00 a.m. Registration
9:00 a.m. Forum begins
3:45 p.m. Adjourn

Registration in Iowa Bankers Association (IBA) events and activities constitutes an agreement by the attendee to the IBA's use and distribution, both current and future, of the attendee's image or voice in photographs, videotapes, electronic reproductions and audiotapes of such events and activities. Please check iowabankers.com for more details.