

Athena Society

The Athena Society Program is a series of workshops to help transition military women into civilian life. Mentoring in the 3 legs of our mission, the Program consists of six stand-alone workshops in personal, professional and political growth, offered as needed or requested by the participants.

The Athena Society Program Workshops:

- **Introduction:** Getting to know your military person and what programs they want
- **Finances and Budgeting:** Learning to spend money wisely
- **Home Basics:** Creating a home in a civilian world
- **Resume Building:** Creating a civilian resume based on their military experiences
- **Dress for Success:** What to wear to get a job
- **Helping with Children:** Responsibilities of the children and parents

Our Mission

To build powerful women personally, professionally, and politically.

Youth Leadership Program

The Youth Leadership Program is a weekend seminar, which challenges high school girls to new career options by offering workshops, networking and mentoring. The Annual Youth Leadership Conference offers an opportunity to introduce ourselves to women of high school age and to offer them leadership and life programs.

Eligibility

1. High School Students (ages 15-18)
2. Participation in the 'Reality Store'
3. Helps students connect academic achievement with lifestyle choices
 - Resume & Interview skills
 - Shopping: food, furniture, clothing
 - Child Care
 - Transportation
 - Insurance
 - Medical
 - Pets
 - Legal
 - Housing
 - Financial Counselor: Banking, Budgeting
 - Utilities
 - "Life Unexpected"

Interested in participating in one of the PPD Programs?

www.nyswomeninc.org/Programs

Personal, Professional and Political Development Programs



Athena Society

Career Recognition

New Careerist

Political Development

Youth Leadership



NEW YORK STATE
women, INC. 

Career Recognition Program

Have you overcome challenges? Would you like to tell us your story? The Career Recognition Program is the first leg in the PPD Programs - show your *personal* growth.

This mentoring program allows a candidate to interact with peers as well as have the opportunity to practice their networking and interpersonal relationship skills, as well as interviewing and public speaking skills throughout the year.

Eligibility

1. Membership in good standing of a chapter of NYS Women Inc. is required at the time of competing
2. No age requirement at the state level
3. Able to document, in your personal life (work or volunteer), a challenge you have overcome, an advancement or exceptional achievement
4. Present a five-minute speech on your challenge, advancement, or achievement for which you are seeking recognition

Networking. Resources.

New Careerist Program

New Career? Have we got a deal for you! Share the story of your new career by becoming a candidate in the New Careerist Program. The NC program, which is the second leg in the PPD programs, is designed to show your *professional* growth.

Eligibility

1. Membership in good standing of a chapter of NYS Women, Inc. is required at the time of competing at the state level
2. No age requirement at the state level
3. Have changed your career within the last five (5) years
4. Be able to document:
 - The reason for the change in career
 - Any challenges you faced
5. Present a five-minute speech of your experience as you changed your career

Enter the CR, NC, and PD statewide speech competitions at the NYS Women, Inc. Annual Conference.

Advocacy. Connections.

Political Development

Do you have a passion for something you have advocated or want to advocate for? The Political Development Program is the third leg of our mission statement - - *politically*. To participate, members need to write a letter to their legislator, visit their legislator's office and tell their success story at conference.

Eligibility

1. Membership in good standing of a chapter of NYS Women, Inc. is required at the time of competing at the state level
2. Advocate for one issue from the NYS Women, Inc. Legislative Agenda or Advocacy Statement by contacting a New York State legislator whose voting record opposes the issue you have selected
 - Write a letter to your legislator
 - Visit the legislator's office with other NYSW member(s) to convince the legislator to reconsider his/her position
 - Present a five-minute speech summarizing your advocacy efforts

Inspiration. Friendship.