



Hosted by the United States Merchant Marine Academy (USMMA)  
300 Steamboat Road, Kings Point NY 11024



# Women on the Water

## 7<sup>th</sup> Annual Conference

March 25-27, 2015

### Day One: Wednesday, March 25, 2015

#### Opening Networking Events

- 1300 Campus Tours  
*(See activities below for details)*  
*Attire: Business Casual, Cadets ~ civilian attire*
- 1300 Registration Opens  
*(Ackerman Auditorium)*
- 1700 Registration at American Merchant Marine Museum  
*(American Merchant Marine Museum)*
- 1700 Opening Reception**  
*(American Merchant Marine Museum)*  
*Cash Bar*  
*Attire: Business Casual, Cadets ~ civilian attire*
- 1830 Dinner  
*Midshipmen/Cadets – Dinner on Campus*  
*(Delano Hall)*
- Professionals – Invited to try the local restaurants*  
*(local restaurant information will be provided to attendees)*

### Day Two: Thursday, March 26, 2015

*Attire: Business Casual, Cadets ~ Khaki Uniform*

- 0700 Breakfast  
*(Delano Hall)*
- 0700 Registration**  
*(Ackerman Auditorium)*
- 0720 Colors Formation

#### Conference Opens (Ackerman Auditorium)

- 0800 Opening Welcome**  
**Paul N. Jaenichen, Sr**  
*Maritime Administrator*
- Academy Welcome**  
**RADM James A. Helis**  
*Superintendent, USMMA*
- 0815 Rules of the Road for Women at Sea**
- Personal responsibility and leadership
  - Common challenges women face at sea
- 0845 Seafaring Women Panel**
- Explore the work environment aboard various types of vessels
  - Explore career opportunities in different sectors of the industry
  - Insights into how the environment has changed and continues to evolve
- 1000 Break
- 1015 Decoding the Gender Dialects: Bridging the Gaps**  
**Raleigh Mayer**  
*Raleigh Mayer Consulting*
- 1145 Lunch** *(Melville Hall)*
- 1300 Work-Life Balance Panel**  
*(Ackerman Auditorium)*
- Balancing shipboard life and family life
  - Maintaining mental, spiritual, and physical health
  - Introduction to the Maritime Ministries

*DISCLAIMER: Opinions or points of view expressed during this event are those of the speakers and do not necessarily reflect the official position of, or a position that is endorsed by, the U.S. Government, DOT, or any sub-agency thereof. Likewise, references to non-Federal entities are included for illustrative and educational purposes only and do not imply U.S. Government, DOT, or sub-agency endorsement of or preference for such entities.*



Hosted by the United States Merchant Marine Academy (USMMA)  
300 Steamboat Road, Kings Point NY 11024



# Women on the Water

## 7<sup>th</sup> Annual Conference

March 25-27, 2015

### Day Two: Thursday, March 26, 2015 (continued)

*Attire: Business Casual, Cadets ~ Khaki Uniform*

#### 1415 Professional Organizations and Financial Planning Panel

*(Ackerman Auditorium)*

- Professional development and networking
- Industry associations and societies
- The importance of financial planning

#### 1500 Break

#### 1515 Mentoring Panel

*(Ackerman Auditorium)*

- Finding the right mentor & making the most of the relationship
- Mentoring float and shoreside
- How the mentoring environment has changed afloat

#### 1615 Breakout Activities

- Physical Fitness without a gym (*gym*)
- Yoga (*gym*)
- 5K Fun run/walk (*gym*)

#### 1830 Reception (*Melville Hall*)

*Cash Bar*

*Attire: Business Casual, Cadets ~ Khaki uniform*

#### 1930 Dinner (*Melville Hall*)

### Keynote Address

**Ms. Mary E. Landry, (RADM, USCG, Retired)**  
Senior Executive, Director of Incident Management  
*United States Coast Guard*

### Day Three: Friday, March 27, 2015

*Attire: Business Casual, Cadets ~ Business Casual*

0700 Breakfast  
*(Delano Hall)*

0720 Colors Formation

### Conference Sessions (Ackerman Auditorium)

#### 0800 Media Relations

**Dr. (LTC-US Army-Retired) Joseph V. Trahan, III**  
Pres./CEO/Media Trainer Trahan & Associates

1000 Break

#### 1015 Speed Networking

*(Ackerman Auditorium)*

- Networking techniques
- Use of social media
- Networking with conference participants

### Close of Conference

#### 1200 Closing Remarks

**RADM James A. Helis**  
*Superintendent, USMMA*

1200 Box Lunch

*DISCLAIMER: Opinions or points of view expressed during this event are those of the speakers and do not necessarily reflect the official position of, or a position that is endorsed by, the U.S. Government, DOT, or any sub-agency thereof. Likewise, references to non-Federal entities are included for illustrative and educational purposes only and do not imply U.S. Government, DOT, or sub-agency endorsement of or preference for such entities.*



Hosted by the United States Merchant Marine Academy (USMMA)  
300 Steamboat Road, Kings Point NY 11024



# Women on the Water

## 7<sup>th</sup> Annual Conference

March 25-27, 2015

### Pre-Conference Activities:

Wednesday March 25, 2015

#### Tours:

Join us for tours of the United States Merchant Marine Academy's campus, training vessels, the T/S Kings Pointer and Liberator, and the American Merchant Marine Museum. Tours will depart from Ackerman Auditorium.

- Campus Tour



- T/S Kings Pointer and Liberator -ID required ([Waterfront](#))  
*Close toed shoes required*
- American Merchant Marine Museum



*DISCLAIMER: Opinions or points of view expressed during this event are those of the speakers and do not necessarily reflect the official position of, or a position that is endorsed by, the U.S. Government, DOT, or any sub-agency thereof. Likewise, references to non-Federal entities are included for illustrative and educational purposes only and do not imply U.S. Government, DOT, or sub-agency endorsement of or preference for such entities.*