



CLUW Convention Workshops 2019: BUILDING CLUW

October 15, 2019

The purpose of the following series of workshops is to provide a supportive learning environment where officers, veteran members of CLUW and newcomers will be able to learn from each other. Our goal is to rebuild our chapters, strengthen our network support and prepare everyone for the challenges facing the labor movement today.

These workshop sessions are a full day, 8:30 AM – 4:30 PM in order to provide a thorough interactive experience in the subject chosen. **Select first and second choice after reviewing the full description.** Please note that the Constitution and Finance workshop is mandatory for those CLUW chapter and state officers who were not trained in the subject matter last year.

1. **National Officers Council Strategic Planning:** Members of the NOC will review all material related to CLUW Chapter building and create a strategic plan for outreach and support of existing chapters as well as a plan for building better communication with chapters and members. NOC MEMBERS ONLY **CLUW Officer check here:** _____
2. **Constitution and Finance:** Every member makes us stronger and the more you know about the basics of CLUW, the better! Participants will be able to analyze the constitution of National CLUW; assess local chapter bylaws; and create a plan that is congruent with National CLUW. The very same analysis can be applied to other member organizations like your union. Participants will also examine current fiduciary responsibilities and improve current practices; review required reports; and create a personal action plan based on knowledge gained in this workshop. REQUIRED FOR ALL STATE AND CHAPTER OFFICERS WHO DID NOT ATTEND THE PAST 2018 TRAINING and OPEN TO ALL. **Check one: First choice** _____ **Second choice** _____ **Check if you are a CLUW state or chapter officer** _____ Please bring your chapter bylaws to this workshop.
3. **Speaking Up and Speaking Out:** Whether in meetings or in the media, every CLUW member needs to be able to deliver an effective speech. Participants will be able to review the fundamentals of effective speaking; compose and present a short speech based on current hot topics; and receive feedback. Final speeches are filmed for use on social media. This workshop will help improve your speaking in your CLUW chapter, your union and in your community! The workshop is OPEN TO ALL. **Check one: First choice** _____ **Second choice** _____

4. **Women’s Rule of Order:** Are your chapter or union meetings a mess? If yes, then you definitely need this workshop. Participants will be able to practice the art of facilitation in the context of parliamentary procedure and Roberts’ Rules of Order. We will also look at other forms of decision-making. Participants will examine how to run orderly meetings that are inclusive and democratic. The participants will also be able to practice writing effective notes and minutes. OPEN TO ALL – HIGHLY RECOMMENDED FOR CHAPTER PRESIDENTS AND RECORDING SECRETARIES AND THOSE SEEKING OFFICE WITHIN THEIR UNION AND/OR COMMUNITY ORGANIZATION. **Check one: First choice _____ Second choice _____**
5. **From Glitter to Twitter -- Social Media for All:** It’s time to catch up, tune in and hit it because Twitter, Facebook, YouTube and good old email is where most of our members are getting their info. This workshop has everything you need to get started on social media. Participants will be able to utilize tips, strategies and best practices in order to enhance your social media sites. PARTICIPATION IS LIMITED. **Check one: First choice _____ Second choice _____**
6. **Healthy Lives/Healthy Sisters:** CLUW must be on the frontlines by combatting sexual harassment and violence and fighting for reproductive justice. Organizing around these issues will bring more young women into our movement. We will also discuss how to reduce stress and practice life-saving preventive health care. Participants will be able to assess personal health habits and develop a plan to reclaim health and well-being. Wear loose fitting clothing and be ready to do some movement. Come prepared to be physically, mentally and spiritually open to the ideas of holistic health and well-being. *“Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy.”* (Bella Bleue). OPEN TO ALL **Check one: First choice _____ Second choice _____**
7. **None of Us Are Free: The Impact of Race, Class and Gender Bias.** Participants will be able to compare and contrast the political roots of racism, sexism and classism. We will also examine and identify personal biases that contribute to internal and external oppression. Participants will be able to practice intervention techniques and conflict resolution. OPEN TO ALL. **Check one: First choice _____ Second choice _____**

THIS COMPLETED FORM MUST ACCOMPANY YOUR HARD COPY REGISTRATION IF YOU PLAN TO PARTICIPATE IN THE CONVENTION WORKSHOPS.

Your name: _____

Your union: _____