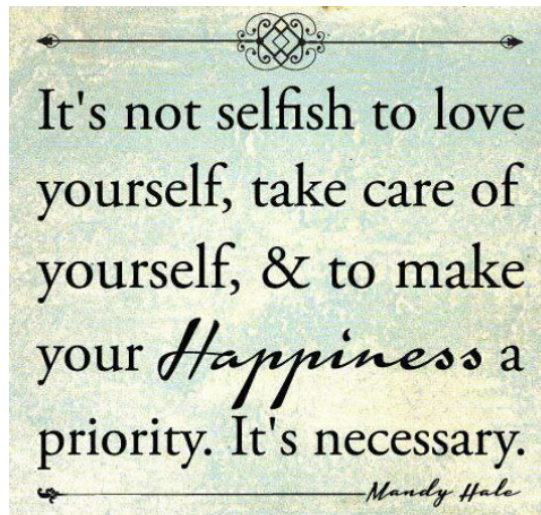




KANSAS WISE
WOMEN IN STATE EMPLOYMENT

Kansas WISE Newsletter | August 5, 2022



Kansas WISE members have spent their summer vacation time traveling the state and country. A few even ventured across international borders. If you have not made time for yourself this summer, please consider taking a day or two to get some rest and relaxation. If you want a weekend adventure, visit [TravelKS.com](https://www.travelks.com) for information on state parks, community festivals, and more!

Thank you to our readers who shared photos of their summer adventures.



From Allie, a sunset view from Muskoka Lake, Ontario, Canada.



From Heather, this is Glacier National Park.



From Deb, this rock formation is south of Oakley, KS.

Question of the Month

In just a few words, what's the best piece of advice someone has given you?

Those with ks.gov email addresses can respond [here](#); other state employees can email responses to KansasWISE@ks.gov.



National GRIEF Awareness Day

National Grief Awareness Day August 30

Founded in August 2014 by Angie Cartwright, National Grief Awareness Day was founded to raise the national profile of what grief is, to help the public better understand how to support those grieving loss, and to open conversations and normalize grief.

A devastating emotion, grief can lead to an increase in stress. According to [Harvard Health](#), stress has real physical impacts on the human body. Often, people are sicker during times of grief due to stress. Individuals may also experience depression, which can lead to suicidal thoughts, insomnia, loss of appetite, and other self-destructive patterns.

If you are experiencing grief, look to any of these resources for help and support:

- [Personal Counseling](#) - The Employee Assistance Program, a benefit of the state employee health plan, offers short-term (8 sessions per person per issue) counseling.
- [Coping with Grief and Loss](#)



Celebrating Our Achievements



Melissa Mounts was announced as the new Chief Information Officer (CIO) for the Department of Corrections on June 30.

Melissa began her career as an application developer for a consulting company after graduating from Washburn University with a BA in Computer Information Systems in 1989. She joined KDOC in November 1994 as a junior applications developer and has spent the last 10 years as KDOC's IT Director managing Application Development, Project Management, and Database Administration.

Melissa has two small dogs, Baby and Eddie, who keep her busy. She loves basketball, especially the Kansas Jayhawks, and also likes to cheer on the Kansas City Chiefs and Royals. She enjoys doing things outdoors - especially fishing. She and her family take fishing trips to Minnesota each summer.

Well done, Melissa!



On June 15, Department of Administration employees Ellen Klein, Christina Cabello, Nici Soria, and Sarah Huggins graduated from the Emerging Leaders Academy (ELA). The ELA is a professional development program offered through the University of Kansas Public Management Center.

Congratulations to Ellen, Christina, Nici, and Sarah on all your hard work!



Marlys Shomber-Jones, Parsons State Hospital and Training Center (PSH&TC), recently accepted the newly created position of Safety Coordinator for PSH&TC.

Excited for this new chapter in her career, Marlys bring over 33 years of experience to her new role. She spent 15 years as the Director of Volunteer Services at PSH&TC. She previously served as the Administrative Assistant for Spruce Cottage beginning in 1989.

Marlys is co-chair of the Career and Personal Development sub-committee for Kansas WISE, active in Special Olympics, a member of the PSH Endowment Association, and is a caterer in her spare time.

Marlys is married to Chris Jones and has one son, Buzz, who is a Leisure Specialist at PSH&TC.

Well done on your promotion, Marlys!

Have you, your colleagues, or your department been nominated for or won an award? Do you want your colleagues to be recognized for their achievements? We want to hear about it! **Please submit awards or achievements to KansasWISE@ks.gov for inclusion.**



Kansas WISE Career and Professional Development Subcommittee Presents:

This is How We Do It

Unsure of the types of resources the State of Kansas offers to employees or how to access them?

Join the Kansas WISE Career and Professional Development subcommittee on **Tuesday, August 16** for a help desk style webinar where employees can learn more about the EAP, STAR program, KPERS, the statewide calendar, and more!

- Date: Tuesday, August 16
- Time: 10:30am - 11:30am
- Location: Zoom
- Registration: FREE and open to State of Kansas employees, you can [register here](#).

Kansas WISE Book Discussion

Women Don't Ask: Negotiation and the Gender Divide

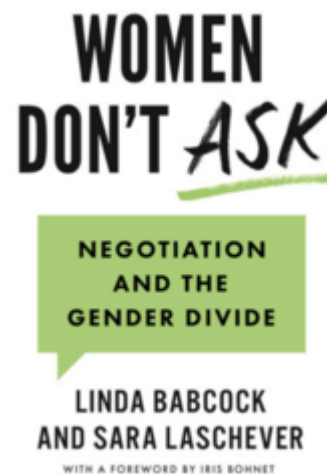
Join Kansas WISE on **September 14 from 12:00-1:00** for a discussion on how to negotiate. To frame the conversation, we'll discuss the book, Women Don't Ask: Negotiation and the Gender Divide.

The conversation is a continuation from earlier this year when Kansas WISE hosted Interviewing 101. During the session, the topic of how to negotiate was raised and this book was suggested as a resource.

To prepare, we created the suggested reading schedule below which breaks down to about 30 pages of reading each week.

- Week 1: August 5-10 - Introduction and Chapter 1
- Week 2: August 11-17 - Chapters 2 & 3
- Week 3: August 18-24 - Chapter 4
- Week 4: August 25-31 - Chapters 5 & 6
- Week 5: September 1-7 - Chapter 7
- Week 6: September 8-14 - Chapter 8 & Epilogue

Check your local library for a copy of the book or online at [Amazon](#). You don't need to read the book to participate in the conversation.



- Registration: Free and open to State of Kansas employees, you can [register here](#).

We understand people are busy and schedules may prevent you from attending Kansas WISE events. Other information and opportunities are forthcoming so stay tuned!

Kansas WISE Happenings



Kansas WISE Mentoring Pilot Program

Mentoring relationships have powerful positive effects on people professionally and personally. Mentees can expand their knowledge and skills, gain valuable advice, and build their progression networks.

The Mentorship Program offers the following types of activities:

- 1:1 mentorship: Traditional model of mentoring where one mentor is paired with one mentee.
- Group mentoring: One mentor meets with a group of mentees (5-7).
- Peer mentoring: Mentorship between employees in an organization to foster knowledge and skills transfer.
- Bring your own mentor: Mentee identifies a mentor and asks them to participate in the program.

Start your mentee journey today by applying [here](#).

Space is limited. Mentee spaces are determined by the number of volunteer mentors.

*Additional mentoring opportunities will be available in the future to those who aren't matched during the initial pilot phase.

Kansas WISE Seeks New Steering Committee Member and Subcommittee Co-Chair

Kansas WISE is seeking a new Steering Committee member to also serve as co-chair to the Career Development Subcommittee. In this role, you will work alongside a dedicated group of State employees who enjoy hosting events and providing resources that support women in state employment.

Interested applicants can apply online at [Kansas WISE Co-Chair Application](#).

If you have questions or any trouble accessing the application, contact us at KansasWISE@ks.gov.



Events and Resources

Events are virtual and last one hour unless otherwise stated. Times listed are central time.

- **Emotional Eating: The Connection Between Mood and Food:** This workshop will address the relationship between emotions and food consumption and how to retrain your body and mind to recognize the cues of hunger and to eat for physiological and not emotional reasons. - August 17, 1:00pm - Register [here](#).
- **Women & Wealth Lunch and Learn:** Each month there is a Wealth topic that will help women who are married, single, single parents, entrepreneurs, business owners, or those who just want to become more educated with finances, business opportunities, collaborations, and networking. - Multiple dates - Register [here](#).

- **Mindful Wellness Series:** Designed to equip healthy adults with practice and skills to strengthen the mind and body connection and promote holistic health. - Multiple dates - Register [here](#).
- **Resolve Workplace Conflict:** Develop strategies and techniques to professionally resolve workplace conflicts to promote your own growth and development. - Multiple dates - Register [here](#).
- **United WE Kansas Virtual Town Hall:** Hosted by United WE, a non-partisan nonprofit, this town hall is a sharing and listening initiative to identify barriers impacting women in the workplace and entrepreneurship, including childcare, paid family leave, broadband access, etc. All women and allies are encouraged to attend. - August 24, 12:00pm - Register [here](#).

Did You Know?

You, as State employees, are free to take part in any political activity offsite, on your own time. With few exceptions, being a State employee does not prohibit your right to participate in our political process. Keep in mind it is illegal for a State employee to use his or her position of authority to influence another State employee to perform any political act, and it is also illegal for a State employee to use State property or his or her time on the job for campaign purposes. If you have questions, please reach out to your supervisor or HR department.

State employees can subscribe or manage your subscription settings [here](#).

Questions and feedback can be sent to KansasWISE@ks.gov