

## **HEAD, HANDS, AND HEART**

**Diane Bestwick**

Grade Ten English Teacher  
Zhengzhou Experimental High School  
Zhengzhou, China

The focus of Diane Bestwick's workshop will be the importance of involving our hearts in all relationships. How to do this wholeheartedly will be explored. She will start by introducing herself and her multicultural family. Ms Bestwick has lived in many parts of the world, gathering friends and family as she traveled. She continues on this quest.

Many different cultural researchers will be drawn on to support this premise of the importance of using our hearts rather than our minds in successful relationships. Supportive quotes from King Solomon, Confucius, Khalil Gilbran and Abraham Maslow will be incorporated into this talk.

Getting in tune with our hearts rather than our minds will be explored through guided meditation and sharing. The use of music will enhance participant's experiences.

To combat the growing rise in divorce and broken relationships, Ms Bestwick will introduce some practical ways to nurture others and ourselves. She will draw on the works of Norman Wright, Dr. Stinnett, Steven Covey, and Paul Pearsall in presenting these points.

Individual and group activities will be explored to support the 'synergism' of dynamic, loving relationships. The end results will be that participants feel their own uniqueness as well as the acceptance and love of each other coming from their hearts rather than their minds.

In conclusion, Ms Bestwick will present some 'don't' to reinforce the concepts that nurture healthy, happy relationships. Participants should leave the workshop having had an experiential opportunity to discover their own potential in building meaningful and nurturing relationships within the family and the world.

## **头脑、双手并且用心**

**黛安·百斯特维克**

十佳英语教师  
郑州实验中学  
中国，郑州

戴安·百斯特维克讨论会的焦点是让我们意识到把心投入到各种关系当中的重要性。但究竟如何才能全身心地做事情还需要探究。她先以介绍她和她多文化的家庭开始此次讨论。百斯特维克小姐曾在世界许多地方居住过，她通过旅行结识朋友和家人，并仍然在继续结识中。

许多不同的文化研究者都会支持这一假设：用心比用脑在人际交往中更重要，更容成功。我们将会引用所罗门王、孔子、纪伯伦和亚伯拉罕·马斯洛的例子来论证。

在冥想和分享的引领下，我们将探索人类心灵旋律的合拍更胜于头脑一致，并且音乐的使用能协助参与者拥有一个更加美好的体验。

为了抵制离婚和其他关系破裂的持续增长，戴安小姐将给我们介绍一些实际的方法教导我们自己与他人。在陈述这些观点的时候她还会引用诺曼·莱特、史提特博士、斯蒂文·柯维和保罗·毕尔索等人的作品。

探测个人和团体活动将支持这种合作的动力和爱的关系。最终参与者不但能感受到自己的与众不同，同时还有来自彼此发自内心而不是思想的认同和爱。

最后，百斯特维克小姐将会陈述一些“禁忌”用来明确培养健康幸福的关系的概念。与会的每个人再离开时，都已获得一些经验，去发觉自己在建立家庭和世界的长久稳定关系的潜能。

## **FINDING THE PERFECT CAREER**

**Carol Blanchard, M.S.**  
Director of Advancement  
SIAS International University  
China

We are told by people who predict the future, that you will have a least 3 careers—not jobs, but different types of work.

Well, then, you will need to find out more about yourself. What is your passion? What is your dream? What are you good at? What are your best skills?

Now you must figure out a strategy – a plan to help you find a job that fits you....

The 3/11 China Daily says that 36% of the young people in Hong Kong and Taiwan said they put their interests first when hunting for jobs. 48% surveyed in China Mainland said they wanted a job in their major.

I developed my skills in elementary school and high school and college. I loved to be with people. And that can be a skill. In fact PEOPLE, DATA....and THINGS are very important when choosing a career. Most people really like 1, maybe 2 of these. What about you? Which do you prefer?

My first career was a school teacher, first grade and an orchestra teacher to 4, 5, and 6 graders.

But at 48 years old, I chose to change careers and it was after taking tests about what I like to do and how I liked to spend my time that I chose working for a university-- fund raising---asking people for money for students at our university. I became a professional fund raiser.

NOW I Have the perfect career and have found my life goal at SIAS. I want to help you do that too!!!!

## 寻找完美职业生涯

卡罗尔·布兰查德 理学硕士  
发展部主任  
郑州大学西亚斯国际学院  
中国

预知未来的人说，我们会经历至少三个职业，不是三份工作，而是不同种类的工作。

然而，我们必须进一步了解自己。你的热情在哪里？你的梦想是什么？你擅长做什么？你最精通什么？

现在你必须想出一个策略——或者是一个能帮你找到适合自己的工作的计划。

三月十一日的《中国日报》提到，在中国香港和中国台湾的青少年中，有 36%的人在找工作时把兴趣放在第一位，在中国大陆，调查表明 48%的人想找与自己专业对口的工作。

我在小学、中学和大学里提高自身各项技能。我喜欢与人交往，而且这也是一种能力。事实上，人际交往、资料信息和就业形势在选择工作时起到至关重要的作用。大多数人喜欢其中之一或之二。但是你呢？你倾向于哪个？

我的第一个职业是学校一年级教师，并且是四、五、六年级学生的乐团导师。

但在 48 岁之际，我选择改变我的职业生涯。在参加完关于我喜欢做什么和我怎样安排时间的测试后，我选择为一所大学募集资金——为我们学校的学生集资，我成为了一个职业资金募集人。

现在我拥有完美的职业生涯并且在西亚斯找到了我的人生目标，因此，我想要帮助你们也找到自己的目标！

**A FAMILY LEADER AND A DAUGHTER – HOW DOES THAT WORK?**

**Rachael Bloch, Master of Occupational Therapy**  
Occupational Therapist  
Lindsay Pimentel Hand to Shoulder Rehab  
Clovis, CA

A healthy family – what is that anyway? We all have a mother and a father, some of us even have brothers and sisters. Have you ever felt the weight of the responsibility of your role in this system? Ever felt that you either wished you could do more or that there were just too many people competing for your attention and assistance? While the perfect family may exist out there somewhere in a far away land, it is most likely that the rest of us are suffering through our imperfections and may even be stuck in the same rut society has dug for us over thousands of years. As daughters, we have all struggled with finding our place in the home – our roles, our purposes, and our passions. Have you ever thought of how you just may be an emotional leader in your family and not even known it? Here is a story of one daughter’s struggle with family life, how she has coped with it, and how you might take such lessons and learn to apply leadership within your own household, no matter what pressures you may be under.

### 浅谈家庭领导者与女儿角色

雷切尔·布洛赫 职业理疗方向硕士  
职业临床医学家  
林赛·皮门特尔肩手康复中心  
克洛维斯，加利福尼亚州

一个健康的家庭究竟该是什么样子？我们都有父亲和母亲，我们中的一些甚至还有兄弟姐妹。你是否感受到过在这样的家庭体系中，你肩负的责任的重量？你是否有时希望自己能做的更多，或者有太多的人相互竞争以博取你的注意和帮助？然而完美的家庭却存在于遥远的某处，我们中的一些人很可能正为自己的不完美而耿耿于怀，并陷入了这个社会几千年来碾过的相同车辙之中。作为女儿们，我们一直在为自己能找到在家庭中的位置而努力奋斗，这包括了在家庭中的角色、目的以及激情。你是否在家庭中担任情感领导者但从未意识到？这里将讲述一个女儿为家庭生活奋斗的历程，看她是如何处理家庭生活的，你又如何从中吸取经验，从而在不管压力多大的情况下，都能将领导才能应用于家庭管理之中。

### DISCOVERING MY LIFE PATH

**Claire Callow**  
Front Desk Supervisor  
Hotel Monaco Seattle  
Seattle, Washington

I was raised in environment where *the* most important thing I could strive for was formal education. I never had any doubts, hoping through all of the education I would receive I would

find what I was looking for in life. However, it didn't turn out as easily as it sounds. My striving for education did help me discover what I wanted for my life, but I took many detours to actually achieve it. During the last couple years of high school there were more important things in life to me than education. That is where I learned *life*. Life itself is a difficult thing. Street smarts are what life is all about and how to live it, with or without a formal education. With both street smarts and formal education I discovered my life path and found a career that I enjoy and is fulfilling to me in almost every way.

To succeed in life you don't just need the right education, you need yourself and the time to know what you want to do in your life. No doubt, I was fortunate to get the support from family, but what I found that what most mattered was the drive that came from within and my individual desire for life. Having a fulfilling life is not fulfilling others' goals, but doing what you want. What I have learned is that one will not be successful by fulfilling other dreams, but by following your own. Because if you do that, you will be happy; that is the most important goal in everyone's life.

### 探寻生活的道路

克莱尔·卡尔罗

前台主管

摩纳哥西雅图酒店

西雅图，华盛顿

在我成长的环境里，我所为之努力的最重要的事是接受正规教育。我希望通过接受到的所有教育，我能够在生活中找到我所追求的东西，对此，我从未有过怀疑。然而，这一切远非听起来那么简单。我在学业上的奋斗的确帮助我发现自己到底想要什么，但事实上，在走了许多弯路之后我才把它实现。在高中的最后两年里，有很多对我来说比求学更重要的事。其间我了解了生活。生活本身充满艰辛。都市生活包含了生活的琐碎点滴和怎样去生存，不管你受没受过正规教育。在过上都市生活和接受正规教育中，我找到自己的生活道路，还创建了我乐于其中并让我每天充满成就感的事业。

为了获取成功，你需要的不只是正确的教育，在生活中，你需要自己、需要时间去寻找你到底想要什么的答案。毫无疑问，我很幸运地能从家庭中获得支持，但我发现来自于内心的和个人对生活期望的动机是最重要的。拥有一个充实的生活不是去实现其他的什么目标而是做你自己想做的事。我所收获的是一个人实现他人的梦想并不能够成功反而是追寻自己的梦想。因为如果你这样做的话，你会非常快乐，而那才是每个人生命中最重要的目标。

### **AUTHENTIC LEADERSHIP: HOW WOMEN ARE TRANSFORMING THE PRACTICE OF LEADERSHIP**

**Mikki Canton**

Attorney

## USA

The presentation focuses on current emerging views on leadership from a woman's perspective. Positive leadership traits are moving from the age-old established and socially accepted masculine characteristics to a new awareness with women emerging as having the most effective and favorable leadership qualities. Further it seeks to empower women by helping them-regardless of cultural background-understand and embrace the fact that women are gifted with intuition, which if handled carefully, becomes the first and foremost powerful weapon in our arsenal of attributes. We as women have the ability to exercise our own personal power and nurture the best that lives in us-as well as in others.

Yet to be a leader you must know thyself first and then achieve self-mastery. Your own journey and self-leadership leads to a place where leading others becomes easy. This is "authentic leadership" and is evidenced in individuals, throughout the ages, who possess a well-balanced combination of the feminine side "anima" and the masculine side "animus". These two equal a healthy personality. Women will be empowered if accepted and validated by both men and women. Not just one or the other.

We must take up the challenge of not only by embracing the principles of authentic leadership but by empowering others to strategically shift their thinking to make changes AND learn to access an environment that provides for a deeper ability to develop as authentic leaders. "When people are pioneers, they often take heat at first-but many of them also wind up on pedestals." (David Gergen, Harvard University, JFK School of Government".

### 真正的领导：当今女性如何改变自身领导实践能力

米基·康顿

律师  
美国

这里是从女性的角度讲述目前出现的关于“领导”这个话题的一些看法。长期以来，社会上普遍认为积极的领导特性指的是具有男子性格的特点，然而这一看法正被一种新的观念所改变着，即女性具备最有效最有利的领导素质。进一步讲，它指的是通过帮助女性摒弃文化程度背景的差距来主动掌握自身的命运而且要让她们接受这样一个事实，女性与生俱来的直觉力如果恰当运用的话，将会成为最优先最重要的有力武器。我们每个女性都与其他人一样，身体里拥有把自身动力，自身特点发挥到最佳程度的能力。

要想成为一个领导者，你必须首先了解自己，然后才能实现自我驾驭。弄清楚了自身的领导之旅，才能更容易地把他人带向旅行目的地，这就是真正的领导，并且通过长期的观察已在一些人身上得到了证实，而这些人往往在女性的男性品质和男性的女性品质二者相关联的平衡方面把握的很好。二者相加才等于健全的品质。如果这一点被男性和女性（双方缺一不可）都接受并得以证实的话，女性将能更好地主动掌握自己的命运。

我们必须继续迎接挑战，不仅要接受真正的领导所具备的原则，而且要有战略地让其他人主动掌握自身的命运，转变思想，学会像真正的领导者那样使自己进入到一个利于提高自身能力的环境中去。“当人们还是先驱者的时候，他们总是要第一个去触碰灼热，经历苦难，而他们中的大部分却是以立于基座之上，让后人世代敬仰而告终的”（大卫·葛根，哈弗大学，约翰·肯尼迪政府学院）

## CREATING CONNECTIONS FOR YOURSELF AND OTHERS

**Nancy Coleman B.A.**

Digital Artist

Gardenpoet

Palo Alto, California

So often feelings of loneliness or emptiness are symptoms of one not feeling connected to the universe in a meaningful way. No matter what your spiritual beliefs are, feeling connected requires being an integral part of at least one community. Finding the right community is not always easy to do, so sometimes you must create a community to fulfill this need. There are a number of positive things about doing this: first, you can't create a community alone! Even just going through the building process with someone else gives you opportunities to connect in new ways. Secondly, you can create a community anywhere, just by paying attention to what is needed by whatever segment you have decided to focus on.

The most important aspect is that communities improve the quality of life not just for you as an individual, but for the group you are now creating, and for the broader world. And the power that is generated by synergies of a group can have phenomenal results. Effectively connecting to an ongoing community or building a new one is not rocket science, but there are a number of techniques for each approach that can make the process more efficient. These include setting goals and determining measurable results, creating on target strategies and tactics for implementation, clear communications, tapping into the passion and talents of others, leveraging technology, and more.

Ultimately, being connected or having connections means being a part of a community. The further you go into this, the more you serve others – and find your own life deeply fulfilled.

### 为你和他人建立联系

一个人经常感到寂寞，空虚，这是由于其感觉未能和这个世界进行有意义的沟通而表现的症状。不管你有什么精神信仰，要想感到联系，至少你得是一个社区不可或缺的一部分。找到合适的社区往往不是容易的，所以有时候你必须自己独自建立一个来满足需求！首先，和别人一起创造过社区给你提供了用新方法联系的机会。其次，你能在任何地方建立社区，只要注意你选择的目标群体的需求就行。

最重要的一点是，社区改善了生活质量，这不仅仅为你个人，也为你正在建立的团体和更广泛的世界。一个团体的共同作用产生的力量能造成不容忽视的结果。和社区有效地联系或者建立一个新的社区不是火箭科学，但对于每种方法都有许多技术，这使得建立过

程更加有效，其中包括制定目标，估计可能的结果，根据执行，交流，加上别人的热情和智慧，技术支持等目标战略建立社区。

最后，被联系或有联系意味着你是社区的一部分。进得越深，你为他人提供的服务越多。你会发现，你已深深地实现了你生命的价值。

## **TRUE BEAUTY...DO I HAVE IT?**

**Rachel Collins M.A.**

Professor

Sias University

China

Beauty. We all want it. But, few of us know that all of us already have it. So many women are blind to see their true beauty. We look in the mirror and dream about what could be different...what could be better. Oh, to have a smaller nose, bigger eyes, longer hair, and so on. We think, surely I am the most ugly of all. After all, I don't look like her. Who is her? Who are we comparing ourselves to, and why do we do it? Do other women feel the same way about themselves as I feel about myself? Understanding the heart of a woman is the first step of understanding our beauty and seeing it for all that it is worth. Beauty is not cultural; it is a common cry of the human heart. Beauty is like art, which draws you in, captivates you, and then leaves you wanting to know the story behind what you see. As women, we also have this ability to draw others in, captivate them, and then leave them wanting to know who we truly are. We all have a story, a heart of passion, and a mind full of thought. Let us learn how to express these things to others, finding true beauty from within, so that others may truly appreciate who we really are, and so that we can live an authentic and satisfied life. After all, we were and are continuing to be fearfully and wonderfully made.

真正的美丽，我拥有吗？

美丽，每个人都想拥有美丽。但是，很少有人意识到我们已经拥有美丽。许多女人对自己真正的美丽视而不见。对着镜子，我们想象如何才能与众不同，如何使人感觉更好，比如，鼻子再小点，眼睛再大点，头发再长点，等等。总之一句话，我要和她不一样。她是谁？她是我们想象中的自己，那为什么我们要这样呢？其他女人对自己的感觉和我的一样吗？理解女人的心是理解美丽，看待美丽价值的第一步。美丽不是文化，而是人心灵的一种普通的呼唤。美丽就像艺术一样吸引你，是你着迷，让你想知道美丽背后的故事。作为女人，我们也有这种能力。我们都有故事，有充满激情的心，有深邃的思想。我们要学会向人表达，发现内在的美丽，别人才知道我们真正是谁及我们平淡幸福的生活。总之，我们过去集恐惧和幸福于一身，将来仍是这样。



## **AN INTRODUCTION TO BUSINESS ETHICS: SUSTAINABLE AND RESPONSIBLE PROFIT MAKING**

**Lisa Dercks**

Vice President, Ethics  
Abacus, Div. of Calculus, Inc.  
Edina, MN

With multi-national corporations and the global marketplace, the laws of any one country are insufficient to control many companies. Even for companies operating solely within one country, not everything the company does is controlled by law; there are always bad things a company can legally do. The idea behind business ethics is to provide a self-imposed process a company can use to ensure its own actions meet its standards, that it has an internal means of ethical control. Business ethics is not a rigidly defined field, and is handled differently in different parts of the world, and in different industries within the same country. There is also a distinction between business ethics as pursued within academia and business ethics as utilized in the business world. Many industries, such as defense, finance, aviation, and health care, are highly regulated, adding significant requirements for business ethics program. In all industries, business ethics programs can only be effective if they become part of the corporate culture. It is also critical the program provide an anonymous method for ethical problems and violations to be reported, that all reports be thoroughly and objectively investigated, that violations are handled consistently across all levels of the company, and that those who report violations are protected from retaliation. This breakout session will briefly define business ethics, explore what it can do for a company, and the basic elements of a business ethics program in a multi-national company that is not in a highly regulated industry.

### **TO ALL WOMEN HOLDING UP THE SKY**

**Julia Dieterman, Ph.D., R.N.**

Professor  
SIAS University  
Xinzheng City, China

As young ladies and old ladies, we have to hold up the sky of our own little world. By that I mean that we have to take responsibility for ourselves and others, according to our own situations in life. First we have to consider what is the right thing to do. At the time we act, it may seem difficult to do what is the proper thing. But later, we never regret having done what was right. The greatest guideline in doing what is right is true love. The kind of love of which I speak is love in action, love that is doing what is best for whomever or whatever. We must learn to love ourselves in order to love others. To truly love ourselves is not selfish; it enable us to love others, to be able to help others and to work for the good of everyone and our entire world. In loving ourselves, we build on our strength and minimize our weaknesses. We have self-respect which means that we don't let others use us for their selfish desires. We learn to take responsibility for ourselves and we don't play the blame game anymore. We must be strong in

our attitudes, in our minds. Then we can make the right decisions on how to be strong in other ways, including our physical strength. Two aspects of physical fitness concern what we eat and physical exercise. With mental strength and physical strength, we are well equipped to hold up our own special sky.

**献给所有撑起一片天的女士们**

**茱丽亚·戴特曼 博士/注册护士**

教授

郑州大学西亚斯国际学院

中国, 新郑

作为少女或是老妪, 我们都必须撑起自己这片小天地的天空。我想说, 根据我们在生活中所扮演的不同角色, 我们应该对自己和他人负责。首先, 我们必须考虑做哪些事是正确的。当我们付诸行动时, 会发现那些正确的事做起来似乎很困难。但是过后, 我们不会为做过的这些正确的事而后悔。带着真诚的爱是行正确之事的最高准则。我提到的这种爱是付诸于行动的爱, 让我们做最有利于他人的事的爱。我们必须学会珍爱自己从而爱护他人。珍爱自己并不是自私的行为, 它促使我们去爱他人, 促使我们去帮助他人, 促使我们造福大众以及全世界。通过珍爱自我, 我们会增强长处削弱劣势。我们拥有自尊, 使我们不会成为他人利欲熏心的玩偶。然后我们才能在怎样加强包括身体健康等其它方面的问题上做出明确的选择。关乎身体健康有两方面: 饮食和锻炼。拥有健康的身心, 我们才能准备好去撑起我们这片别样的天空。

## **BEING A WOMAN CHARMINGLY AND INTELLECTUALLY**

**Dong Chunyan**

Teacher

SIAS International University

China

Nowadays, many people think that the social status of women got a dramatic change and reach a higher position; therefore all the women seem become dragon ladies. However, the society is formed by men and women, with men dominating the men's world and women doing the women's work. As far as I am concerned, as a woman, you still should be charming and intellectual; developing the special beauty of women to the best.

Being a charming lady is to raise the level of one's quality, character, morality and propriety, while being a intellectual lady is to increase the knowledge, perception, taste thus become graceful. Regardless the woman's age, career, outlook, it would be perfect if we can combine charming and intellectual together.

**魅力知性做女人**

董春燕  
教师  
郑州大学西亚斯国际学院  
中国

在当今社会中，许多人认为女性的地位发生了变化，达到了前所未有的高度，所以女人变成了女强人。但是人类社会还是由男人和女人构成的，男人主宰着男人的世界，女人做着女人的事，所以我认为，作为一个女人，还是应该魅力知性，尽量把女人独特的美发挥到淋漓尽致。

所谓做魅力女人，就是要把自己的气质、修养、道德、礼仪提高一个阶层。所谓做知性女人，就是要让女人感性、智慧、有品味，而优雅脱俗。无论这个女人的年龄、职业、相貌，做到魅力知性便是最完美的结合。

## **FROM SCHOOL TO SOCIETY**

Dong Yanyan  
Teacher  
Zhengzhou Foreign Language School  
China

Every student carries their dreams for their future before they graduate, the dream varies from different people though. They expect something big and beautiful, and I'm one of them. Before I graduated, I held strong confidence about my future employment opportunities. Brimming with certain job hunting standards, such as, high salary, perfect welfare, promotion opportunities, I commenced my dream pursuing. With fluent oral English and an excellent resume, I got a job at the top middle school all over Henan province. The success in job hunting made me even more desired for my coming life out of school. I always pictured how good relationship I would have with my students and how creative my class would be before I started working!

However, the reality woke me up---not everything goes my way: my students are not that obedient; lesson design is not that handy and simple; the dorm school offered can not even compare with the dorm I had in Sias; students' parents are not easy to communicate with; my so-called creative class can't improve students' testing score, etc. I was so desperate and disappointed. "Is this what I've been dreaming for?" I asked myself. All of these made me realize that how weak I was. I even questioned my choice at first and thought about quit.

Nevertheless, it's not easy to find a better job in a short time and it will be very irresponsible to leave my students in the middle of nowhere. What's more important, it's not possible to admit my defeat. One of my friends told me if you can't handle the challenges you have now, how can you deal with the new ones in the future? She is right. I can't live down to my expectations and I know there is something I can do to make things better: adjust my teaching to the regular one with certain creativities; ask some experienced teachers about how to manage students and class

well; do something I like after work to release the burden, etc. But there's one thing out there I know I will never change is I will seek the thing I'm passionate about and that's my new goal.

## 从学校走向社会

董燕燕

教师

郑州外语学校

中国

尽管梦想因人而异，但每个学生在毕业之前都怀揣着自己的梦想。他们总是期待一些远大而又美好的事物，我也是其中之一。毕业之前，我对未来的就业机会充满了信心，并为自己定下了求职标准，如丰厚的薪水，完善的福利，提升的机会等，我开始追逐自己的梦想。由于口语流利，简历出色，我在河南的顶尖中学寻求到了工作，在求职上的成功更是让我对走出校园后的生活憧憬万分，工作之前，我总是想象着我将和我的学生相处得多么融洽，我的课堂将是多么的富有创造力！

然而，现实把我从梦中惊醒——不是每件事情都像我想象中的那么顺利：我的学生不是那么听话；备课并不是那么轻而易举；学校提供的宿舍甚至还不如我以前在西亚斯的宿舍；学生家长不容易沟通；我所谓的创造性课堂不能提高学生的测试成绩等等。我差点都绝望了，“这就是我一直追求的梦想吗？”我问自己，所有的这些让我认识到自己是多么地脆弱，我甚至开始怀疑自己当初的选择并想到要退出。

但要想在短期内找到一个更好的工作是很不容易的，况且，就这样离开我的学生也极为不负责。更重要的是，我不能就此认输。一个朋友告诉我，如果你不能解决现在面临的这些挑战，又何谈未来出现的新挑战？她是正确的。我不能辜负了对自己的期望，而且我知道，我可以做一些举措使情况有所好转：教学常规化，并附带创造性；请教有经验的老师怎样管理好学生和班级；下班后做自己想做的事情来释放压力等等。但是我确信有一件事情将不会改变，即追求我的激情所在，这就是我的新目标。

### HE LEADERSHIP CHOICE POINT

Suzanne Frindt

2130 Partners

Capistrano Beach, California

In every moment our choices and actions, as individuals and as leaders, have a ripple effect on others and through time. What governs or influences these choices? Are we mostly in reaction mode where our fears and worries play the major role? Are we limited by our present circumstances? Alternatively, can we reliably make choices that are consistent with our vision and tackle obstacles with creativity?

Effective, responsible leadership means having:

1. Clarity and ongoing communication regarding *shared* vision
2. Commitment to focus and collaboration
3. Courage and willingness to change and grow

What gets in the way of our best leadership work? What keeps us stuck in mindsets that are not helpful, and sometimes damaging? Preconceived notions that we have been subconsciously building and validating for years are what most often trigger our fears. Our reactions then generate instant, automatic and unexamined behaviors. Conscious intervention with new thoughts, ideas and actions that create a creative, collaborative environment allow brand new solutions to emerge. Being present, open and available makes us stronger leaders, provides an environment of mutual trust, respect and safety for our colleagues, and ultimately promotes progress toward shared vision.

The Leadership Choice Point™ requires being willing to understand and intervene in our own unproductive interactions, catching and shifting our thinking, listening and speaking. Suzanne Frindt and 2130 Partners helps clients use the Leadership Choice Point™ model and proven skill building techniques to develop leaders around whom issues can be raised and resolved productively.

## 领导选择点

苏珊·弗林德特

2130 Partners

卡佩斯诺海滩，加利福尼亚州

无论何时，无论作为个人还是领导者，我们的选择和举措都会对其他人产生持久的连锁效应。究竟是什么因素支配了这些选择？大多时候我们是否都在十分忧虑的情况下做出反应？这是否受到了现状约束？换言之，我们能否做出与预期相一致且创造性地处理障碍的选择呢？

高效且富有责任意识的领导艺术需具备以下三点：

1. 清晰及拥有共享局面的持续沟通
2. 承担重点任务和团体协作
3. 勇于变革、坚持发展的意愿

是什么妨碍了领导艺术的最佳发挥？是什么令我们局限在一些毫无帮助甚至有害的观念里止步不前？长期以来潜意识中形成的那些令人深信不疑的观念总能引发恐慌。而我们对于恐慌的反应则往往是立即采取一些无意识的、未经权衡的行动。有意识的结合新想法、新观点、新举措的干预能打造一个富创新精神的合作环境，在此环境下，全新的解决办法也将应运而生。务实、开放、称职使人成为更强的领导者，为我们的同事提供相互信任、相互尊重、有安全感的工作环境，最终促进共享局面的进展。

领导选择点要求我们自愿去知晓并干预那些徒劳无功的互动合作，把握并改变我们的思维方式、聆听方式和说话方式。苏珊·弗林德特和 2130 Partners 将会帮助客户运用领导选择点模式，使用资深的技巧培养方法，使客户成为能够有效解决问题的领导者。

## **A HEALTHY FAMILY, A HEALTHY YOU**

**Erin Greenwalt, B.A.**  
Oral English Instructor  
SIAS International University  
China

What is a healthy family? One might say a healthy family is made up of healthy people. Well, then what is a healthy person? A person cannot really be their best self, love their family, or care for others until they can accept herself and her own worth. We are all born in this world into a family, and that family can be our greatest gift and our greatest challenge, our greatest joy and our greatest source of pain. But until we are honest with ourselves about our hopes, dreams, and hurts, how can we be honest with our family?

So first of all, you need to take care of yourself. Secondly, it is important to try and understand and relate to your family members. There is a saying, “we’re only as sick as our secrets.” That brings us to point number 3, open communication is key in a family.

Let’s consider what principles do we and our family want to live by and what can we as women do to change our families and then the world. As individual families get stronger and healthier, the nation gets stronger and healthier as well. When you learn how to truly live peacefully and cooperatively with your family, you can apply those methods to the working world. Our lives are built on relationships, with family, with friends, with colleagues, etc. The better we understand ourselves and the better we understand others, the freer we are to live out our destiny.

### **和谐的家庭，健康的你**

**艾琳·格林沃特 文学学士**  
口语教师  
郑州西亚斯国际学院  
中国

怎样才是一个健康的家庭？有人会说，健康的家庭需要由健康的成员构成。那么，怎样才是一个健康的人？只有当一个人接受自己并认可自身的价值，他才能做真正的自己，才能够爱其家人和关心他人。我们诞于这个世界并组建家庭，家才是我们最珍贵的礼物，同时也是最大的挑战、最大的快乐和烦恼的最大根源。但是如果我们不能对自己坦诚期望、梦想和痛苦，我们又怎能对我们的家人坦诚？

因此首先，你需要照顾好自己；其次尝试去了解家人并与他们很好的相处也是很重要的。人们常说，“一个人内心的秘密有多深，他的心病就有多重。”这就给我们引出了第三点——在家庭中，开诚布公的交流正是关键。

让我们考虑一下，我们和家人想要按照什么样的原则来生活，作为女性要如何去改变我们家庭甚至于世界。只有每一个家庭变得更为稳固和健康，我们的国家才能更加繁荣富强。当你学着去与家人平静并协作地生活，你才可以把这些方法运用到工作当中去。我们的生活是建立在同家人、朋友、同事等关系之上的。只有先更好地去理解我们自己和他人，才能更加自由地去体验我们的人生之旅。

## **MARRIAGE: WHAT'S LOVE GOT TO DO WITH IT?**

**Rani A. Gustafson, M.S.**  
Oral English Teacher  
SIAS International University  
China

The reason for marriage has evolved over the ages. Love and courtship, which factor strongly in marriages today, was virtually nonexistent. Most marriages were arranged for economic and political reasons and were designed to provide a secure environment for the raising of children and perpetuation of the family bloodlines. There were rules governing inheritance and the passing on of property rights that were dependant on two people getting and staying married. Usually, women had very few rights and were viewed as property; in some cultures they were “bought” in the form of a bride price and in others they had a little more control of who they married through the use of a dowry. Either way, their main responsibilities consisted of procreation and maintenance of the household. As women have gained more and more rights as citizens, they have also gained more and more control over whom and when they marry. Current trends are to marry at a later age and are heavily influenced by notion that “love will overcome all odds”. Another current trend is the increase of divorce which goes to illustrate that “love will not overcome all odds”!

### **婚姻——爱情到底与其有何关系**

**瑞尼·古斯塔夫 理科硕士**  
口语教师  
郑州大学西亚斯国际学院  
中国

随着时代的变迁，结婚的原因也发生着变化。现在，将婚姻视为重要因素的爱情与求爱，实际上已不复存在了。大多数男女双方是为经济或政治的目地而被安排走到一起，或是为抚养孩子、延续家族香火提供一个安全的环境而结婚。关于遗产分配和夫妻双方的财产继承问题都有相关的条文准则。通常情况下，妇女享有很少的权利，并被当作一种财产。有些风俗文化中，妇女以新娘的形式被买卖，或者她们有些许的权利根据嫁妆来选择结婚

对象。但无论哪种方式，她们的责任就是生育和维持家庭。作为公民，女性获得了越来越多的权利，也获得了越来越多自主选择结婚对象和结婚时间的权利。当今关于婚姻的趋势之一是晚婚，并受到“爱情可以战胜一切”这一信念的深深影响；另一种趋势便是离婚率的增加，这充分阐释了“爱情不能战胜一切”。

## USING ART TO BECOME MORE POWERFUL WOMEN

**Desmonette Hazly PH.D**

President and CEO

Odissi International

Los Angeles, California

The method of intensive community collaboration and involvement to build and sustain business and commerce in underserved communities is Collective Community Economic Venture Capitalism. This model was created by Odissi International as a means to address the varying degrees of vested interest and resources a community is able to provide for economic and community growth in disadvantaged areas. In communities where financial resources are limited, other means of investment to insure the growth and maintenance of financial opportunity is necessary for the survival of the area. Community investment via the provision of education and/or professional services, consultation, or the provision of specific goods all contributes to the success of business and employment creation in underdeveloped communities. The members of the community provide the foundation for the business venture and continue to contribute to its growth and expansion. The dividends are financial and social where all involve reap mutual and relative gains and benefits.

Odissi International (**OI**) is an economic and community development company that uses innovative “people based” methods to stimulate economic and community growth locally and globally in areas that are underdeveloped and have great human capital investment possibilities. Through education and business planning, **OI** collaborates with various sectors to build economically secure business growth opportunities in dominating industries such as food services, hospitality, manufacturing, automotives and constructions. By investing in human capital first, sustainable and solid financial and social profit is inevitable. **OI** is committed to “Building a Better World Responsibly” and focuses on economic and community development strategies that promote socially responsible corporate and consumer integrity and mutual benefit.

### 运用艺术去成为更加强大的女性

**黛丝莫奈特 哈利 博士**

总裁 首席执行官

奥迪西国际

洛杉矶 加利福尼亚州

公众集体经济风险资本制度是一种能有效巩固并保证服务水平低下的社区商业贸易长期稳定的一种方法。此模式是由奥迪西国际为有效体现出一个社会团体对于劣势地区的经



济及社区增长所能提供的不同程度的兴趣及资源供给而采用的。在财政资源有限的社会下，对于在相关领域生存，为确保金融机遇的增长与保持，其他方式的投资是十分必要的。社会投资通过在不发达地区对教育专业服务咨询的支持或提供特定的物资，致力于获得商业成功并创造就业机会团体的成员会提供风险投资的基金并为其扩充而努力。相关的红利均是在经济及社会上相互关联互利互惠的。

奥迪西国际是一家经济与区域开发公司，首次引用了“以人为本”的方式去刺激不发达地区经济及社会本土化及全球化的增长，并具有巨大的人力技术投资成本。根据教育与商业计划，奥迪西国际与众多部门合作在类似餐饮，酒店管理，制造业，自动化及建筑等主要产业上构建一个稳固的商业增长机遇。只要优先人力资本投资，长期可持续稳定的社会及经济收益是必然的。奥迪西国际致力于“构建更好的世界责任”并关注经济和区域发展战略以促进企业与顾客的互惠互利。

## **EXPRESSING OUR LEADERSHIP: INSPIRING FULL SELF EXPRESSION**

**Susan Henkels M.S.W.**  
Psychotherapist  
Sedona Counseling Group  
Sedona, Arizona

Underlying all of our anxiety as women lives the fear that we have nothing to say and if we did, is there anyone who will listen? I can hear generations of women in my line whose voices had been lost to the domination of their fathers, brothers, husbands, doctors, lawyers, professors, their governments. I was certainly on the receiving end of that line. Not an accident that my work as a psychotherapist is dedicated to women recovering their voice, reclaiming their power, and ultimately discovering their full self expression.

It is my intention to share my personal story in a way to open the space for the women to feel safe about revealing perhaps one tiny piece of their story of suppression that cut off their voices from being heard. Without becoming too psychological, I will lead the group in a series of brief shared paired exercises to give them the experience of speaking, listening, and above all, feel the healing power of being heard. We don't think we have anything to say because no one actually listened when we did speak. Hillary Clinton was in Asia last month and told a group of diplomats that America is ready to listen. I believe that she and President Obama have created a totally unique paradigm for the possibility of a world that can work for all and that our work with these women and theirs with us can begin to open doors for all of us to experience this.

### **展现领导力：鼓励自我表达**

作为女性，我们所有的焦虑基本上都是害怕我们无话可说，即使我们有话可说，但是有人听吗？在我从事的这个行业，我听说几代女性的心声都淹没在父亲，兄弟，丈夫，医生，律师，教授，政府的统治下。我在这个行业也是接受方。我成为一个心理治疗师，并非偶然。我为恢复女性地位，重获权利，最终找到完整的自我而作出贡献。

我想分享我的个人经历，以打开女性的心扉，让她们不为揭露压抑她们心声的剥削故事的一角感到不安。不涉及太多心理学，我将带领小组进行一系列的简单的小组游戏，让她们说话，聆听，最重要的是感受被人聆听的权利。我们认为我们没有话说是因为没有人真正聆听我们。上一个月，希拉里.克林顿在亚洲告诉一群外交家，美国准备倾听。我相信她和总统奥巴马已经列举了一个独一无二的例子，这使建立一个为所有人服务的世界成为可能。我们和这些女性一起工作，这样就能敞开所有人都被聆听的大门。

## **ETHICAL STORM OR MODEL WORKPLACE? THE SEXUAL HARRASSMENT CASE AGAINST MITSUBISHI MOTORS**

**Catherine Howard, M.A. and MBA**  
BBA Coordinator and Instructor  
Fort Hays State University/SIAS International University  
China

This case addresses the claims of sexual harassment made by female employees of mitsubishi in both private and class action lawsuits, and explores those claims and the company and union responses to them. It considers how organizations that presumptively support values such as honesty, fairness, and respect react and renegotiate these values when organizational incidents reveal value lapses. It also addresses the degree to which organizations meet their ethical duty by developing and implementing sexual harassment policies, complaint procedures, and training.

### **是道德风暴，还是模范工厂？ ——三菱汽车工厂中的性骚扰事件**

凯瑟琳·霍华德 文学硕士，工商管理硕士  
工商管理学学士协调员及教师  
福特海斯州立大学/郑州大学西亚斯国际学院  
中国

本案例主要针对三菱汽车工厂性骚扰事件中受害女性员工所提出的个人及集体诉讼，深入探讨这些诉讼以及该公司和群众的反映。假定一个公司拥护诚实、公正和尊重等价值观念，却发生了这种组织事故，将势必暴露出其价值体系的漏洞，那么该公司会如何做出反应并重新商讨这些价值观念呢？此外，对于企业通过制定推行打击性骚扰的政策、诉讼程序及对员工的教育来履行其道德责任的程度，也将展开探讨。

## **MARKETING YOURSELF: GET AN INTERNSHIP OR A JOB**

**Catherine Howard, M.A. and MBA**  
BBA Coordinator and Instructor  
Fort Hays State University/SIAS International University  
China

Young, motivated women are eager to get ahead in the real world, HOWEVER women wanting to go overseas for work or school face the “glass boundary” just as working women face the “Glass ceiling.” whether a woman intends to go into business, teaching, health care, or other professions, this presentation will give practical advice to women who will soon be entering the job market, considering going to graduate school, or working at an internship to advance their career.

This presentation will cover topics such as “Why an internship?” “Where to find an internship,” “tools: resumes and letters,” “basic knowledge skills employers want,” “salaries,” and “appearance.”

Workshop participants will be divided up into interest groups to further specific discussions, followed by a general question and answer session.

### 自我销售——获得实习或工作的机会

凯瑟琳·霍华德 文学硕士，工商管理硕士

工商管理学学士协调者及讲师

富特海斯州立大学/郑州大学西亚斯国际学院

中国

年轻而有目标的女性渴望在现实世界中出人头地，但是女性在想要出国工作或学习时却往往面临着一种“玻璃界限”，这种情况就像女性在工作中要面临“玻璃顶蓬”一样。不论是那些想要从事商业、教育业、医疗业，或其它的一些行业的女性朋友，还是那些将要步入工作市场，正在考虑攻读硕士学位，或想要通过实习来提升自己的职业生涯的女性朋友，均能从这次的演讲中得到实用的建议。

这次演讲会包含例如“为什么要实习？”“到哪里实习？”“工具：简历和证书”“招聘者需要的基本知识技能”“工资”和“外表”等等这样的话题。

在自由提问环节结束以后，我们会把到会的参与者分成小组来进行具体的、更深层次的讨论。

### **EXPLORING THE GREAT OUTDOORS: GET OUT AND GO CAMPING**

**Christina Howard**

Student

University Of Kansas

Lecompton, Kansas

Camping is the number one outdoor vacation activity in America. One third of U.S. adults say they have gone on a camping vacation in the past five years, and only 6% of people who have gone camping said it was not for them. Camping vacationers tend to be married with children at home. The average age of travelers who go camping is 37. People who go camping also tend to enjoy hiking, biking, and canoeing. Fifty-nine percent of campers said they traveled with their spouses on their most recent outdoor vacation and nearly half traveled with their children. Baby Boomer households (households headed by someone ages 35-54) generated the highest travel volume in the U.S. in 2003 (registering 268.9 million trips, more than any other age group). Baby Boomer households are the most likely to stay in a hotel, motel, or bed and breakfast establishment on overnight trips (59%). Adventure travelers are everywhere. One-half of U.S. adults, or 98 million people, have taken an adventure trip in the past five years. This includes 31 million adults who engaged in hard adventure activities like whitewater rafting, scuba diving, and mountain biking. Adventure travelers are more likely to be young, single, and employed compared to all other U.S. adults. Asian-American travel volume grew 10 percent from 2000 to 2002, increasing from 30.0 million to 33.1 million person-trips. Leisure travel accounts for 77 percent of all travel taken by Asian-Americans, and like other U.S. travelers, they visit friends and relatives most often (40%), followed by entertainment (18%), and outdoor recreation (8%).” (Sources: *Adventure Travel Report*, *Domestic Travel Market Report*, 2004 Edition, and *The Minority Traveler*, 2003 Edition).

## 美妙的户外探险活动：出来宿营吧

克里斯蒂娜·霍华德

学生

美国堪萨斯大学

来康普顿，堪萨斯

在美国，宿营是位居首位的户外旅行活动。三分之一的美国成年人提到，在过去的 5 年里他们进行过宿营旅行，其中只有百分之六的宿营旅行者说，宿营不适合他们。宿营旅行者往往是已婚并有孩子的人，他们的平均年龄是 37 岁。外出露营的人往往也喜欢徒步旅行，骑自行车以及划独木舟。百分之五十九的宿营者说在他们最近的一次户外旅行中他们

是和自己的配偶一起出去的，将近一半的旅行者是和自己的孩子一起出去的。在 2003 年的调查中，生育高峰诞生的家庭（家庭领导人是介于 35 岁—54 岁之间的人）是美国旅行次数最多的群体（登记有 2 亿 6 千 8 百万次旅行，多与任何年龄群体）。在夜间旅行中，生育高峰的家庭是最倾向于住在旅馆，汽车旅馆，以及提供床铺和早餐的地方。冒险旅行家无处不在。二分之一的美国成年人，或者说 9 千 8 百万的成年人在过去的 5 年中进行过一次冒险旅行。这其中包括 3 千 1 百万从事像激流泛舟，戴呼吸器潜水和山地自行车等极度冒险活动的成年人。和美国其他的成年人相比，冒险旅行家多是年轻，单身并有工作的人。亚裔美国人旅游群体旅行次数在 2002 至 2003 年期间增长了百分之十，数量从 3 千万增长至 3 千 3 百一十多万。在亚裔美国人进行的所有旅行中休闲旅行占了 77%，而且和其他美国人一样，他们也经常拜访朋友和亲戚（40%），其次是娱乐活动（18%），户外娱乐活动（8%）。（资料来源：探险旅行报告；国内旅游市场报告，2004 年版；少数民族旅游，2003 年版）。

## **QUALITIES OF WOMEN WHO LEAD**

**Linda Jacobsen**  
President and CEO  
Global Vision Strategies, LLC  
China

Leadership opportunities for women differ around the world and here at home. What are the qualities that women exhibit who create a vision, encourage collaboration, lead change, and inspire others? In this brief overview, Ms. Jacobsen will take us to other cultures of leadership and explore the roles of women.

We will begin by looking at cultural differences in communication between men and women, and how women have built their own networks of support and continuous growth over time. One of the key elements of successful women who lead is their commitment to public service and doing good within the community. We will explore some of the global and local types of options that attract women who are looking for mentoring and learning and sharing opportunities.

The purpose of this session is to develop an awareness of the tools all around us, that we may explore them, evaluate them, consider our own personal and professional goals, and selectively focus on the elements that will bring us the deepest rewards and satisfaction. In doing so, we create balance in our lives and become fulfilled in our purpose.

## **GENDER INCLUSION IS A JOB FOR ALL**

**Joshua Khatena, B.A.**  
English Teacher  
SIAS International University  
Xinzheng City, China

The crux of my proposed speech is based upon explaining three themes towards building leadership amongst women. The suppression of the leadership and voice of the feminine will be the first point addressed. Secondly, the affirmation for the role of women in leadership and their inherent human equality shall be discussed. The final point will implore the need for all people (especially men) to take steps towards achieving an egalitarian society in the world and more significantly in China.

The introductory argument will be based on recounting the endemic history of patriarchal political and social leadership in the major ruling structures of the world since time immemorial. This basis will be illustrated using biological, sociological and even theological evidence which have allowed the subjugation of women (and other minorities) to proliferate.

The next point will be a refutation of the alleged biological, social and divinely favored male-structured order of the world. Dynamics of the socio-historical structures of the past must be revealed to prove these arrangements can no longer be justified today. The works of thinkers such as John Stuart Mill to Rosemary Radford Ruether will also be referenced to convey the validity of gender equality and the frequency of its obstruction as well as the legitimacy for female rights and leadership.

This discourse will conclude by offering historical, practical and theoretical approaches towards gender inclusion in places of leadership and consequently in culture. I will use my own platform as a man to exemplify the necessity for the continued support of men in procuring the rights of gender equality in leadership, and for the exhortation of women to seek out said rights.

### **性别包容是全民的工作**

**乔舒亚·卡特纳 学士**  
英语教师  
西亚斯国际学院  
中国，新郑

我所要发表的演讲的关键是阐述三个主题，而这些主题都是关于逐渐加强女性的领导力的。首先，对女性领导才能和发言权的压制问题将会首当其冲被提到。第二点要被讨论的是关于对女性领导地位的肯定和她们所固有的人权平等问题。最后就是要呼吁所有人（尤

其是男性)行动起来,在世界范围内,建立一个平等的社会,并且使其在中国更具有影响力。

最初的讨论将基于叙述一段远古时代中,族长占据对政治和社会主导地位的统治结构的地区历史。我将会运用加剧女性(和其他少数群体)从属地位的生物学、社会学、甚至神学来阐明我的基本观点。

接下来我将要反驳的观点是,男性来统治世界秩序是由所谓的生物体和社会所驱使的,由上天恩赐的。过去社会历史的结构体系的变迁已经证明这些说法在今天再也无法站稳脚跟。一些思想家例如约翰·斯图亚特·米尔和罗斯玛丽·拉德福德·卢瑟的著作也将被提到,用来传达男女平等、不断阻止男女平等的事实以及女权和女性领导地位的合理性。

这篇演讲最后将运用历史的、现实的以及理论上的方法来阐述领导力上的性别包容,并由此引入到文化方面。作为一名男性,我将从男性的角度,通过举例论证来阐述女性在获得领导地位时,男性坚持不懈支持的必要性以及女性主动追求权力的必要性。

## **“WHO AM I? WHAT DO I WANT TO DO WITH MY LIFE”**

**Ashley Lewis, B.A.**

Graduate Teaching Assistant

Fort Hays State University (at SIAS)

Atkinson, NH

The most important thing for any person to know is who they are. If you do not know yourself, you will not be able to succeed. So the first thing you must do is try to understand yourself. What are your strengths? What are your weaknesses? What do you enjoy?

No two people are exactly alike. Different people can have alternate visions of a life. Life is a balance; you must maintain both your home life and your work life. In order to find the life that is right for you, you must decide what kind of a life do I want? What do I think is important? What are my priorities? What are my goals?

Sometimes we do things because we think it is the right choice. Or we choose a major in school that turns out to not be what we thought. Maybe we follow the suggestions of our family. There are many reasons that we make the choices that we do. Sometimes these are good reasons and sometimes not. But this is your life and you should make sure that the decisions you make will lead to you having the life you want. Don't let someone else decide how you should live your life.

Understanding who you are and what your priorities are, can help you to understand what you want out of life. Ultimately this leads to finding the perfect career. More importantly this can allow you to live the life you want.

A quote that I have lived by which embodies all of these things:

“You have to find out who you are, and be that.

You have to decide what comes first, and do that.

You have to discover your strengths, and use them.”

-Author Unknown

## 探寻自我真谛及如何规划人生

阿什莉·刘易斯 文学学士

毕业教导助理

富特海斯州立大学

阿特金森，新罕布什尔州

对人们来说，最重要的事情就是知道自己是谁。如果你不了解自己，就不可能成功。所以你要做的第一件事，就是了解自己。你的强项是什么？你不擅长什么？你喜欢什么？

没有两个完全相同的人，不同的人对生活有不同的看法。生活像一个天平，必须保持家庭和工作的平衡。为了找到适合自己的生活，你必须决定你想要哪种生活？你认为什么是重要的？什么是优先考虑的？你的目标是什么？

有时我们做事是因为觉得它是正确的选择。或者我们选择一个专业，结果却发现它并不是我们想要的。也许我们会听从家庭成员的意见。由于种种原因，导致我们做出了选择。有时，这些原因是好的，有时则不尽然。但是，这是你的人生，你应确保你所做出的选择使你能够过上你想要的生活，不要让别人来左右你自己的人生。

了解你是谁，你想做的事是什么，可以帮助你找到想要的生活，最终会帮你找到最完美的事业，更重要的是，这可以帮助你过上你想要的生活。

我的人生格言就体现了这些：

明白你是谁，并成为那样的人。

决定孰轻孰重，并去实践。

了解你的强项，并利用它。

作者未知

## DREAM INTO SUCCESS

**Li Jia, Ph.D.**

ESL Specialist

University of Texas at San Antonio



San Antonio, Texas

The presenter, through her own experiences, argues that dreaming, persistence and confidence, independence, education, wisdom, and personality are the six qualities that lead to a female's success in whichever field she is working. The presenter holds that having a dream is the starting point of a female's path to success and that a female's life would become more colorful and meaningful when she never stops dreaming. According to the presenter, a female can never be successful unless she is persistent in pursuing her goal and confident in herself in many things she has to deal with, especially in times of hardship. The presenter contains that a female needs to be independent when she grows up, both socially and financially and weighs education as crucial to a female's achievement in her own career and family life. Education will enrich a female in terms of knowledge and prepare her for the challenges she may be faced with any time. Then it is the wisdom that plays a role in a female's decision making in major issues at each stage of her life, such as making friends, getting married, and developing positive relationships with people around. The presenter strongly advocates that a female must be honest, loyal, industrious, unselfish, fair, and open-minded before regarded as successful. Overall, the presenter wants to convey the message that any female can be successful regardless her race, age, education background, profession, and social and economic status as long as she is equipped with the six qualities listed.

### 梦想实现成功

李佳 哲学博士

非母语英语课程专家

德克萨斯大学圣安东尼奥分校

圣安东尼奥, 德克萨斯州

演讲者将通过自身的经历提出：梦想、坚持、自信、独立、教育、智慧和品质是女性在其工作领域取得成功的六大因素。她认为拥有梦想是女性通向成功的起点，只有永不停止梦想，生活才会更加丰富多彩而富有意义。演讲者坚信，只有一位女性坚持不懈的追求并相信自己能够处理好自己该做的事，特别是在困难时期，她才可能成功。再者，当女性成长之后需要独立，包括社会独立及经济独立，并且把教育当作是事业和家庭取得成就的关键因素。教育能够丰富一个女性的学识，并使她做好准备来迎接随时而至的挑战。智慧则对女性在不同阶段对事情做出决定时起着关键作用，例如结交朋友、结婚，以及和周围人建立良好关系。演讲者强烈主张一个女性只有诚实、忠诚、勤劳、无私、公正以及心胸开阔，才能被认为是成功的。总之，演讲者想要传达的信息是：任何女性，不分种族、年龄、教育背景、职业以及社会和经济地位，只要拥有这六大素质，都能够成功。

### DATE RAPE

Li Quihong

Clinical Documentation Specialist, Registered Nurse

Banner Boswell Medical Center

Glendale, Arizona

Date rape is defined as non-consensual sexual (vaginal, anal, oral) intercourse that is physically or psychologically forced on a person by someone they know. The prevalence of date rape for adolescence and college students is very high. Over ninety percent of date rape victims are women. However, women victims are often blamed in the incidence of date rape through victim-blaming behaviors.

Date rape is closely related to influence of alcohol and drugs. Male perpetrators are often less likely to be blamed for date rape under influence of alcohol or drug. Women are more blame-worthy for drinking with their partners when they become rape victims. Dating drugs such as Rohypnol, Gamma Hydroxybutyrate (GHB), Ketamine, Temazepam, and Midazolam are often used to induce amnesia and rapid sensation of confusion, physical or motor impairment, impaired judgment, and inability for women to stop the offender to commit date rape and to make accusation of the crime very difficult.

Date rape is associated with psychological distress such as depression and post traumatic disorder for offenders. Women with history of sex abuse or assault are also more likely to experience subsequent victimization.

Date rape is a violation of human rights and it's lawfully and morally wrong. Our society needs to change the perception that women of the date rape victims are the ones to be blamed. Our children, especially adolescents and college students need to be aware of date rape and be educated on the danger of alcohol and date rape drugs in order to protect themselves. Mental health screening should be done to our youngsters to early detect psychological disorders associated with date rape.

## 约会强暴

李桂红

临床专家/注册护士

Banner Boswell 医疗中心

格兰岱尔, 亚利桑那州

约会强暴被定义为受害者被所熟悉的人在以武力或精神压力迫使下进行不情愿的性交行为（包括阴道，肛门及口交）。约会强暴在青少年及大学生群体中发生率最高。百分之九十的约会强暴受害者都是女性。但是，女性受害者却经常被责怪为罪魁祸首。

约会强暴与酒精及药品的影响有很大关联。男性肇事者的酒精和药物的应用很少被人们认为与约会强暴有关。然而，与伴侣同饮的约会强暴受害的女性却常常遭众人谴责。Rohypnol, Gamma Hydroxybutyrate (GHB), Ketamine, Temazepam, 以及 Midazolam 等一些约会强暴药品经常被肇事者利用以便导致受害者失去记忆力及反抗能力。这些药品的使用对女性受害者在指控犯罪者的法律程序中起到很不利的作用。

精神忧郁及创伤后障碍等心理困扰疾患与约会强暴发生率有密切联系。以前被性骚扰过的女性更容易成为约会强暴的受害者。

约会强暴是对人权的侵犯。无论是从法律还是道义上都是错误而行不通的。女性是约会强暴起因的错误社会观念需要改变。女性，尤其是女性青少年及大学生群体，需要了解酒精和药物对约会强暴的危害以及相关知识以便更好地保护自己。青少年心理疾病早期检测事关重要以预防及减少约会强暴的发生。

## A JOURNEY TO SELF-ACTUALIZATION

**Li Shuwen M.A.**

Professor

Sias University

China

This presentation will focus on women's self-actualization, starting in college. Beginning with the stereotype that a woman's youth is transient, the presentation will discuss the meaning, process, and significance of a college female student's self-actualization amid parental expectations, peer pressure, and social climate. The journey of self-actualization talked about in this presentation will start with the meaning of exploring a college female student's potential and the importance of fulfilling her potential. Teenage aspirations will be revisited, reevaluated, and contrasted with college life. As a grown-up, many factors may influence a college female student's self-development, such as hope from family, stress from friends, and influence from society. The question is what a female student expects to reap in college (academic excellence, friendship, etc.). Next, the presentation will talk about the process of living the four-year college life with a focus of finding self-identity and self-path. This part will discuss how to set up college goals, how to face challenges, how to tackle obstacles, and how to confront the gap between dream and reality. This part will initiate the discussion of the short-term and long-term goal. Last, the presentation will discuss the fruits of accomplishing self-actualization in college—exploring self-potential, proving self-value, discovering a true self, and heading for a longer journey of self-fulfillment in the broad society after graduation.

李淑文 硕士

郑州大学西亚斯国际学院

中国，新郑

本次演讲侧重讨论女性如何从大学时期开始自我实现。源于一种女性青春短暂的看法，演讲将讨论在父母期望，同龄人压力和社会环境在大学女生自我实现的含意，过程和意义。演讲所讨论的自我实现的旅程将首先探讨发掘大学女生潜力的意义和实现她的潜力的重要性。少年时的志向将被重温，重新评价，并将与大学生活进行对比。步入成年，许多因素可能影响大学女生的自我发展，比如来自家庭的期许，来自朋友的压力和来自社会的影响。问题落在一名大学女生期望在大学收获些什么（学业优异，友谊等等）。其次，演讲将讨论如何以寻求自我身份和个人道路为中心度过四年大学生活。这一部分将探讨如何设定大学生生活的目标，如何面对挑战，如何应付阻力，以及如何正视梦想与现实间的差距。这一部分将开启对近期和远期目标的讨论。最后，本次演讲将讨论在大学中完成自我实现的益

处—发掘自我潜力，证明自身价值，发现真实自我，以及在大学毕业后启程踏上广阔社会中的更长的自我实现的旅程。

## **SUSTAINABILITY, DESIGN, AND COMMUNITY**

**Bonita Lim, MBA**

Founder and Creative Director

Brown Rice

China

The company name, Brown Rice, is an analogy for the challenge that exists in providing healthy, sustainable resources for all people. On her grandfather's farm, Ms. Bonita Lim learned that it takes a whole year to grow one grain of rice. Ms. Lim saw her grandfather and his family work diligently to produce the grain necessary to nourish the farm's customers.

Brown Rice, a design and consulting firm, helps businesses achieve success through sustainable practices, including everything from employee and customer relations to environmental impact. The firm's 12 clients benefit from the firm's expertise and sourcing production from Brown Rice's production partners; these include factories which exclusively employ handicapped or otherwise disadvantaged workers, as well as meet environmental guidelines important to the client.

Brown Rice has used resources provided by its consulting business to create the premier Chinese brand focused on sustainability and compassion. The brand's name, *Nuomie* is the Chinese word for brown rice. As the company grows, developing Nuomie will become its top priority.

When people see Nuomie products, they know Nuomie is dedicated to three things. First, sustainability: Nuomie products are made of locally produced bamboo, soy, cashmere, yak, corn, flax, wool, linen, silk, and cotton—all clean, natural, and local products. Second, customers will see design: Nuomie designs are developed locally by individuals hired by the brand. The concepts are inspired by the beauty and fashion of Shanghai and surrounding areas. Designs incorporate Chinese lifestyle, patterns, and production techniques in a way that appeals to local and international patrons alike. Finally, customers recognize Nuomie's emphasis on community: every dollar of revenue collected by Nuomie/Brown Rice is allocated to serving the community.

The ways in which Nuomie contributes to the community, include supporting livelihood programs, funding surgeries for orphaned children, partnering with Brown Rice's factory which employees handicapped people, as well as helping workers develop important skills while paying them above market value.

**可持续发展观念、独特的设计与服务社会**

**博妮塔·利姆 工商管理硕士**

创办人兼创意总监

布朗莱斯设计咨询公司

中国

“布朗莱斯”，作为公司的名字，是对为所有人提供健康和可持续资源的挑战的完美诠释。博妮塔·利姆女士在他祖父的农场里了解到种植一粒大米需要一整年的时间，同时也看到了祖父和家人努力不懈地工作，就是为了能够培育出足够供给顾客粮食。

“布朗莱斯”作为一个设计咨询公司，旨在帮助企业通过采取可持续性战略获得成功。这些战略包括了从雇员与顾客的关系到环境因素的影响。该公司的 12 名客户受益于该公司的专业知识和其生产合作伙伴的原料产品，其中包括专门雇用残疾人和符合重要环保准则的工厂厂家。

“布朗莱斯”利用其咨询客户的资源，创造了优秀的致力于中国可持续性发展和福利的品牌。该品牌的名称，“布朗莱斯”可解释为中文的“糯米”。随着公司的进步，发展“糯米”将成为其首要任务。

当人们看到“糯米”产品，就会了解到“糯米”致力于三方面。首先，可持续发展：“糯米”产品采用当地的竹笋、酱油、羊绒、牦牛、玉米、亚麻、羊毛、亚麻、丝绸和棉花，这些都是纯净的、自然的并且当地可取的产品。其次，用户可以看到独特的设计：“糯米”的设计是由公司雇佣的个体来发展的。这个理念的灵感来自于美丽、时尚的上海及周边地区，设计结合了中国的生活方式、模式和生产技术，由此吸引了相关的当地和国际赞助商。最后，客户会发觉“糯米”着眼于社会：“布朗莱斯”公司收入所得的每一美元都分配以服务社会。

“糯米”通过负责支持生计项目、资助孤儿的手术、与雇佣残疾人的工厂一起，发展了他们重要的技能，同时支付他们高于市场的价值。

## **DISCOVERING OUR LIFE PATH – FULFILLING YOUR DREAM**

**Ma Qingxia, Master**  
Teacher  
SIAS International University  
China

With the contributions of women in all fields of the world, the voice of asking women to enter society becomes louder and louder. And the number of women who pursue their own dreams becomes larger and larger. Dream can bring miracles; and dream can also make your world different. As new college girl-students, we must abandon feudal ideas, value our own existence and seize the opportunities to challenge ourselves and exceed ourselves. It is woman who makes such great changes and who will make greater changes. This speech deals with four aspects: Dream is the first step to achieve success; women have their own dreams; women should self-renewal; women pursuing dreams make a different world. Finally, I hope this activity would help the participants, especially the girls in Sias University, resonate with me and prepare themselves for their future. First of all, we girls should have full confidence and keep high spirits in our daily life and study.

## 探寻生命的路径——实现自己的梦想

马庆霞 硕士

教师

郑州大学西亚斯国际学院

中国

伴随着女性在当今世界的各个领域发挥的作用越来越大，主张女性走出家庭走向社会的声音也越来越多。同时，追求进步、实现自己梦想的女性也越来越多。因为梦想会创造奇迹，会使你的世界与众不同。那么，作为新时代的女性大学生，要顺应时代的潮流，就要摒弃旧的思想观念、珍视自身价值、追求自身价值，就要勇于追逐自己的梦想，勇于挑战自己、超越自己。世界因有这样的女性发生了变化，并将继续发生变化。为此，本演讲将从以下四个方面展开：第一，梦想是成功的第一步；第二，女性也有自己的梦想；第三，女性要为梦想而自强；第四，世界因追逐梦想的女性而不同。最后，本人希望这次的沟通和交流能使参与者产生共鸣，使西亚斯学生特别是女生为自己的美好未来做出规划，并积极地付诸行动，以良好的精神面貌投入到自己的日常学习和生活中去。

### **BECOMING A UNIVERSITY LEADER: PATHS TO SUCCESS FOR WOMEN**

**Janet McNew PH.D**

Provost and Vice President for Academic Affairs

University of Tampa Bay

Tampa Bay, Florida

Higher education opens many paths to leadership for women. Historically, education in general has been associated with liberating those oppressed by poverty and racial prejudice, as well as by gender inequities, yet institutions of higher education in America have, paradoxically, also been associated with the perpetuation of economic, racial, and gender inequity. Throughout all of the 18<sup>th</sup> and 19<sup>th</sup> centuries and well into the second half of the 20<sup>th</sup> century, racial minorities were excluded, admitted only exceptionally, or subjected to quota systems in many of the best American universities. Black colleges and universities were founded to segregate African-Americans, just as they were segregated in elementary or secondary schools. Likewise, women's colleges were established as "sister" institutions to larger and wealthier male universities. In fact, American universities began freely admitting racial minorities in the middle of the 20<sup>th</sup> century, several years before they also admitted women. Harvard, Yale, Princeton, and even such public universities as the University of North Carolina and the University of Virginia did not admit women until around 1970. Now, half of the eight Ivy League universities, including Harvard, have women presidents. The story of my own career—attending two universities that only began to admit women as I entered college, then beginning my faculty career teaching at an all-male institution, and becoming an institutional leader in circumstances where I was almost always the only woman executive—will illuminate the barriers that have been overcome and those that remain for women who lead universities.

成为一名大学的领导者：女性成功的捷径

珍妮特·迈克纽 博士  
学务处副处长  
坦帕湾大学  
坦帕湾 佛罗里达州

高等教育可以为女性领导提供很多捷径。从历史的角度看,通识教育不单解放了性别的不平等,更解放了因贫困和种族歧视而被压迫的人。然而矛盾的是,美国的高等教育机构也和经济、种族、性别的不平等有着永久的联系。从十八、十九世纪到二十世纪后半期,少数民族是不在美国最好大学接收范围之内的,他们唯一可以期盼的是,服从美国最好大学的定额分配来接受高等教育。黑人学院和黑人大学是为隔离非裔美国人而建立的,和他们上小学,初中时被隔离是一样的。同样的,女子院校是作为大的、较富有的男子院校的姐妹院校建立的。事实上,在二十世纪中期,美国的大学已经开始自由地接收少数民族,在那之前的几年,也已经开始接收女性学生。然而哈佛、耶鲁、普林斯顿,甚至是一些公立院校,像北卡罗来纳州立大学和维吉尼亚州立大学,他们直到 1970 年才开始接收女性学生。现在,8 所常春藤联盟大学的一半,包括哈佛,都已经有了女性校长了。关于我自己职业的一个故事---我上的两所大学都是刚刚开始接收女性学生,接着就在男子院校开始了我的教学生涯,之后成为了几乎没有女性行政人员机构的女性领导。这说明 ,在大学成为女性领导的阻碍已经克服。

## WOMEN, LEADERSHIP, AND WEALTH

**Annette Lovell Nathan, B.A.**  
Business Consultant  
Mark Kamin & Associates  
Pennington, New Jersey

Consider that each of us work and behave consistently with a set of unspoken rules and practices we inherited from our past. By raising our level of awareness to these hidden ways of thinking and acting, we can strengthen ourselves for the challenges and opportunities of today. There are several distinctions in wealth building which are especially relevant to empowering women. The common theme is appreciating our worth and value for our families, our businesses, our communities, and most importantly for ourselves.

These distinctions are:

- **Putting Ourselves First** ---taking care of our health and well-being to be of greater service to others. Many of us put others before us and then have no energy and strength to care for ourselves.
- **Value Our Services**—knowing our value and charging money for it. As women we often are afraid to ask for what our services are really worth in fear of losing a customer or being rejected altogether.

- **Operate our business from the “business paradigm vs. the family paradigm.”**

Historically women have derived their self worth from managing a family rather than competing in the world of business. Women have known themselves be the source and guardian of the family unit and the cohesive force that keeps family members together. By examining the design of the family paradigm as distinct from the business paradigm, it will give us more freedom to run our businesses powerfully and effectively in the marketplace.

## 女性，领导能力和财富

安妮特·洛弗尔·纳森 学士

商业顾问

马克·凯门协会

彭宁顿，新泽西州

考虑到我们每个人的工作和行为与我们从过去继承下来的那套无法用言语表达的规则惯例相一致。通过提高我们对这些思考和行为的隐藏方式的认识，我们可以为自己增添更多的实力来面对今天的挑战和机遇。在创造财富的过程中，有一些特征与掌握自己命运的女性尤其相关。这个共同的主题是享受我们在家庭，事业，团体中的价值，最重要的是，享受我们对自己的价值。

这些特征是：

- 把自己放在第一位——为了向别人提供更多的服务，自己先要身体健康。很多人总是先顾及别人再考虑自己，这样就没有精力来照顾自己了。
- 珍视我们的服务——了解我们的价值并为我们的价值收费。作为女性，我们总是因为害怕失去一位顾客而被否绝，而不敢询问我们的服务究竟具有怎样的价值。
- 依据“事业范例对比家庭范例”，做我们自己的事业。

有史以来，女性总从家庭管理而非商界竞争中获得自己的价值。女性知道自己充当着各自家庭的发起者和保卫者，并且是家庭成员在一起的凝聚力。通过验证家庭范例与事业范例的意义之间有所区别，我们能够更加自由地在市场中强力有效地经营我们的事业。

## YO-YO GRADES AND YOUR SCHOOL GRADUATION

Joyce Neely B.S.

Retired SIAS Professor

Bellevue, Florida

You can think about woman's future success in the business world by looking at how a student DOES or DOES NOT do their school work. A student's grades may be steady all for years or they may be UP and DOWN, depending on the way they think and deal with relationships, personal hopes/dreams, family, community, and cultural/gender expectations.



This up and down YO-YO effect could happen every week .... For four years! Is it possible for a student to be all things to every thing without having the yo-yo thinking producing up and down impact on their grades, on their achievement, scholarship, credits, and job opportunities? The results can be overwhelming!

A bright, sparkling female student and her average boyfriend were in their junior year of college. Will this relationship affect the way she reaches her graduation year without having her final credits indicating uncertainly, doubt, and lack of focus? Will there be a clear record of her thoughts as she experiences the yo-yo effect? Will that cause her to miss getting the awards, high marks, top achievement and job opportunities that she is capable of receiving because of the up and down cycles in her life?

Her thinking, and your thinking, about success in school, your career, and the job you are dreaming to have must not be disrupted by the yo-yo, up and down cycle.

How can you prevent this yo-yo thinking pattern? Here is an example.

A bright young woman in her senior year of school was facing an exciting interview. Before the meeting she barnstormed ideas with her friends on how to best anticipate the interview, to determine what questions might be asked, to role play with her friends what they would say, and what she could say to make the interview go well. She asked other people what they thought and requested advice from her teachers so she had many options before going into the interview. The more she rehearsed the better she performed and was prepared for whatever the person who was interviewing her would ask. Preparation kept her engaged in seeing her future and she did not fall in to the yo-yo pattern of behavior. You can follow this example and enter each new experience filled with confidence, having peace of mind, and focused on success.

### 溜溜球等级和你的学校毕业

乔伊斯·尼利 理学学士

已退休的西亚斯教授

Belleview, 佛罗里达州

你可以通过一个学生在学校是否做功课来想象一个女人的在未来的商业世界能否取得成功。一个学生的成绩可以在多年都很平稳或者也可以上上下下起伏不定，这取决于他们的思考方式和人际关系的处理，还有个人的希望/梦想，家庭，社会，文化/性别的期望。

这种上上下下的溜溜球效应可能发生于大学四年中的每星期！对于一名学生而言，他做得所有的事情到每一件事都可能不受溜溜球效应产生的上上下下的波动从而影响到他们的成绩，他们的成就，奖学金，学分，和就业机会吗？结果可以压倒一切！

一个聪明伶俐、活泼开朗的女学生和她的同龄男友都是大学三年级的学生。这种关系是否将影响到她到达毕业年级，并无需说明她的期末学分充满了不确定，疑问，和不清楚？是否有一个她经历溜溜球效应的思想过程的明确的记录？是否由于她人生中溜溜球效应产生的上上下下的周期导致她错过她本能得到的奖金，高分，最高成就和就业机会？

你们的关于在学校的成功，职业生涯的成功，和对于你梦寐以求的工作的想法，绝不能被溜溜球效应和这种上上下下的周期所扰乱。

怎样才能防止这种溜溜球思维模式呢？下面是一个例子。

一位光鲜亮丽的大四年轻女子正要在校正面临一个令人兴奋的面试。在面试之前，她向她的朋友们四处收集经验，比如如何达到最好的预期效果，确定哪些问题可能会被问到，并和她的朋友进行角色扮演，比如面试者会说什么，什么她可以说，从而使面试更加顺利。她还询问其他人的意见并向她的老师寻求建议，因此在面试之前，她有许多选择。而且她排练的次数越多，她表现的就会越好，并且能从容应对面试者的任何问题。充分的准备使她着眼于未来，而不是陷入溜溜球的行为模式中。你可以仿效这一做法，从而自信、从容的体验每一段经历，并且聚焦于成功。

## **THE IMPORTANCE OF SOCIAL AND ENVIRONMENTAL RESPONSIBILITY FOR THE FUTURE OF THE WORLD**

**Rene Ng**

President of the Board

Institute on Social and Environmental Responsibility

The world is changing increasing levels of pollution; growing mistrust of companies and the goods they produce is shifting the way business is done throughout the world. There is a new market emerging of people who are tired of unsafe products, and who are demanding more. Every large western corporation has a social responsibility department which signals a change from a company's sole focus on profit to people, profit and the earth. Do not be left behind in the new Green Revolution. New jobs and opportunities abound for those entrepreneurs who see the benefit in providing safe and healthful products to their customers in a socially responsible manner. Learn more about the new Green Revolution and how you must be a part of it!

**环境与社会对未来世界的重要性**

**瑞内•Ng**

理事院长

环境与社会学院

人类世界正在改变：污染程度日趋严重；对企业的信赖程度日趋降低，企业所生产的产品也改变了世界范围内人们的交易方式，于是涌现出了一批厌倦了不安全产品并更加苛求的人。在西方每家大型企业都会设有一个社会责任部门，这象征着企业开始由惟利是图转向兼顾顾客、利益和环境。请别在新的绿色革命中落伍。那些以社会责任为准则，为顾客提供安全健康产品的企业家们也将会看到的新的工作和机遇。让我们一起扩充关于新绿色革命的知识并参与其中！

## **THE ROLE OF WOMEN AS CHINA TAKES HER PLACE AS A LEADER AMONG THE NATIONS**

**Katherine Osgood MLS**  
Oral English Instructor  
SIAS University  
Xinzheng City, China

Your participation in the continued growth of China is critical, because you will carry in your wombs the generation that will carry on where you stop. Without hope for today, hope for the future is dead. The greatest treasure in China is you. It is your dreams, your hopes, and your aspirations that will carry this nation past the bench mark of being the number one growing economy in the world to the position of number one economy. It is your example of lifelong learning that will equip this nation's youth to excel not only in mathematics and science, but in literacy, literature and the arts.

I have been to Henan's provincial museum and witnessed the deeds of the giants of China upon whose shoulders you stand. 5000 years of building a strong country bring you to this time in history when China stands to take her place among the nations. 1.3 billion strong, China's voice cannot be silenced, 5000 years deep, her history cannot be ignored, and fueled with the hopes and dreams of a strong, prepared and visionary youth, her future cannot be minimized or put in to a box constructed by stereotypes or misconceptions. Your time is now, your strength is founded in a proud nation that has never submitted to the status quo. Shine on, for your light is the reflected glow of the strength, beauty and resolve of your people. And when you dream, dream big!!!

### **中国成为世界强国时女性的角色**

凯瑟琳·奥斯古德 MLS  
英语口语教师  
郑州大学西亚斯国际学院  
中国，新郑

你们的参与对于中国的不断发展起着关键作用，因为你们孕育的下一代将会继续你们未完成的事业。今天满怀希望，明天将更加辉煌，你们就是中国最宝贵的财富。你们的梦想、希望和抱负，将引领中国从世界第一经济增长大国一跃成为世界第一经济强国，你们

的终身学习模式将使这个国家的年轻一代在数学、科学领域遥遥领先，同样，在读写、文学与艺术方面也独占鳌头。

我曾参观过河南博物院，亲眼目睹了中国伟人的光辉事迹，而你们就站在这些巨人的肩膀上。五千年的建设把你们带到了这一历史性的伟大时刻——中国屹立于世界民族之林。拥有十三亿人口的大国，中国的声音不会被湮没；承载五千年厚重的文化，中国的历史不会被忽略。因为有你们这些充满希望与梦想、整装待发、目光远大的有志青年，中国的未来不容小觑，中国的发展也不会因陈规旧俗、世俗偏见而停滞不前。

这个时代是属于你们的，你们的力量深植于这个骄傲民族的深厚土壤，而这个民族不曾向任何国家屈服过。尽情展现自己吧，你们的身上闪耀着中国人民的力量、美丽和决心的光芒！拥抱梦想吧，勇敢地追寻你们伟大的梦想！

## **MAKING A DIFFERENCE THROUGH IDEAS**

**Kathy Palokoff**  
Founder and CEO  
CUSTOMERicity

There's no question that big ideas have made a world of difference in how we discover our life path, express our leadership, connect our communities and care for our health and environment. But where do ideas come from and how can we as women convince others that our ideas should become reality? This session will talk about ways to inspire ideas in your own thinking as well as show others that they should commit the time and resources to turn ideas into businesses. As the founder of a successful idea company, Kathy Palokoff will talk about how she comes up with ideas, inspires ideas in others and makes ideas become a reality – especially within the realm of making a difference in our world and in her own life.

## **世界因思想而改变**

凯西·帕罗克弗  
创办人兼首席执行官  
卡斯特麦瑞思蒂公司

毋庸置疑，在人们思考如何探寻生活途径，如何表现领导力，如何融入集体，如何保持健康、保护环境等方面时，好的想法使世界发生了改变。但作为女性，我们该如何迸发这些想法，又该怎样说服他人相信这些想法将得以实现？此次分论坛将与大家探讨如何去激发独立思考，以及怎样使他人明白应花费时间精力去实现好创意。作为一个成功的决策公司的创办人，凯西·帕罗克弗将会与大家分享她是如何思考，以及又是怎样鼓励他人思考并把一个个想法变为现实，从而改变了自己的同时也改变了世界。

## **KEYS TO SUCCESS: LIVING LIFE WITH PURPOSE, PASSION, AND POWER**

**Sallie Polk M.A.**  
Managing Directory/Senior V.P./ Human Resources Manger  
Wachovia Bank  
Charlotte, North Carolina

As an active leader in the area of women's development, I believe strongly in the power of women connecting with other women. Although there is beauty and power in the uniqueness of the individual, the strength of women unfolds as women reach one hand forward and one hand backwards sharing life's journey. Connecting women through the richness of their experiences serves to inspire women and broaden their awareness and perspective. Increased awareness will empower women to choose to live their lives more intentionally. In other words, knowledge illuminates choice and choice allows women to exercise greater personal power.

This presentation is rooted in the voices of many women provided through a Women's Survey—"The Real World Survey", members of a corporate Women's Initiative, and university women finishing their education as well as new college graduates moving into the workplace. Through gathering the lessons learned, a powerful compilation of thought-provoking wisdom has been captured. The lessons fall in the following categories: Self, Relationships, Life Approach, and Life's Work. In each of those areas, we will explore common experiences, areas of advice and consideration, and exercises for self-assessment. The ultimate outcome is to raise personal awareness, provide personal coaching, and to develop the basics of a life plan.

In summary, a strong sense of self and a positive and open approach to life leads to healthy relationships and fulfilling work. An intentional focus on all areas will foster a life filled with purpose, passion, and power. The beauty in this is that it is available to all women. Connecting women through the richness of their experiences is wonderful way to unleash that beauty.

**成功的要点： 让生命充满意义， 激情和力量**

**萨利 波尔卡 文学硕士**  
管理目录/高级副总裁/人力资源管理  
夏洛特市 北卡罗来纳州

作为一名活跃在女性发展领域的领导者，我强烈相信女性间相互联系的力量。尽管每一个体都有各自的美丽与力量，但这些女性的力量，会将她们各自的生命旅程一个个联系在一起。通过她们丰富的服务经验，将女性们联系起来，激励她们，并提高她们的认识和观点。提高认识将会使女性更特意地选择她们的生活。换句话说，知识赋予选择意义，选择使女性行使更大的个人权利。

这个报告表现了许多女性的看法，她们都做过一个女性的调查—“现实世界的调查”，主要面向的是企业女性，以及完成教育的女大学生和刚进入职场的毕业生们。通过收获的经验教训，一个发人深省，强大的智慧编辑题被人们所熟知。这些经验可分为以下几类：自我，人际关系，生活方式，与一生的工作。在所有的这些领域，我们将探讨共同的经历，以及咨询和审议，并做一些自我评价的练习。我们最终的结果是提高个人的认识，提供个人辅导，并制定基本的生活计划。

总之，强大的自我意识，以及积极开放的生活态度能够带来健康的人际关系和令人满足的工作。有意的侧重于所有领域会使生命充满意义，激情和力量。这些美丽，能够提供给所有的女性。通过她们丰富的经验，将这些女性联系在一起，是释放这些美丽的极好方式。

## LOVE SHOULDN'T HURT

**Kim C. Reilly, B.A.**

Volunteer

Global Interactions

Phoenix, AZ

Going to work today, going to class tomorrow, or even deciding what outfit to wear are some of the choices we make in everyday life. Decisions we make for ourselves come naturally to us. But what if this right we are entitled to was taken away? What if our safety and our children's safety were at risk if we try to make a choice for ourselves? These are some of the fears that go through the minds of people who are victims of domestic violence. The freedom is taken away. The constant manipulation and control abusers have on their victims creates such an impact that they are afraid to even leave the situation. To them, it seemed safer to endure the abuse because at least they were alive. What would happen if they tried to leave?

I used to work at Sojourner Center, which is the largest shelter in the United States for victims of domestic violence. As an advocate, I would work with women to support them in allowing them to use their voice and find out once again who they are so that they are able to empower themselves in order to have their freedom back. This presentation will not only create more awareness of domestic violence, but it will also address what the physical and emotional impacts of domestic violence are. What choices do we make in life and how does it affect us? How can we stay safe? What strengths can we utilize? How can we help?

## 爱拒绝伤害

**金·瑞利 文学士**

志愿者

全球交流协会

凤凰城，亚利桑那州

今天去上班，明天去上课，或是决定穿衣款式，这些都是我们每天做出无数选择的其中一部分。选择做什么自然是由我们自己决定的。但是，假若我们享有的权利被剥夺，该怎么办呢？抑或我们及孩子们的生命安全遭受威胁又该如何处理呢？以上这些都是家庭暴力受害者所承受的恐惧以及担忧。她们失去了自由，施暴者对其进行长期的操纵与控制，对其身心造成深远的不良影响，并又使其难以摆脱现状。对于受害者而言，她们更倾向于忍受虐待，因为这至少不会遭受生命威胁。假如她们选择离开，又会是什么样的境地呢？

我曾在寄居者中心工作，那是美国最大的家庭暴力受害者避难所。作为倡导者，我与众多女性一起，帮助她们重新认识自己并获得自由。这不仅可以增强人们对家庭暴力的防范意识，也可以使更多的人认识到它对女性身心造成的危害。我们在生活中都能做出什么抉择？它又将如何影响我们？我们如何才能确保不受伤害？我们能利用什么样的优势？我们又如何帮助更多的人？

## **BUILDING ON YOUR STRENGTH TO BECOME A SUCCESSFUL BUSINESS WOMAN**

**Robin Richman**

Executive Director

Steppin Out Adventures

How can you capitalize on your strengths to grow a successful business? What role does your network of family and friends play in your success? How do you adjust your business in a changing economic environment yet still remain true to your values and personal needs? Robin Richman took her desire to meet new people when she moved to a new city and turned it into a successful networking, events and travel business. Answering a need for transplanted young professionals to connect with each other, she created a now 20,000 person community from random strangers by delivering quality-consistent facilitated interactive events and trips. After creating off-the-beat travel excursions, she began incorporating service projects into adventure itineraries as a way to give back to the countries they visited. In Peru, they started a building fund for a school; in Tanzania, they helped a local orphanage build rooms; and in South Africa, they showed townspeople how to market their crafts. In this presentation, she will share her story and lessons learned as an entrepreneur who wants to make a difference in the world.

### **积蓄成为成功商业女性的实力**

**罗宾·里奇曼**

执行董事

风险指导机构

如何充分利用自己的优势去成功拓展业务？家庭关系网、朋友圈在你的成功中扮演何种角色？如何让自己的企业适应风云变幻的经济环境，同时秉持自己的原则行事并满足物质和精神需求？每到一个新城市，罗宾·里奇曼就迫不及待的接触新人群，她把人和人之间的交往视作一次意义非凡的社交活动和一项旅行业务。她为异地居住的年轻专业人士提供了一项高质量的互动和旅行活动以满足这一群体内相互交流、联系的需要，并成功地在这些互不相识的年轻人中组建了一个目前拥有两万人的社团。在创建这个非专业的集体旅行

活动之后，她开始着手将服务项目与旅行活动结合在一起，将其作为一种回馈那些他们曾访问过的国家的方式。在秘鲁，他们为一所学校启动了建校基金；在坦桑尼亚，他们帮助当地孤儿院建造房屋；在非洲，他们则教当地居民推销传统工艺。在此次演讲中，罗宾·里奇曼将会和大家分享作为一位想要让世界为之不同的企业家的必修课和经历的传奇创业故事。

## **MASTERING CHANGE LEADERSHIP**

**Monique Rider, B.S.**

President

Bodylife Dynamics

Cave Creek, Arizona

In today's world one thing is for certain- uncertainty. Transition and change is present in our homes, schools and communities, as well as globally. Change causes fear. Fear can be paralyzing and results in resistance to making crucial societal improvements. If we are to progress globally, we desperately need individuals who are willing to lead change for the good of human kind. We need role models of all ages to break the cycle of fear that comes with rapidly shifting conditions. Others will follow if someone takes the lead. Parents can empower children. Employers can empower employees. Individuals can empower each other. Communities and countries need empowerment from those we call change leaders. Change leaders come from all walks of life no matter their age, gender, education, or occupation. They can develop the ability to not only create and embrace change, but to skillfully orchestrate complex transitions. Change leaders offer hope, inspiration, and a brighter future. They achieve this by modeling certain behaviors and taking specific actions which influence the behaviors of others. Change leadership takes courage and passion. Embracing the concepts of change leadership will help our communities thrive and grow. Are you up for the challenge? This inspiring and interactive workshop will address a change leader's three areas of expertise and three strategies for masterfully leading change.

### **掌握变革领导力**

**莫尼克·瑞德 学士**

总裁

体质生活动力公司

Cave Creek 亚利桑那州

在当今世界有一件事是肯定的——不确定性。目前在我们家庭，学校和沟通甚至在全球范围内存在着转变和变化。变化导致恐惧。恐惧可以导致瘫痪和阻碍社会进步。如果我们要在全球范围内取得进展，则迫切需要有人愿意领导变革去造福人类。我们需要各年龄层的榜样去打破那些伴随着状况迅速改变而产生的恐惧。如果有人带头其他人将跟随其后。家长可以授权孩子。雇主可以授权雇员。人们之间可以互相授权。社会和国家授权这些我们呼吁的变革领导人。变革领导人来自于各种行业，不限制年龄、性别、教育或职业差别。



他们不仅仅可以发展创造和接受变化的能力, 而且还能巧妙地协调复杂的过渡。变动领导人带来希望, 激励和光明的未来。他们通过塑造某些行为和采取一些具体的行动去影响其他人, 从而实现这一目标。变革领导力需要勇气和激情。接受变革领导力的概念将帮助我们的社会繁荣和成长。你准备好迎接挑战了吗? 这个启发和互动的研讨会将讨论变革领导人的三个专门知识领域和熟练领导变革的三个战略。

## **DEVELOPING YOUR LEADERSHIP BY APPLYING EASTERN, WESTERN, AND NATIVE AMERICAN IDEALS**

**Harvey Rude, ED.D.**

Professor and Director

University of Northern Colorado

The ability to understand and respond to cultural differences that impact the effectiveness of leadership practices among persons from America and Asia is an essential skill for women who seek to make a difference in the 21<sup>st</sup> century. The role of effective leadership also extends to the practices of management and administration that ensure results, accountability, and predictability in organizations. Western thought in leadership philosophy emphasizes innovation and responsiveness to current realities, while Eastern leadership approaches focus on moral and social responsibility that contributes to harmony across an organization. The clash of cultures that emphasize change with potential disruption versus harmony with potential complacency can produce conflicts. The challenge for transformation of these two compelling and potentially complementary approaches to leadership impact is to blend the best of both platforms in a manner that produces positive opportunities from identified challenges.

The tenets of leadership that are emerging from Native American perspectives provide a promising framework for negotiating conflict through the process of adaptation. The duality of concepts found in traditional Native American practices celebrates the necessary balance between the male perspectives of Father Sky that promote “protection way” actions in alignment with the female perspectives of Mother Earth that facilitate “blessing way” actions. Native American philosophy is based on the results of thought and feeling that are expressed through values, beliefs, norms, culture, and language. This model provides a cultural framework to broker positive compromise, balance, and harmony among Western and Eastern leadership practices. The four main components of Native American philosophy that are illustrated for Eastern and Western balance include Native approaches to thinking, planning, doing, and reflecting.

运用东西方及美国土著观念培养领导才能

哈维·如德 教育学博士

教授\主任

北北科罗拉多大学

文化差异影响着美国及亚洲领导行为的有效性，而准确理解及应对这种差异的能力对于希望在二十一世纪能有所作为的女性来说是一项必不可少的技能。高效率领导艺术的重要性还包括确保团队工作有效性、责任可解释性以及结果可预见性的行政管理工作。在领导哲学方面，西方观念注重创新和对于实际情况的反馈，而东方领导方法则注重有利于保持团队内部和谐的道德责任和社会责任。前者强调对可能出现的外在不利因素随机应变，后者强调为潜在的协作保持和谐，这两种相悖的文化必然会产生冲突。以一种为现有挑战创造有利机会的方式，将这两套各具特色、引人注目且具备互补潜力的领导体系的精华部分结合起来，是改造这两种引起冲突的领导方法的需要。

双方为解决彼此间的矛盾冲突而相互改变适应，源于美国土著观念的领导宗旨则为二者提供了一系列颇具前景的方法。在美国土著人的传统观念里，从男性角度出发、提倡保护的父亲天空与从女性角度出发、提倡祈福的母亲大地被统一起来，并且备受推崇。美国土著哲学以透过价值观、信仰、规范、文化以及语言所表现出来的思想及感知为基础。我们可以借用这种模式提取出一套文化理念，使东西方领导行为能彼此做出有利让步，平衡双方关系，实现和谐协作。上面所阐释的美国土著哲学可用来寻求东西方领导文化之间的平衡，其中主要四点分别是土著人的思维方式、计划方式、行为方式和应对方式。

## WRITING AS A PATH TO YOUR BEST SELF

**Sandra Joyce Shorey, MFA Candidate**  
General Education Instructor  
Compass Associates International  
Taunton, MA

Are you stressed? Do you ever feel emotions that you are unable to explain or for which you cannot identify the cause? Do you have painful memories that you've never shared with another person? Do you have conflicts that need resolution, but you're having a hard time doing so?

If you have experienced any of these struggles, you might want to try writing as a way to healing. Consider these benefits, compiled by psychotherapist and consultant Maud Purcell:

**Clarify your thoughts and feelings.** Do you ever seem all jumbled up inside, unsure of what you want or feel? Taking a few minutes to jot down your thoughts and emotions (no editing!) will quickly get you in touch with your internal world.

**Know yourself better.** By writing routinely you will get to know what makes you feel happy and confident.

**Reduce stress.** Writing about anger, sadness and other painful emotions helps to release the intensity of these feelings. By doing so, you will feel calmer and better able to stay in the present.

**Solve problems more effectively.** Writing . . . affords the opportunity for unexpected solutions to seemingly unsolvable problems.

**Resolve disagreements with others.** Writing about misunderstandings rather than stewing over them will help you to understand another's point of view. And you just may come up with a sensible resolution to the conflict.

In this session, we will discuss the concept of free-writing and participate in some free-writing exercises.

## 写作是通往完美自我之路

桑德拉·乔伊斯·肖里 美术硕士候选人

基础教育讲师

罗盘联合国际公司

汤顿, 马萨诸塞州

你是否感到有压力？你是否觉得你的情绪无法解释或者找不出原因？你是否有从未与人分享过的痛苦回忆？你是否有需要解决的冲突，但是却很难解决呢？

如果你曾经历过这其中的任何一种挣扎，也许你应该通过写作这样一种方式来排解。鉴于这些益处，由心理治疗师和高级顾问莫德·珀塞尔所编制：

理清你的想法与感受——你是否觉得一切似乎都杂乱无章，不确定你想要什么或者想法？花费几分钟的时间把你的想法和情绪都草草记下(不要修改)，这样就能很快的进入你的内心世界。

更好地了解你自己——通过定期的写作，你就会知道是什么使您感到愉悦和自信。

减压——写下你的愤怒，悲伤和其他痛苦的思绪，可以帮助你减轻这些感觉的程度。通过这样做，你的思绪将会感觉更加的沉静，也将更好的保持现状。

更有效地解决问题——写作，为那些看似无法解决的问题提供了意想不到的解决方法。

与他人共同解决分歧——写下一些误解而不是一味的担忧，这样会帮助你了解他人的观点。进而，你就会想出一个明智的解决这个冲突的办法。

在这次分论坛上，我们将会讨论自由写作的概念，并做练习。

## HELPING ONE PERSON EQUALS SUCCESS.

**Ria Smit B.A.**  
Zhengzhou, China

There are very many poor people. They are the government's responsibility. However, the government aid does not always reach to all people and all needs.

We are relatively wealthy; we don't suffer hunger or want. What if we used a small part of our wealth to help ONE person? And what if that spread? And the people who have been helped will usually pass it on too.

What if this becomes a community effort? There are millions who are not in poverty. Each helping one person will create a caring and appreciating society.

I have this vision, that every person/family in the city, which is wealthier and would really not miss 1000 Yuan, would pay the school fees for a child in a poor area where they struggle to get enough food and clothing. That way education would lift the poor out of a lot of poverty and there would be created a bond between the city and the country folk. This would also help toward the discrimination which is now suffered by a lot of country folk.

This situation is very topical now that many millions of migrant workers have lost their jobs and thus the cash income for the family has disappeared. When there is no finance, the first thing that happens is that the education is not paid for and priority is given to food. Thus children will be taken out of school and end up working on the family property to try and grow more food. Breaking this cycle is vital.

### 伸出援助之手，成就辉煌人生

瑞尔·施密特 文学士  
中国，郑州

世界上仍然有很多穷苦人民，政府虽然对其负有责任，但是政府援助总是远远不够，并不能达及所有需要帮助的人。

我们与穷人相比很富有，并不会挨饿，也不会为得不到而倍受煎熬，如果我们每个人都能拿出自己一小部分钱来帮助一个人，世界将变成什么样呢？如果这种力量不断蔓延，会是什么样呢？如果这样，受助者也会把此种精神不断传承下去。

如果我们整个社会都为之付诸努力，又会是什么样呢？我们有几百万人生活并不贫困，只要人人肯伸出援手，我们的社会将会更加充满爱心，充满感恩。

我认为城市中较为富有的个人或家庭都不会吝啬 1000 元,为挣扎在贫困线上的穷苦孩子交纳学费的。教育可以使穷人摆脱贫困,可以为城市人及农村人建立互相交流的纽带,因此也有助于消除农村人所遭受的歧视。

此种情形目前极受关注,数以百万的民工失业,他们无法向家庭提供收入。一旦没有资金,首当其冲的是教育不能贯彻,吃饭问题成为当务之急。孩子们会因此辍学,终其一生打拼家业养家糊口,而打破这种恶性循环至关重要。

## **HOW TO RECOGNIZE DANGEROUS MEN BEFORE YOU MARRY THEM**

### **Evangline Song**

Don't be fooled by the family he belongs to, what possessions he owns, where he lives, or what he does for a living. Dangerous men can be professional, intelligent, come from good families, be very handsome, charming, and educated. What is it about YOU that lead you to be attracted to men who may not be good or right for you? What is a good and safe "boundary" to place around yourself to help you make wise choices? What are "red flags"?

Some examples of "dangerous men":

- (1) The Parental Seeker
- (2) The Emotionally Unavailable Man
- (3) The Man with a Hidden Life
- (4) The Mentally Ill Man
- (5) The Addict (all different kinds)
- (6) The Abusive or Violent Man

### **如何在婚前识别危险男人**

#### **伊万杰琳·宋**

不要被他所在的家庭,他拥有的财产,他的住所和他的事业所欺骗。危险的男人通常是有经验的、聪明的、来自于好的家庭,并且长相英俊、有魅力、受过良好教育。你是什么样的人能够让自己被那些也许不好或不适合自己的男人吸引?什么是一个好的、安全的界限去对你周围的男人分类从而帮助你做出明智的选择?什么是“危险信号”?

一些关于“危险男人”的例子:

- (1) 缺乏父爱或母爱的人
- (2) 情绪难以捉摸的男人
- (3) 拥有不为人知的生活的男人
- (4) 精神不健康的男人
- (5) 有瘾的男人(各种类型的瘾)
- (6) 有骂人和暴力倾向的男人

## **OUR BODIES, OUR SELVES**

**Sun Meijuan**  
Teacher  
SIAS International University  
China

1. Situations of today's women. We are much more independent, and we love ourselves more than our last generation, but many of us are not happy the way we are, the way we look, and feel confused about the relationships with other people. Some even don't pay enough attention to the health of our bodies.
2. Problems facing them:
  - 1) Our body weight: for many women, weight is a complicated and confusing issue. Many of us feel stuck between our knowledge of the importance of healthy eating and our desire to accept ourselves.
  - 2) Plastic surgery: some women want to improve their appearance but don't rationally consider the risks of surgeries.
  - 3) Physical disease: there are diseases unique to women, like women's diseases, which are not given enough emphasis. Many women feel it embarrassing to see a doctor.
  - 4) Emotional well-being/mental health: women suffer mental problems due to stress from study, job and family.
  - 5) Relationships with men: many of us feel confused about the sexuality in the relationships between men.
3. What can we do?
  - 1) Believe ourselves.
  - 2) Taking care of ourselves: focusing on healthy diet, not dieting. Increase exercise and movement. Learn to accept and even appreciate your body and your appearance.
  - 3) Resort to the professional's help in case of physical and mental problems.
  - 4) Everyone feels down once in a while. But when you feel down more than you feel up, it's time to get help. Remember: you're never alone. Learn who you can turn to for help.
  - 5) Knowledge is power.

**我们的身体及自身**

**孙美娟**  
教师  
郑州大学西亚斯国际学院  
中国

1. 当今女性的状况。相比我们上一辈的女性而言，我们更加独立，更加爱惜自己。但是，我们中很多人对自己的现状，自己的外貌不甚满意。并且对如何处理与他人的关系感到迷茫。有些女性甚至没有给与自己的健康足够的重视。
2. 她们面临的问题：

- 1) 我们的体重：对于很多女性而言，体重是一个复杂的且让人迷惑的问题。我们中很多人在了解健康饮食的重要性的努力想要接受自我两者之间徘徊不定。
  - 2) 整容手术：一些女性想要通过整容手术使自己更漂亮，却没有理性考虑过手术的风险。
  - 3) 身体疾病：女性面临一些特殊的疾病，如妇科病。很多女性认为去医院看病很尴尬，因此没有给与足够的重视。
  - 4) 心理健康：女性面临着来自学习、工作和家庭的压力，因而产生了心理问题。
  - 5) 与男性之间的关系：我们中很多人对如何处理与男性的关系以及性的问题存在困惑。
3. 我们应该怎么办？
- 1) 相信自己。
  - 2) 爱惜自己：注重健康饮食，而非节食。加强锻炼和运动。试着接受自己，甚至欣赏自己的身体和外表。
  - 3) 遇到身体和心理问题，求助专业人士的帮助。
  - 4) 但是当你大部分时候都心情不好的话，应该寻求帮助。记住：你永远不是孤立的。试着向你可信赖的人寻求帮助。
  - 5) 知识就是力量。

## **TOTAL QUALITY MANAGEMENT – EDWARD DEMING’S LEADERSHIP MODEL**

**Robert Taylor B.A.**  
Independent Investor  
Orlando, Florida

Leaders are people who have a vision for the future.

Edward Deming was a man who thought “outside the box”. In his TQM method he empowered leaders to find new ideas though the little people (hourly employees). Shifting the decision making process from upper management to all employees.

Paradigm shift.....

W. Edward Deming story.

He was invited to Japan at the end of World War II by Japanese industrial leaders and engineers. They asked Dr. Deming how long it would take to shift the perception of the world from the existing paradigm that Japan produced cheap, shoddy imitations to one of producing innovative quality products.

His program entailed “14 points”; however the one I am focusing on today is employee empowerment.

The hourly workers were taught to be decision makers, part of the team. Leadership before would never consider this method. Giving uneducated people an opportunity to help is the

decision process was unheard of. Deming related that these were the people who had the answers on how to make the product better. They just needed to be led, not pushed. I learned the phrase “thinking outside the box”, during my years in leadership. It was at the same time my company implemented the Deming Method. It is necessary for leaders to find creative ways to lead their teams to success. To think “outside the box” means your thinking process should change from the routine thinking we do day to day when making decisions. Our routine thinking is learned from parents, culture, schools, and work places. Deming’s method demonstrated a shift in thinking which revolutionized a nation.

## 全面质量管理—爱德华·德曼的领导模式

罗伯特·泰勒 文学学士

独立投资人

奥兰多，佛罗里达州

领袖是那些对未来具有洞察力与想象力的人们。

爱德华·德曼是个在“跳出盒子”思考的人。在他的全面质量管理策略中，他允许领导者们从一些小人物（钟点工）当中探寻新的观点。将决策的过程从上层管理人员参与转变成为全员参与。

转变的典范……

爱德华·德曼的故事。

二战末，他应日本工业领袖和工程师们的邀请到了日本。他们问德曼博士要想让世界不再认为日本总是生产廉价劣质的仿造品而是生产高质量的创新产品需要多长时间。

他的计划中有“14点”；然而我今天要着重关注的一点是全员参与。

钟点工也被列入团队的一员，决策人之一。之前的领导从来不曾考虑过这个办法。之前也从未听说过让未受过教育的人也可以来协助决策。德曼说恰恰是这些人知道怎么把产品做的更好。他们只是需要引导而不是被排斥在外。

“跳出盒子思考”这个词是我做领导的几年间学的。也正是那个时候我的公司实行了德曼的策略。对于领导者来说，很有必要摸索出一个引领他们的团队走向成功的很有创意的领导模式。在“跳出盒子”思考是指你的思维模式应该跳出我们常规想问题作决策的圈子。我们常规的思维模式是受到家长、文化、学校和工作地点潜移默化的影响下形成的。德曼的策略展示了一个思维方式的转变，这个转变也使得整个国家都发生了革命性的变化。

## DARE TO DREAM-DISCOVERING YOUR LIFE PATH

Yelitza Taylor

I. Setting the Stage:



- A. Show Bungee Jumping video clip - part 1
- B. Will she jump off the bridge?
- C. What might keep her from jumping?

## II. What is Your Dream?

- A. Present various descriptions of “a dream”
- B. Yelitza’s definition of dreams
  - 1. Examples of small ones (i.e. purchasing a desired item)
  - 2. Big ones (i.e., working in China )
- C. Dreams will remain dreams unless you make a plan to achieve that dream and act on that plan

## III. What is keeping you from your dream?

- A. Personal Fears (emotional, psychological)
- B. Economical reasons
- C. Societal/Cultural rules (or perceptions)
- D. Time

## IV. How can you overcome the obstacles?

- A. Present or invite participants to search for solutions to the above obstacles
- B. How to formulate a plan
- C. Show Bungee Jumping video clip – part 2

## V. Make it happen!

- A. Give instruction for break out session
  - 1. Do an example of the break-out session tasks
  - 2. Break-out into groups of 5-6
    - a. Ask one person to share a dream they have
    - b. Ask for one or two obstacles to achieving the dream
    - c. The group will help provide various solutions to the various obstacles
    - d. Provide a time frame with small steps for the achievement of such dream
- B. Give specific amount to complete the group task
- C. One person from each group presents (or as many as time allows)

## VI. Conclusion/Summary

- A. Other dreams accomplished (i.e. at 17 going from Puerto Rico to NY for College-denied first, accepted after showing perseverance, graduated Magna Cum Laude)
- B. Perform or have students perform song

# 向梦想挑战——探索你的人生道路

叶莉查·泰勒

## I. 前奏

- A. 放映关于蹦极的视频——第一部分的剪辑
- B. 她会从桥上跳下去吗?

C. 是什么阻挡她跳下去？

## II. 你的梦想是什么？

A. 提出多种关于“梦想”的描述

B. 叶莉查对于梦想的定义

1. 细微的梦想（例如：买一个想要的东西）

2. 宏远的梦想（例如：去中国工作）

C. 只有当你为实现梦想制订一个计划并执行这个计划时，你的梦想才可能变为现实。

## III. 是什么阻挡你实现自己的梦想？

A. 自身的恐惧（情感上的或心里上的）

B. 经济原因

C. 社会或文化规则（观念）

D. 时间

## IV. 怎样跨越这些障碍？

A. 邀请嘉宾来共同探求克服上述障碍的方法

B. 怎样制订计划

C. 放映关于蹦极的视频——第二部分的剪辑

## V. 实战演习

A. 在分论坛中予以指导

1. 在分论坛中以具体任务为例

2. 分为小组，每组 5-6 人

a. 请小组中的一个人与大家分享一个梦想

b. 请他或她说出一到两个实现梦想的障碍

c. 小组成员探讨克服障碍的方法

d. 把实现这个梦想的过程用时间表划分成不同阶段

B. 得出准确具体的小组任务统计

C. 由小组中的一个人展示该小组的成果（时间允许的情况下，尽可能给与更多机会）

## VI. 总结

A. 叶莉查实现的其他梦想（例如她十七岁由波多黎各来到纽约，一开始没有被录取，通过坚持不懈的努力终于进入大学并以优异成绩毕业）

B. 现场表演或请同学演唱

## **BUILDING RELATIONSHIPS THROUGH EFFECTIVE COMMUNICATION**

**Thomas Timothy Tofilon M.A. & Julie May Tofilon M.A.**

Professors of Cross Cultural Communication

Sias University

Xinzheng City, China

Relationships can be nurtured or destroyed on the basis of communication. Therefore, whether we are communicating within the context of family, friendships, school, work, our local communities or the global community, it is vital that we learn how to communicate effectively. First, we define communication as: A message which is first given, then received, understood, and remembered by the recipient(s). This includes both verbal and non-verbal messages. Secondly, we need to identify possible barriers to communication and learn how to remove them. Such barriers, or “walls” between the message-giver(s) and receiver(s) might be due to either side or sometimes both sides. Examples of barriers include: Differences in language, culture, background, etc.; Prejudice; Fear; Apathy; Anger; Misunderstanding in general; etc. Finally, we need to look at various communication skills. These skills begin first and foremost with right *attitudes and character*, which are then expressed in effective methods to “get the point across” in a manner most clear and beneficial to the one receiving the message. The better we communicate the better our relationships will become, as we develop mutual trust, respect and liking for each other. This way, even those “hard” messages of confrontation, admonishment, etc., can be delivered in a way which leaves the recipient feeling respected, hopeful, positively challenged and encouraged.

### 通过有效的沟通建立联系

托马斯·蒂莫西·陶菲伦 文硕士 和 朱莉·梅·陶菲伦 文硕士  
跨文化交际学教授  
西亚斯国际学院  
中国，新郑

联系的建立或消融都是以沟通为基础。因此，我们是否在家庭、朋友、学校、工作、当地社区或者全球范围等背景下进行着沟通，对我们学习怎样进行有效沟通是至关重要的。首先，我们是这样定义“沟通”的：给出一个信息，接收者收到后，再理解和记忆。这种信息既包括口头的也包括非口头的（书面的）。第二，我们需要发现和辨别出在沟通过程中可能会出现障碍，并且学会怎样消除此类障碍。这类存在于信息传递者和接收者之间的障碍可能是由于一方或双方产生的。这类障碍的例子有：语言、文化、背景等方面的差异、偏见、恐惧、冷漠、愤怒、平时的误解等等。最后，我们需要注意各种交流技巧的使用。使用这些技巧首要的一点就是要有好的态度和性格，在某种意义上来说，这点也体现在使用有效的方法来解释事情上，它会更加清楚地帮我们接收信息。我们沟通得越好，我们互信、互敬、互爱，当然我们之间的联系也就会越好。通过这种方法，即便是一些诸如对峙，警告等较为“刺耳”的信息也能让接收者感受到尊重、希望、挑战和鼓励。

**WORLD ACADEMY FOR THE FUTURE OF WOMEN**

**Jerrie Ueberle**  
**President, Global Interactions**

Informed of Our History  
Committed to Our Present  
Creating Our Future

The World Academy for the Future of Women is being created and designed to inspire, inform, and instruct women to discover new skills, networks, and possibilities for discovering their purpose, finding their life path, and living life with passion and commitment.

The Academy is a multi-dimensional concept that incorporates a Curriculum for a New Future for Women Worldwide, a service learning component, a mentoring program, virtual global teams addressing social issues, and collaborative dialogue on how to gain and sustain skills that will yield a powerfully balanced and contributive life.

The Academy is an elective year long curriculum open to all SIAS female students, faculty, and staff. Comprised of seven topics co-facilitated by Chinese and International experts, this continuous conversation, inquiry, and application will develop the potential and possibility for women to fully engage in self-expression and action for reaching their goals.

The Academy will be announced on May 25 at SIAS International University. At the closing ceremony of the 3<sup>rd</sup> Women's Symposium, *Women Making A World of Difference, Discovering and Honoring our Purpose, Path, and Passion* we will begin to move the component parts of the Academy forward. The Curriculum for a New Future for Women Worldwide will begin in September and be co-facilitated by International and Chinese staff. Topics will include are: Sexuality and Health, Effective Communication, Powerful Relationships, Ethics and Integrity, Resource Utilization: Time and Money, Visionary Leadership, Caring and Connected Communities, ... and other topics as they emerge through the dialogue and discussions.

世界未来女性学院

杰瑞·尤伯勒  
环球交流协会总裁

了解过去  
专注现在  
创造未来

创建世界未来女性学院旨在激发并指导女性发觉其新的技能与网络，为她们寻求人生目标、人生道路和一种充满激情且专注的生活创造可能性。

学院本着多维概念吸收包括了世界范围内未来女性合作课程，包括技能学习构成，导师项目，并创建了关于社会议题及合作对话的虚拟全球团队，通过交流了解如何获得并维持平衡生活贡献与收益的技能。

学院将常年向西亚斯所有女性学生和教职工开放选修，并涵盖由中外专家合作提出的七大议题，这种长期的对话、调查和应用将会有助于激发女性在实现目标时全身心地自我表达、自我实现的潜力和可能性。

本学院将于 5 月 25 日在郑州大学西亚斯国际学院举办的第三届女性成长论坛——“女性，使世界为之不同：发现并赞誉女性成长的目标、途径及热情”的闭幕式上宣告成立，我们正将学院的各组成部分向前推进。世界未来女性课程项目将于九月正式开始，并由中外教职工及专家共同协作。课程涵盖以下话题：性与健康、卓有成效的沟通、强有力的关系网、道德与诚实、资源利用：时间与金钱、目光长远的领导艺术、关怀群体…及其他在交流与讨论中逐步增设的课程。

### **“CATCH A WAVE”- RIDE YOUR PASSION TO THE FUTURE**

Patty Vogan, Masters of Psychology  
President  
Victory Coaching, Inc.  
Dana Point, CA

This is a fun and interactive presentation about finding, creating and exploring your individual passions in life and learning to create a clear vision for your future. Learning to have an open mind without internal mental judgment will allow the most creative moments to come forward when a group of women are collaborating and supporting each other as they develop a vision based on the seed of their passion.

Attitude is everything. It is the key to success or failure in life. When your attitude is fueled by the passion that burns in your soul and creates your vision you have confidence, gusto and a can-do approach to life. A positive attitude creates a sense of self-worth. To ride a wave a surfer must have a true belief in themselves as a person and confidence they have the skills to ride that wave. The participants will leave this workshop with an attitude of enthusiasm and the skills to turn their passions into obtainable goals that will guide their path through a clear vision that they learned to develop. They will have fun with the concepts and newly acquired skills and no has to surf or even a desire to surf to understand the metaphors. “When you ride the wave, ride it all the way.”

The speaker is the author of “SURF-VIVAL Handbook for Land & Sea “the book has motivational quotes and stunning photography from professional female surfers. The book was written to inspire young women and refers to all women as “Smart Girls Who Surf”, hence the name of a skin care company that was developed from a clear vision fueled by a passion for surfing. The book inspires women to do the best they can at any given profession in life they choose, take care of the community you live in and give back to children anywhere in the world. The book will be available to the participants.

**乘风破浪——激情引航未来**

帕蒂·沃甘 心理学硕士  
董事长  
胜利指导管理培训公司  
丹纳岬，加利福尼亚州

这是一个关于找寻、创造和探索激情，并引导你憧憬未来的趣味互动的演讲。当女性通力合作去勾画那建立在激情之上的未来图景时，掌握敞开心扉而非主观臆断的方法会使其更有创造性。

态度决定一切，态度乃成败关键。如果你的态度被内心自信的热火所点燃，热情和成功便随之而至。积极的态度令你自信，想乘风破浪，必须坚信自己有能力驾驭风浪。演讲结束后，与会者必将满怀赢得目标的热情与能力去憧憬未来。她们会引发对这个理念和刚习得的能力的兴趣，而且不费吹灰之力地明白“当你驾驭了波浪，必将一路乘风破浪”这句话的含义。

演讲者是《冲浪欢呼——陆地和海洋手册》的作者，书中提供了大量鼓舞人心的职业女性冲浪者的真实案例和图片，旨在鼓舞女性并引导她们成为“冲浪者中的智慧女孩”，因此有家被冲浪引燃激情的皮肤护理公司便以此为名。此书激励生活中各行业女性充分发挥才智兼顾工作与家庭，因此将会对与会者帮助颇深。

**Nurturing our families and relationships:  
Somewhere Over the Rainbow—Someday My Prince Will Come**

**Aaron Vorbau, M.A. & Rachael Vorbau, M.A.**  
Oral English Teachers  
Sias University  
Los Altos, California

This session will inspire women to wait for their true love and not to compromise their values. Aaron and Rachael's story is encouraging to "ladies in waiting." They will share their love story and their journey in coming to China, challenge ladies to be committed to sexual purity, and to be a princess as they look forward to marrying their prince. Rachael will share insights from being a successful single woman and enjoying your single years. Aaron will give his view about women's beauty coming from the inside out. A brief summary of their story is how they met, met each other's families and friends while they were just acquaintances, and then independently of each other had the same summer travel plans and were in five different states at the same time. It was during that "Summer of Love" (40 year anniversary of 1967's "Summer of Love"), that they fell in love and began courtship leading to marriage. Their first day spending time together as friends was on 07-07-07, Chinese Valentine's Day, and were engaged on 02-14-08, American Valentine's Day, and were married on 06-07-08 (which is the date Rachael was given as her wedding day before she even knew Aaron). In May 2007, they were both given encouraging words that they would meet their future spouse that summer, before they even knew each other.

After two weeks of spending time with each other in groups that summer, they both knew that they had met their true love.

**培育家庭与人际关系：  
彩虹之上，等我的王子出现**

**艾伦·瓦堡 文学硕士 和 雷切·瓦堡 文学硕士**

口语教师  
西亚斯国际学院  
洛斯阿图斯，加利福尼亚州

这一会议旨在激励女性去等待真爱并拒绝将自己的价值观妥协处理。艾伦和雷切的故事将会鼓舞那些“等待中的女性”！他们将与大家分享自己的爱情故事与中国之旅，希望女性们能够支持性纯洁——在期待嫁给王子的同时，要做一个纯洁的公主。雷切愿与大家分享她对与做一个成功的单身女性以及单身生活的领悟；而艾伦则会与大家探讨自己对于女性“内在美”和“外在美”的看法。那么艾伦和雷切是怎么相遇的呢？在他们还是点头之交时就已经结识了对方的亲友。而后，他们不约而同地选择了同一个夏季之旅的计划，并同时在五个州之间旅行，也就是在2007年的“爱之夏”行动（1967年“爱之夏”的四十周年纪念）中，他们相知相恋，并最终结为夫妇。在2007年7月7号，即中国的传统情人节，他们第一次像朋友一样相处了一天；2008年2月14日，也就是美国的情人节，他们订婚了；而在2008年6月7日，雷切在认识艾伦之前被指定的结婚日，他们共同步入了婚姻的殿堂。

2007年五月，在他们相遇之前，他们的亲友都曾鼓励他们，说他们这年夏天会遇见生命中的另一半。那年夏天，相处了两个星期后，雷切和艾伦都相信自己已找到了真爱！

**RUN LIKE A GIRL-RUNNING THE RACE!**

**Rachael Vorbau, M.A.**  
Oral English Teacher  
SIAS International University  
China

This session will discuss three aspects of healthy living: healthy choices, self-discipline learned through training, and the whole person. Rachael will share her personal running journey. She always desired to be healthy, but struggled with her personal body image and weight (thinking she was fat). She “hated” running as a high school student because she had asthma, was slow, and didn’t think she was good at it or that she could do it. Six years ago, she was inspired by her friend to try running. She trained for her first race for Thanksgiving called the “Turkey Trot.” At first she thought she would try to run the 5K, but as she started training, she realized she was strong enough to run the 10 K. A year and a half later, she completed her first half marathon and nine months later her first marathon. She became a part-time pace leader with the San

Francisco Nike Club Run to help women train to run their first half or full marathon. She doesn't consider herself a career runner, but she is a runner who is dedicated to her health and helping others to find out that they, too, can run strong. Rachael will also emphasize that life is not all about a person's physical health, but the whole person. She has deepened relationships through her running career and has "running buddies" who are now her dearest friends, including her husband, who has ran four races with her, even a full marathon!

**像那位少女般奔跑——跑出健康来!**

**雷切·瓦堡 文学硕士**

英语口语教师

郑大西亚斯国际学院

中国

这次会议将讨论健康生活的三个方面：健康选择，从训练中习得自律和健康的个人。雷切将和我们分享她自己的跑步历程。她总是渴望健康，但因为自己的体型和体重她在苦苦挣扎（她觉得自己很胖）。中学时的她“讨厌”跑步，因为有哮喘，她跑得慢，而且她不认为自己擅长跑步或者说能跑起来。六年后，她在朋友的激励下开始尝试跑步。她开始训练，为了参加在感恩节的一个叫“火鸡快跑”的活动，那是她的第一次比赛。起初她以为自己最多能跑5千米，但真正开始训练后，她发现自己非常强大，足可以跑到一万米。一年半后，她完成了她的第一个半程马拉松。此后的第九个月，她完成了自己的第一个全程马拉松。她在旧金山的耐克跑步俱乐部里当兼职领跑，帮助其他女性完成她们的第一个一半，或全程马拉松。她不认为自己是职业运动员，但她是一个致力于健身，并帮助他人发现他们自身也能成为跑步爱好者的人。雷切强调生命不仅是指一个人的身体健康，还有精神与身体的结合。她通过跑步，加深了友谊，认识了一些亲密无间的“跑友”，包括她的丈夫。他与瑞秋并肩经历了四次比赛，并陪伴她跑完了其中一个全程马拉松！

## **MARRIAGE MYTHS**

**Wang Chenjia, MBA**

Instructor

SIAS International University

China

It is true now that most young women entered marriage after experiencing what they interpreted as falling in love. After declaring their love to all concerned they would then follow the normal marital procedure. These young women think of marriage without love as immoral, and some go as far as to give up their marriage when the flame has died. What they pursue is a perfect relationship. Does it exist? This article will explore what is the truth of the marriage.

**婚姻神话**

**王晨佳 工商管理硕士**

教师



郑州大学西亚斯国际学院  
中国

如今，大多数年轻女孩在经历了她们认为的恋爱后都走进了婚姻的殿堂。当向亲朋好友宣告自己的爱情后，她们将依照正常的婚姻程序生活。这些年轻的女孩认为没有爱情的婚姻是不道德的，当爱之焰火熄灭，她们会毅然放弃婚姻。但她们追求的完美爱情确实存在吗？这篇文章接下来将探索婚姻的真谛。

## **FAMILY FIRST**

**Wang Dandan, Master**  
Teacher  
SIAS International University  
China

Family first doesn't mean that we only care about family regardless of the job. As we all know, family has a great influence on our personal development. Family is even more important today than in generations past. An ideal family should be a place where we can get warmth, help, comfort and strength. It should also be a source of laughter, and a good means to lessen the tension and pressure we all face every day. A family should be a place where we can cultivate our self-confidence, which is crucial to our further development and to our mental health.

The presentation mainly includes three parts. The first part starts with some questions: Which is more important, the job or family? How to deal with the relationship between the job and family? etc. The second part is about the foundation of family. Love, respect, trust and share are the foundation of a family. All of these will be explained in details. The third part is about what you need to stop doing and what you need to start doing to have a happy family. This includes: Don't cry over spilt milk; Content is better than riches; No secrets; Learn to appreciate, etc.

Therefore, as parents, you are not just raising children, you are also raising adults, and everything you do today impacts what kind of adult your child will become. You are building the future. To your husband or wife, you must open your eyes to the crucial role you play in his or her development.

## **家庭第一**

**王丹丹 硕士**  
教师  
郑州大学西亚斯国际学院  
中国

首先指出家庭第一并不意味着只注重家庭而无视工作。众所周知，家庭对于个人的发展有很大的影响。如今家庭对个人的影响似乎比以往任何时代都显得重要了。理想中的家庭是一个港湾，在那里你能得到温暖、帮助、安慰和力量。同时也是赋予你微笑的源泉，

压力的调和剂。家庭应该是培养我们的自己的场所，这对我们的精神健康和个人的发展至关重要。

演讲包括三个部分。第一部分回答一些疑问诸如工作和家庭哪个更重要，怎么样处理工作和家庭的关系等等。第二部分讲的是家庭的基石，包括爱、尊重、信任、分享等。第三部分是关于应该怎么做才能拥有一个幸福的家庭。包括不要为打翻的牛奶哭泣，知足者常乐，没有隐瞒，懂得分享等等。

所以，作为父母，你不仅仅是在养育孩子，同时也在塑造自己。你现在所作的每件事都会影响你孩子将会成什么类型的人。从某种意义上说，你是在创造未来。作为夫妻，双方应该开拓视野认识到自己在对方的发展中所起的重要的角色。

### **Being Your Best Self!**

**Wang Guizhen, Teacher**

Sias International University

This was how I saw my small remote village: snow in winter piled as high as the eaves of the roofs; crops were either withered by the scorching sun or soaked in the sea of rainwater in summer; together with my family and families of my village, we were out getting in the miserable harvest in the dark chilly night in autumn; spring is a good time for growth and prosperity but sadly people were picking the tender leaves from trees repeatedly to feed the families. I saw half smiles on the tired hungry faces of the villagers. I saw cold hungry kids like me.....

On summer nights, I lay in my open yard, looking into the starry sky, lost into a fantasy. Well, this was the life awaiting me ahead? I would have to fill out my biologically determined destiny like this? The village, the fields and the sky within my view would be all my world? No! I must get out of here! I heard this from my inner ear: move forward and you will change it! This fantasy led me to university. Still another call brought me to Sias International University. Now standing before you is a confident, self-reliant, responsible teacher of English. In short, have confidence in yourself, stay courageous, perseverant, and adventurous, like What President Obama tends to say: Change! Keep on trying and you will make a difference! I'd love to share with you ladies, life is long and hard, but face it bravely and optimistically, be your best self, and you will achieve your goal.

**做最好的自己**

**王桂珍 教师**

郑州大学西亚斯国际学院

这就是我眼里那个遥远的小村庄：

冬日，厚厚的积雪连着房檐；夏日，地里的庄稼要么被炙烈的骄阳烤得奄奄一息，要么浸泡在连绵的雨水里；我和我的乡亲们，在漆黑冰凉的秋夜里，忙着收获那些可怜巴巴的庄稼；春天，应该是个万物生长繁茂的季节，然而，饥饿的村民没等树上的嫩叶长成，就一遍遍把它们摘下来充饥。在村民的脸上，你很少看到微笑，所看到的，是和我一样为饥饿寒冷所困的大人和孩子们的脸庞.....

夏夜里，我躺在院子里乘凉，望着繁星闪烁的夜空，思绪飞向遥远的梦幻世界。这就是我的未来的生活吗？这就是命中注定我应该如此打发一生吗？这个小村庄，这些田野和我所看到的这片天空就是我的全部世界吗？决不！我必须走出这里！在我耳边萦绕着这样的声音：离开这里，命运就会改变！是这个梦想，引导我跨入了大学的殿堂；是这样的梦想引导我来到西亚斯国际学院；站在你面前的是一位自信，自立，有责任心的英语老师。一句话，，要自信，有勇气，敢于冒险，正如美国总统奥巴马所说，要勇于改变。坚持不懈地努力，你会了不起的！

女士们，生活的路艰辛而漫长，但是，请勇敢乐观的面对吧，做最好的你自己，你的理想一定会实现的！

## **WELL BEING FOR EACH AND EVERY**

**Wang Lijuan**

Director of NO.2 Teaching-Research Section  
SIAS International University  
China

Life is given to man only once. Some people are born blind or deaf. Some pass away in a minute. Some live in great pain even they are alive. We have no qualification to complain about some little unfairness in our life if we are healthy. Since life is really precious and short, we should care for our lives and make use of it as plentifully as possible.

The happiest of people don't necessarily have the best of every thing; they just make the most of the things that come along the best of their ways. Love begins with a smile, grows with caring with others .The brightest future will always be based on caring yourself and others, we should make efforts to love and respect each other, and only in this way can we live harmoniously.

Please tell your love to those people who mean something to you, to those who have touched your life in one way or another, to those who make you smile when you really difficult, to those that make you see the brighter side of things when you are really down, to those who you want to let them know that you really appreciate their friendship.

**善待每个人**

**王丽娟**

公外第二教研室主任  
郑州大学西亚斯国际学院  
中国

地球上有各种各样的生命：有机体、动物、植物与人类。人的生命只有一次。有些人生来或盲或聋。有些瞬间即逝。有些活着，却遭受着巨大的痛苦。如果我们是健康的，生活中我们就没有资格抱怨一些小小的不公。既然生命是非常珍贵和短暂的。我们应该关爱我们的生命使它尽可能的多姿多彩。

最幸福的人并不是拥有一切，而是让每件事情以最佳的一面呈现。爱从微笑开始，通过关爱他人而增强。光明的未来总是以关爱他人为基础的，我们应该努力做到热爱和尊敬他人，只有这样我们才能和谐相处在一起。

请把你的爱告诉那些对您来说非常重要的人，那些无论以何种方式接触到您生活的人，那些在您最困难时给您微笑的人，那些当您是真正地落魄时，使您看到事物美好一面的人。那些你由衷地真心感谢他们真挚友谊的人。

## WHAT YOU MAKE OF YOUR LIFE IS UP TO YOU

**Wang Yinping Master**  
Teacher  
SIAS International University  
China

Every person creates his or her own fate. However, people often neglect that they have the ability to describe the life they desire because they ignore the basic truth: it is not our external resources that determine our success or failure, but rather our own belief in ourselves and our willingness to create a life according to our highest aspiration.

In order to be the kind of person we want ourselves to be, we need to develop self-confidence and know imagery and positive thinking are the key to make your dream come true. Self-confidence is one of the most important things we can have. Confidence can be gained by knowing, understanding and correctly applying the following formulas and factors:

- (1) Knowledge + Experience + Positive feedback = Confidence
- (2) Positive feedback comes from successful outcomes
- (3) Successful outcomes are the result of consistent practice and repeated attempts
- (4) Repeated attempts are possible only when we believe we will finally succeed

Imagery is useful in building self-confidence, but only if properly applied. Imagery is supposed to be used to imagine achievement of a goal is being worked towards in order to help you to believe that goal is attainable.

“What you see is what you get.” Psychologists tell us that nothing controls our lives more than our self-image. We live like the person we see in the mirror. We are what we think we are. If you don't think you'll be successful, you won't. You can't be it if you can't see it. If you want to change your life, you must change your vision of your life.

In the world, people have proven the truth: what you make of your life is to you.

## 拥有什么样的人生取决于你自己

王银平 硕士

教师

郑州大学西亚斯国际学院

中国

每个人都是自己生活的缔造者。然而，人们经常忽视这样一个事实：他们有能力去描绘他们想要的生活，这是因为他们没有意识到不是外部的环境决定我们成功与否，而是我们对于自身的信念和追求我们最想得到的生活的意愿。

为了实现自己的梦想：我们需要培养自信并且了解意象，积极的思考是我们梦想成真的关键。自信是我们所能拥有的最重要的财富之一，自信可以通过了解，理解和正确运用下面这些原则和因素获得。

- (1) 知识+经验+积极反馈=自信
- (2) 成功的结果带来积极的反馈
- (3) 成功的结果源于不懈的努力和反复的尝试
- (4) 唯有相信自己会成功，才能不断尝试

合理利用意象，对自信的培养非常有用。为了帮助自己确定的目标可以达到，应该用意象来想象你所设定的目标已实现。

“你得到的就是你想到的”心理学家说，没有比自我意象更能控制我们的生活，我们就像镜子中看见的这个人那样生活，我们自认为怎样，实际上就会怎样。如果你觉得自己不会成功，那这将会成为事实；如果你想不到，那你也做不到。你的意象限制了你的人生。如果你想改变人生，就必须改变自己的意象。

总之，拥有什么样的人生取决于你自己。

## **BEING YOUR BEST SELF: ABOUT THE WOMEN'S MULTI-VALUES**

**Wei Xiuli**

Assistant to Director of Academic Affairs Department

SIAS International University

China

Women play alternating roles in the modern society. I, who acts as a daughter, a wife, a mother and an office lady, am willing to discuss with the contemporary women about the modern Chinese women's multi-values from my own experience and realization.

1. Women's character determines that the women's final destination is working for other's well-being.

2. Due to the differences of gifts, chances, environments, experiences, the modern women should decide the core values of how to be the best yourself according to our own qualification and our condition in reality.
3. Women's values is polymorphous, we should establish our core values in the light of different life seasons and changing roles.
4. Women's success is polymorphous. Whether a woman is successful or not can not be valued by the success in one single field, but be measured by the effectual consequence of the whole values system.
5. Success is not simply a result, more important is the process.
6. "Self-respect, self-confidence, self-support, self-improvement" are bases of women's self-accomplishment.

## 做最好的自己——谈女性多元价值观

魏秀丽

教务处处长助理

郑州大学西亚斯国际学院

中国

女性在现实社会中扮演着多重角色，本人以一个女儿、妻子、母亲、职场女性的多重身份，从自身的经历与体会和与会女性朋友一起探讨当代中国女性的多元价值观。

- 1、女性的特点决定女性人生的终极目标是为他人谋福祉。
- 2、因天赋有别、际遇有别、环境有别、经历有别，当代女性应该根据自身的条件和自己在现实生活中的状况来确定“做最好的自己”的核心价值观。
- 3、女性的价值观是多元的，应该随人生季节的不同，角色的变换，确立自己的核心价值观。
- 4、女性成功是多元的，女性是否成功，不能以单一领域的成功与否为标准，而应以整体价值实现结果来衡量。
- 5、成功不仅仅是一个结果，更重要的是实现结果的过程。
- 6、“自尊、自信、自立、自强”是女性实现自我的立身之本。

## HE ROLE OF WOMEN IN BUILDING SENSE OF COMMUNITY; THE POWER OF NETWORKING

**Marek Wosinski, Ph.D.**

Lecturer/ Facilitator of UCP-SARNET

Arizona State University

Mesa, AZ

There is an interesting relationship between sense of community experienced by the members of a particular community and their involvement in community actions. On one side, the higher is the sense of community, the bigger is the chance that citizens will become active.

On the other side, involvement in community action itself is increasing the sense of community. Therefore one of the major tasks for an effective community leader is to create in the community conditions in which high sense of community would come to existence.

Sense of community has four components: sense of belonging, sense of influence, feeling that individual needs can be met by the resources existing within the community and finally emotional connection among community members. Based on my experience as a community professional I believe that women can easily become powerful community leaders when they focus their effort on developing each of these components within the community they are a part of. In my presentation I will discuss each component of sense of community and derive practical conclusions that can be implemented by women who are or planning to be in a leadership role. In this context I will also argue that because of their unique understanding of the impact cultural context has on successful organization of community programs, women can play an important role in building networks, both on the local and the global levels.

## 女性树立社会意识的角色——网络的力量

马立克·沃森斯基 博士

演讲者/大学——社区行为研究协作网推进者

亚利桑那州立大学

梅萨，亚利桑那州

社区的成员们所体会到的社区经历意识和他们参与社区活动之间有着一种有趣的关系。一方面，公民社区意识越强，其变得更积极主动的可能性就越大。另一方面。参与社区活动本身就能增强公民的社区意识。因此，一个真正的社区领导的主要工作之一就是使社区意识在社区环境条件下创建并得以存在。

社区意识的四个组成因素：归属感、影响力、能从现有社区资源中得到满足的个体需求和社区成员间情感关联。依靠我作为社区专家的经验，认为当女性能够于她们所在社区中致力于发展每一个因素，她们就很有可能成为有影响力的社区领导。在演讲中，我将与大家逐一讨论社区意识的组成因素，还将总结出那些已经是或者即将成为领导的女性的客观结论。在这里，我也将论证正是由于女性对文化背景在成功的社区活动组织中有独特的见解和影响，她们才能够在当地以及全球范围内网络的建立中扮演重要角色。

## Fulfilling Your Dream

Xiao Ruizhen

Director of Employment Department

SIAS International University

China

During the long lifetime, nearly everybody wants to fulfill your dream, long for deducing a wonderful life scene and expect to step on the way to success. However, the journey of choosing an occupation had begun since you entered the campus on the first day. As the old saying goes “only profound accumulation can break into success, only bitter and piercing environment can result into plum blossom, ”Without the industrious cultivation, how to harvest the fruits of achievements?

Now we can see the rapid development of science and technology and the inking of knowledge economy, thus, in modern society nobody can exactly predict what concrete knowledge and skills should the workers in the future have to adjust to the requirements of new economy and technology? Faced with companies of different requirements, various and complex positions and fiercely competitive employment situation, how we college students cope with? And the answer is sole---that is the good self-quality which contains the honest character, excellent achievements, extensive knowledge, healthy mentality and strong body. The good self-quality is the fundament of success and the golden key to the door of employment, it is also the pass of fulfilling your dream.

## 实现自身梦想

肖瑞真

就业指导中心主任

郑州大学西亚斯国际学院

中国

在漫长的人生路上，实现自身梦想，几乎所有人都渴望演绎一幕精彩人生，几乎所有人都企盼踏上一条成功之路，然而，大学生择业的征途是从你刚刚迈入大学校园的那一天开始的，厚积才能薄发，梅花香自苦寒来，没有辛勤的耕耘，哪有战功之果？

当今社会，科学技术飞速发展，知识经济初露端倪，任何人都难以准确地预料到新经济、新技术将会要求未来的劳动者具备那些具体知识和技能。面对需求各异的用人单位，面对纷繁复杂的职业岗位，面对竞争激烈的求职现状，我们大学生应该如何应对？答案只有一个，那就是良好的素质。它包括诚实正直的品质、优异的成绩、广博的知识、健康的心理和强健的体魄等。良好的素质是成功的基础，良好的素质是大学生开启职业之门的金钥匙，良好的素质是通往理想彼岸、实现自身梦想的通行证。

## A LESSON ON LIFE

Xu Binhe, Ph.D.

English Speech Team Coach

SIAS International University

China

The speaker's pregnancy makes her think deeper into the uniqueness of Life. The presentation begins with the speaker's acquaintance with an 18-year-old pregnant girl. The special experience inspires the presenter to share with the female audience, especially the girl students, the



necessary information on treasuring their bodies is to treasure the greatness of Life. The speech is fulfilled by discussing the inner worlds of the people who commit premarital sex, people's indifference to abortions, women's special bond with Life, women's natural power to protect Life, the difference between a girl and a woman and women's special mission. It aims to help the girl students understand how special they are and their special missions to protect Life and themselves. The presentation also uses multimedia to enhance understanding, for example, the speaker's personal pictures, her baby's heartbeats and various videos.

KEYWORDS: Life, pregnancy, uniqueness, abortion, premarital sex, women's value

## **FUFILING YOUR DREAM**

**Xue Chunmei, Master**  
Teacher  
SIAS International University  
China

Just as Martin Luther King said, "I have a dream" nearly half a century ago. Today, I also want to say, "I have a dream too".

I have a lot of dreams being a woman, and like a man. I always think that man and woman, born equally, should share the same thrilling dreams, whether in job careers, families and social positions or in freedom and political rights as well. In the past, the things that women expected in their lives were so small and so pitiful. And how dare they have wishes to dream something? However, now and today, everything has changed a lot. Women could have dreams and fulfill them. For instance, Condoleezza Rice (born November 14, 1954) is the 66th United States Secretary of State. Rice is the first African American woman, second African American (after Colin Powell, who served before her from 2001 - 2005), and second woman (after Madeleine Albright who served from 1997 to 2001, before Colin Powell) to serve as Secretary of State. She was once so ordinary a woman once, however due to her strong will and hard work; she finally became one of the most powerful women in the world. Absolutely, she has fulfilled her dream. Therefore, women today please go outdoors bravely, with your own dreams. As for me, I have never stopped pursuing my dreams, beautiful dreams. Travelling around the world, being independent, contributing to this world and its people, and to love and to be loved, they are all my dreams! I never stopped that. Sisters, I would say now, please have dreams, keep pursuing dreams and fulfill your dreams!

**实现自身梦想**

**薛春美 硕士**  
教师  
郑州大学西亚斯国际学院  
中国

马丁路德·金在约半个世纪前曾发表演讲“我有一个梦想”。今天，我也要讲“我有一个梦想”。

作为一名女性，我有着像男性一样多的理想与抱负。男人和女人生来平等，因此我一直认为不论从事业、家庭、社会地位方面来说，还是从自由与政治权利方面来说，女性都应该与男性一样，有着伟大的理想抱负。在旧社会，女性一生中所期盼的事物是那么的微不足道，还哪敢去奢求更多呢。然而现如今，随着社会进步，女性们可以有更多的追求与理想并为之奋斗。以美国第 66 任国务卿康多利萨·莱斯（生于 1954 年 11 月 14 日）为例，她是美国历史上第二位非裔国务卿（第一位是科林·鲍威尔，2001-2005 年任职），也是第二位女国务卿（第一位是在科林·鲍威尔之前 1997-2001 年任职的玛德琳·奥尔布莱特），因此她是美国历史上第一位非裔女国务卿。她也曾是个很平凡的女性，但她坚定的信念和不懈的努力使她最终成为世界上最具影响力的女性之一。显然，她实现了自己的梦想。因此，今天在场的女同胞们，请带着你的理想勇敢的走出家门！就我个人而言，我从未在我美好梦想的道路上止步。环游世界，独立自主，为这个世界和人民做贡献，去爱并享受被爱，这些都是我的理想。我从未停下脚步。姐妹们，我呼吁大家都能怀揣梦想，为之奋斗，并最终到达理想的彼岸！

## **TO DO YOUR BEST**

**Zhang Yanyan Master**  
Teacher  
SIAS International University  
China

1. Be yourself: to do your best, you should first of all be yourself.
  - 1) Understanding you: You should understand yourself from all aspects in depth, including the merits and shortcomings.
  - 2) Acceptance of yourself: You should accept yourself, then counting on others to accept you.
2. Constantly improving you: To do your best, you must constantly improve yourself, progress a little bit every day.
  - 1) To be positive and optimistic
  - 2) To be open-minded and cheerful
  - 3) To be self-respect and self-confident
  - 4) Keep on learning
  - 5) To be in a continual process of reflection

**做最好的自己**

**张艳艳 硕士**  
教师  
郑州大学西亚斯国际学院

## 中国

1. 做你自己：要做最好的自己，首先要做回自己，做好自己。
  - 1) 了解自己：全面深入了解自己的方方面面，包括优点缺点，兴趣爱好等等。
  - 2) 接纳自己：无论自己是什么样的，首先自己要接纳自己，才能指望别人接纳自己。
2. 不断完善自己：要做最好的自己，就要不断完善自己，每天进步一点点。
  - 1) 要积极乐观
  - 2) 要豁达开朗
  - 3) 要自尊自信
  - 4) 要不断学习
  - 5) 要不断反思

## HOW TO PERFORM AT THE BEGINNING OF A NEW JOB

**Zhang Yu**

Assistant of Store Manager  
Zhengzhou Carrefour

This presentation will share some of my experiences of how to perform at the beginning of my job. Then give you some suggestions of looking for a job and performance of your job because we all know it was hard to find a good job now. Frankly, it was not easy to be a member of Carrefour. At the beginning, I was an assistant of HR. Due to my performance, I got a promotion of store manager assistant. As a new comer, I really spent much hard time, lots of fussy work and relation to deal with. We have more than 300 employees and more than 30 depts. Now, I adapt the busy days and different people.

Then I will give you some suggestion.

1. Choose a big company to practice yourself. It is true you do not have experience, but believe you have much knowledge and fresh thoughts. Big companies are always willing to stock some capable young people. It is your chances.
2. Have confidence. Never too shy to speak or work. Never conceal your abilities, show them to your boss.
3. Have right relation with your boss and workmates. It is maybe the most important thing of your career.
4. Always have passion; maybe one thing you do not care will attract your boss.

## 如何在职业初期表现自己

**张宇**

店长助理  
家乐福郑州店

此次演讲将会分享关于怎么样在职业初期表现自己的经历。然后我会就怎样找工作和怎样表现自己提出一些建议，因为大家都知道现在找工作很难。坦白的说，我能成为家乐福的一员也非常不容易。一开始我是家乐福人力资源部的助理，由于我的出色表现，我晋升为店长助理。作为一个新员工，我确实度过了一些很艰难的日子，很多繁琐的工作和很多复杂的人际关系需要处理。我们店有 300 多个员工和 30 多个部门。现在，我已经适应了忙碌的生活和面对不同的人。

之后然后我要提出些建议：

1. 选择大公司去锻炼自己。确实在职业初期你没有工作经验，但是你要相信你有很多知识和新鲜的想法。大公司总是愿意去储备一些有能力的年轻人。这就是你们的机会。
2. 有自信心。在工作中不要害羞不敢去讲话。不要隐藏你的能力，在你的老板面前表现出来。
3. 处理好你和老板及同事间的关系，也许这是你职业生涯中最重要的事情。
4. 保持积极向上的态度，也许一件你不在意的事情就会吸引到你的老板。

## **THE CHALLENGES OF LEADERSHIP FOR WOMEN IN A BUSINESS ORGANIZATION**

**Zhao Zhiying, M.A.**

Teacher

SIAS International University

China

Many women become very successful in business, because these successful business women have a gravity-defying level of self-confidence. They seem to be born with a preternatural sense of what their customers/clients want. The displaying of their feminine side attracts customers and helps women to manage employees. These are positive sides in the development of women's role in business world.

As increasing growth of women enter leadership roles that traditionally have been occupied by men, the leadership styles of female leaders begin to attract people's attention. They are empowering passion and vision, and good at generating teams and teamwork. Today, corporate leaders are asked not only to be stewards of organizations, disciples of brands, motivators of people, and architects of company strategy. They are also required to be representatives of corporate culture and morality. Leaders are under intense scrutiny about the validity of representatives. In order to meet these needs, female leaders face more challenges in leadership role than male.

The goal of this speech is to understand leadership challenges faced by women in a business organization by talking about their leadership styles, history of female's leading roles and social status. With the increasing importance of putting women in leadership role, it is crucial to train women in business to be effective leaders. As college students, they are facing the challenges of training themselves to be effective and efficient in doing their jobs. Hopefully,

students could perform their passions, enthusiasm and teamwork spirits, and understand the importance of their leading role in this transition.

## 女性在商业组织中所面对的领导力的挑战

赵志英 文科硕士  
教师  
郑州大学西亚斯国际学院  
中国

许多的女性在商业领域非常的成功，这与她们的蔑视一切的自信是密不可分的。她们似乎对于消费者和客户的需求有着强烈的、与生俱来感应。女性领导者柔美的一面的展现吸引了消费者同时也有助于女性领导者更好的管理她们员工。这些是在商界女性角色发展有利的一面。

随着越来越多的女性进入了在传统观念中一直被男性控制的领导角色中，女性领导的领导方式也开始引起人们的注意。她们富有热情、远见，并且擅于组建团队和发挥团队合作精神。现在，不仅要求团体领导是组织的筹备者、品牌的追随者、员工的动员者和公司策略的策划者，也要求他们是团体文化和道德的代表者。领导们在代表的有效性上受到严密的监视。为了满足这些需要，女性比男性在领导角色中面临着更多的挑战。

我的这篇演讲稿的目的是通过对女性领导方式，女性领导角色的历史和社会地位的探讨来更好的理解女性在商业组织中所面对的在领导方面的挑战。随着女性在领导角色中发挥的越来越重要的作用，把商业女性培养成高效的领导者是至关重要的。作为大学生，她们所面临的挑战是把自己培养成为在工作中高效的人才。我们希望，同学们能够发挥自己的激情，热情和团队合作精神，并且能够理解女性的领导角色在这个过渡时期的重要作用。

## HOW TO EXPRESS OUR LEADERSHIP

**Zheng Yuling, Bachelor's Degree**  
President  
Henan University of TCM  
China

1. Study hard and enrich ourselves.  
Regardless of the leader in which level, we should seriously study our main knowledge and become experts.
2. Transfer situation to the grass-roots level and exercise ourselves.  
We should be competent to be a commander as well as a soldier.
3. Observe rules and be strict to ourselves.  
We should observe laws and rules don't lose ourselves in a variety of temptations.
4. Treat people with emotional and treat work with rational.

We should provide thoughtful concern for subordinate colleagues, but deal with work follow rules.

5. Honest to others and studious to work.

Hard work can make up for a lack of intelligence, and then bring achievements.

6. Modest to others and utilize resources.

We should utilize others' power, experience and influence to strong ourselves, modest to them instead of asking for return.

## 如何表现领导力

郑玉玲 学士

院长

河南中医学院

中国

1. 认真学习，充实自己

不论从事那一级的领导，都要认真学习主管的知识，成为内行。

2. 深入基层，锻炼自己

能当指挥官，更能当战斗员。

3. 遵规守矩，严格要求自己

遵循法律法纪行事，并能在各种诱惑中不迷失。

4. 以情待人，用理做事

关心下属同事的疾苦，但处理事情有理有节。

5. 以诚待人，用勤做事

勤能补拙，勤能出智，勤能出才干。

6. 虚心待人，善“借”做事

借力、借鉴、借势、虚心待人、不求回报。

## BEING YOUR BEST SELF

**Zhou Huiling, Bachelor's Degree**

Vice President

Zhengzhou Vocational and Technical Institute

China

Everyone is one person in the world.

Who is the champion in the match? Rabbit or tortoise?

It depends on whom they will contest with and where is the venue. On the land, tortoise is not rabbit's adversary in the race. In the water, tortoise can show his natural gift for swimming while rabbit can do nothing but heaving a sigh on the bank.

It is said that, “a flower has its own beauty and a tree has its own tallness.” To everyone you are not replaceable. Everyone can be the champion and be your best.

How to be our best and the champion?

Firstly, we should find the right position in our life, we should play the role well in life, and we should bear the responsibilities in life.

“Position” is the basic of a person.

You can create your personal value if you find your right position.

Secondly, we should have a happy attitude. “Attitude is everything.” Happy attitude can lead to be successful.

“Three Kuai principles” means happy, hardworking and exciting. They are the footstones of success.

Third is self-confident. Believe yourself, conquer yourself, and reach beyond yourself. Although you are not successful when you are young, you must be successful later in your life.

You can be competent person who make contributions to our country, to human beings, and to yourself if you never give up. Everyone knows his right position, everyone creates his personal value, and everyone does his best, then our society can be prosperous, collaborative and harmonious.

## 做最好的自己

周慧玲 学士

副院长

郑州职业技术学院

中国

每个人在世界上都是独一无二的个体。

乌龟和兔子比赛谁能拿冠军？

这要看比什么和比赛的场地在哪里。在陆地上比赛跑，乌龟不是兔子的对手；在水里比游泳，乌龟则可一展身手，兔子则只能望水兴叹、望龟莫及。

正所谓：花有花的美丽，树有树的伟大。每个人都有不可替代的精华。在人生的赛程中，谁都可以拿自己的冠军，做最好的自己。

怎么样做最好的自己，拿自己的冠军呢？

首先，要找到自己人生的“位”，扮演好自己的人生角色，承担起相对应的人生责任。

“位”，“人”的“立”身之本。

人生只有找准位置，才能创造人生价值。

其次，要有快乐的人生态度。“态度决定一切”，快乐引领成功。

“三快原则”——愉快、勤快、痛快，成功的基石。

第三，自信。相信自己、战胜自己、超越自己。当下即使没有少年得志，也要相信自己定会大器晚成，只要不断努力，每个人都可以由可造之材成为可用之材，和为社会、为人类创造财富之才，做最好的自己。人人都守好自己的“位”，人人都创造自己的价值，人人都做最好的自己，就能共同建设祥瑞、合作、和睦、繁荣、兴旺的和谐社会。

## **Improve the National Health Level to Create a New Harmonious Life**

**Zhou Jiewen, Ph. D**

Chairman of the Board

Henan Boteli Educational Counseling Company Ltd.

China

1. Health Crisis of Chinese People
  - 1) . Worries on the Health Problems of Chinese Inhabitants
  - 2) . Frequent Food, Health Care and Medical Accidents Problems
  - 3) . Urgency of Health Problem
  - 4) . A sharp short of health professionals
2. Improve the Public Health Level to Create a Harmonious Life
  - 1) . Great Importance Attached by Related Government Departments
  - 2) . Great efforts Made to Train Health Professionals
  - 3) . Improvement on Making Health Education to Public
  - 4) . Establishment of Service Industry on Professional Health Care
  - 5) . Improving Public Health to Create a More Harmonious Life

**搞好全民健康 构建和谐新生活**

**周睫雯 博士**

董事长

河南省伯特利教育咨询有限公司

中国

1. 中国人的健康危机



- 1) . 中国居民健康问题令人担忧
- 2) . 食品问题、保健问题、医疗事故频频发生
- 3) . 健康问题 迫在眉睫
- 4) . 健康专业人才缺口巨大

## 2. 搞好全民健康 构建和谐新生活

- 1) . 国家有关部门高度重视
- 2) . 大力培养健康专业人才
- 3) . 做好健康普及教育工作
- 4) . 建立专业的保健领域服务产业
- 5) . 带动全民健康，构建和谐新生活