Conference Plenary Sessions Include:

Identifying and Celebrating Your Strengths

“Outside” Success Stories for Those “Inside”

The Successful Job Interview

Dress for Success for Less (fashion show)

What Conference Participants Say About the Success Inside and Out Conferences.....

“I learned to have a positive attitude. I can make my own choices.”

“I learned that even though I am a felon, I can still change my life and it is not too late to accomplish my goals.”

“I learned I am worth something.”

“I learned about building a healthy relationship with myself.”

“I learned not to be afraid. I can stand on my own two feet.”

“I learned I can be a success. I can do anything.”

“I learned about the help outside and that people do care about us.”

Inspirational speaker, Shirley Mae Springer-Staten, closes the 2007 conference

For more information, please contact baiken@courts.state.ak.us
Conference Goals

- To provide mentorship and support for women in prison who are within one year or less of release
- To provide women prisoners with information about resources available to them upon release
- To provide an opportunity for women judges and other women professionals to participate in a program within the prison, observe the prison environment, and become acquainted with correctional officials

Conference Concurrent Sessions Include:

* Surviving Probation
* Housing and Transportation
* Job Search Tips
* Getting Involved in the Arts
* Continuing Your Education
* Establishing Healthy Relationships
* Addiction Treatment
* Fitness Training
* Yoga

The first *Success Inside and Out* was presented at Hiland Mountain Correctional Center in November 2006 and the second in October 2007. *Success Inside and Out* was developed under the guidance of Alaska Supreme Court Chief Justice Dana Fabe and a steering committee comprised of 22 women leaders and women judges. The program is a national program sponsored by the National Association of Women Judges (NAWJ).