

2017 Women Lead HERe Schedule At-A-Glance

7:30 am - 8:00 am	Registration & Networking		
8:00 am - 8:30 am	Opening & Welcome		
8:30 am - 9:20 am	Morning Launch Resilience: Finding Your Inner Strength Vanessa Ruiz		
9:35 am - 10:30 am	<u>Breakout Session A</u> Building Confidence and Empowerment through Assertive Communication Dr. Heather Rabin	<u>Breakout Session B</u> Rising Above Stress: Mastering the Art of Stress Management Shawn Bradford	<u>Breakout Session C</u> Closing the Negotiation Gap: We're Worth It! Cally Christensen
10:45 am - 11:15 am	Afternoon Inspiration Because It's Up To You to Create the Kind of Life You Want to Live Karina Bland		
11:20 am - 12:10 pm	The Part That Could Save Your Life Strong Hearts: A Panel Discussion on Women and Heart Disease Dr. Priya Radhakrishnan, Dr. Iva Smolens, Mary Lee Decoster Moderated by Jenn Sommers		
12:10 pm - 1:10 pm	Lunch & Laughs		
1:10 pm - 2:00 pm	<u>Breakout Session D</u> Rising Strong in the Face of Financial Crisis Karen McDade	<u>Breakout Session E</u> Emotional Resilience: Leading From the Inside Out Karen Hamby	<u>Breakout Session F</u> Strength & Safety: Self Awareness and Safety Training SheriAnne Little
2:10 pm - 2:50 pm	Confections & Connections - Dessert & Networking		
2:55 pm - 3:45 pm	Closing Inspiration Journey to the White House and Beyond: From Underdog to Top Dog Dr. Connie Mariano		
3:45 pm - 4:00 pm	Closing Remarks, Raffle Prizes & Send Off		
4:00 pm - 4:30 pm	Optional: Wrigley Mansion Tours & Book Signing		
4:00 pm - 6:00 pm	Optional: Happy Hour & Networking		

Morning Breakout Sessions (Choose One)

- A) Building Confidence and Empowerment through Assertive Communication - Dr. Heather Rabin**
Learn the difference between passive, aggressive, and assertive methods of communication to help build confidence in the workplace and beyond. This session is designed to provide you with the tools you need to communicate with poise, confidence and sophistication by utilizing assertive wording and body language.
- B) Rising Above Stress: Mastering the Art of Stress Management – Shawn Bradford**
This session will teach you how to mindfully rise above stress to gain energy, focus and happiness. You'll learn to identify how and when we are stressed, and gain clarity on your personal stress triggers. More importantly, you'll engage in several scientifically backed strategies like breath work and movement to successfully manage stress for maximum well-being.
- C) Closing the Negotiation Gap: We're Worth It! – Cally Christensen**
This session focuses on actionable strategies to empower women to feel increasingly confident and assertive in managing personal and career negotiations. Realize your full potential by learning about the top 5 reasons for raises, and how to objectively identify skill differentiators in the new talent marketplace. Designed to help us learn to speak our truths and ask for what we want (personally and professionally) this session will drive us to negotiate for ourselves as well as we do for friends and family.

Afternoon Breakout Sessions (Chose One)

- A) Rising Strong in the Face of Financial Crisis – Karen McDade**
Money and finances have a direct impact on our feelings of worth, shame and vulnerability and often have a causal effect on our ability to rise up strong after adversity. Unexpected job loss, divorce, illness or death can create additional stress and hinder your ability to make rational decisions about your next steps. In this workshop, Karen will help attendees craft an actionable roadmap to help recover from (or avoid) a personal financial crisis.
- B) Emotional Resilience: Leading From the Inside Out – Karen Hamby**
In this workshop, you will assess and learn how to manage your own personal energy and resilience. You will develop ways to get out of your head and into your body, shifting energy to creating a joy filled life and learn how to equip yourself to stay in your personal power and choose your response to any given external situation.
- C) Strength & Safety: Self Awareness and Safety Training – SheriAnne Little**
Arm yourselves with the information and tools to help you recognize potential threats, create boundaries and diffuse aggressive behavior. In addition to learning about staggering statistics, you will learn some basic moves that can enable a safe escape in a frightening situation.