

VIRTUAL CONFERENCE

# Women's Self-Care, Health & Wellness

A G E N D A

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April 29-30, 2021



DiversityWomanMedia



# Women's Self-Care, Health & Wellness

## Agenda\*: 4/29/2021 • All times EST

8:00am	Exhibit hall opens
10:00am	<b>Welcome: Dr. Sheila Robinson</b> <b>Fireside conversation</b> with <b>Dr. Julie Silver</b>
10:30am	<b>Morning Keynote</b> — <b>Kara Goldin</b> in conversation with <b>Alexandra Carter</b> <b>"Undaunted: Overcoming Doubts &amp; Doubter"</b>
10:50am	<b>Integrated Health Panel</b> <b>"Thriving vs. Surviving: The Impact of the Current Climate on Your Mental, Emotional and Physical Health"</b> <b>Jasmine Banks</b> , Blogger and Mental Health Professional; <b>Alethia Jackson</b> , Vice President, Federal Government Relations at Walgreens Healthcare & Retail Leader; <b>Dr. Hemalee Patel</b> , Internal Medicine Physician, One Medical; Physician, Internal Medicine, Stanford Hospital & Clinics <i>Moderated by Dr. Janet Taylor</i> , Community Psychiatrist, Centerstone
11:30am	<b>Meditation Moment</b> with <b>Cesar Fernando Barajas</b>
11:35am	<b>Health Panel</b> —"Self-Care and Well-Being for BIPOC Fatigue and Trauma" <b>Mary-Frances Winters</b> , Founder and CEO of The Winters Group, Inc. <b>Additional Speaker</b> TBA <i>Moderated by Erin Tselenchuk</i> , Co-Founder and Co-CEO, RISEQUITY
12:05pm	<b>Live Cooking Demo and Nutritionist Q&amp;A</b> <b>Desiree Neal</b> , Executive Chef, Virginia Beach Convention Center <i>in conversation with Afaf Qasem</i> , Nutritionist Expert
<b>BREAKOUT WORKSHOPS</b>	
1:00-2:00pm	<b>SESSION 1 &gt; Movement</b> <ul style="list-style-type: none"> <li>Restorative Yoga with <b>Jacalyn Prete</b></li> <li>Move into Meditation and Breathing with <b>Cesar Fernando Barajas</b></li> <li>Cardio Pilates with <b>Reena Vokoun</b></li> </ul>
2:00-2:45pm	<b>SESSION 2 &gt; Wellness &amp; Mental Health</b> <ul style="list-style-type: none"> <li>The Power of Sleep with <b>Dr. Michael Breus</b>, The Sleep Doctor</li> <li>Resilience with <b>Susan Stith</b> and <b>Dr. Stuart Lustig</b></li> <li>Intuitive Eating with <b>Cordialis Msora</b>, MA, RDN and <b>Kimberly Wolf Hagenbuch</b> MS, RD, LDN, CDCES</li> </ul>
2:45-3:30pm	<b>Afternoon Keynote</b> <b>Living Beyond: Your 'What If': Release Your Limits and Live Your Dreams</b> <b>Dr. Shirley Davis, CSP</b> in conversation with <b>Dr. Sheila Robinson</b>
3:30pm	Live Raffle and Giveaways
3:40pm	Closing with <b>Dr. Sheila</b>



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## Agenda\*: 4/30/2021

8:00am	Exhibit hall opens
8:00am	<b>Wellness Session:</b> Opening Live Yoga with <b>Melissa Wojcik</b>
9:00 am	<b>Keynote:</b> Dr. Michelle Robin, Small Shifts for Big Impact
9:50am	<b>Wellness Session:</b> Tea Session and optional journaling with <b>Melissa Wojcik</b>
10:00am	<b>Guisselle Nuñez</b> , Develop Your Personal Brand Confidence
11:00am	<b>Jackie Welch</b> , Key Strategies to Rebuild, Repair and Refill Your Relationship
10:00am—4:00pm	<b>Coaching sessions</b>

### Group Coaching

#### Exhibit Hall (first come basis)

- 10:00-11:00am **Jessica LaMarre**  
Moving To First Place
- 11am-12:00pm **Jessica LaMarre**  
Finding My Voice
- 12am-1:00pm **Guisselle Nuñez**  
Develop Your Personal Brand Confidence
- 12:30-1:30pm **Jessica LaMarre**  
Undoing the Layers"
- 1:00-1:45pm **Natalie Garay**  
Post-baby Rehabilitation & Wellness"
- 1:00-2:00pm **Leisel Whitlock**  
Centering Happiness When Designing a Life
- 1:30-2:00pm **Reena Vokoun**  
Gallup Strengths-Based Coaching"
- 1:45-2:30pm **Natalie Garay**  
Post-baby Rehabilitation & Wellness
- 2:00-3:00pm **Leisel Whitlock**  
Centering Happiness When Designing a Life
- 2:30-3:15pm **Natalie Garay**  
Post-baby Rehabilitation & Wellness
- 3:00-4:00pm **Leisel Whitlock**  
Centering Happiness When Designing a Life
- 3:00-4:00pm **Jackie Welch**  
Key Strategies to Rebuild, Repair and Refill Your Relationship

### 1:1 Coaching

**10:00a. – 4:00pm**  
**Pre-registration is required**

**SIGN UP HERE**

- Christie Smirl**  
Ayurvedic Consultations
- Joie Seldon**  
Emotions and Essential Self-Care
- Jessica LaMarre**  
Moving To First Place / Finding My Voice / Undoing the Layers
- Bindu Garapaty**  
Strategies to optimize your inner 'Happy Leader'
- Monica Phillips**  
Higher Self Coaching Sessions
- Stelli Munnis**  
An Inner Practice to Live Wise and Well Coaching

\*as of April 24, 2021

**DiversityWomanMedia**



# Women's Self-Care, Health & Wellness

## OUR SPEAKERS



**Jasmine Banks**  
Blogger and Mental  
Health Professional



**Ceasar Fernando  
Barajas**  
International  
Wellness Mentor &  
Advocate



**Michael J. Breus,  
Ph.D.**  
Clinical Psychologist



**Alexandra Carter**  
Columbia Law  
Professor & Author,  
"Ask for More"



**Dr. Shirley Davis**  
President and CEO,  
SDS Global  
Enterprises, Inc.



**Kara Goldin**  
President and CEO,  
Hint, Inc.



**Alethia Jackson**  
Vice President, Federal  
Government Relations;  
Head of Advocacy;  
Walgreens



**Kim Hagenbuch  
MS, RD, LND,  
CDCES**  
Registered Dietitian and  
Certified Diabetes Educator



**Dr. Stuart Lustig**  
Lead Medical Director  
for Child and  
Adolescent Care,  
Cigna's Behavioral  
Health Business



**Cordialis  
Msora-Kasago**  
Regional Nutrition  
Manager, Sodexo  
Healthcare



**Desiree Neal**  
Executive Chef,  
Virginia Beach  
Convention Center,  
Sodexo



**Dr. Hemalee Patel**  
Internal Medicine Physician,  
One Medical; Physician,  
Internal Medicine, Stanford  
Hospital & Clinics



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## OUR SPEAKERS



**Jacalyn Prete**  
Certified Anusara®  
Yoga Teacher Trainer



**Afaf Qasem**  
Director of Quality of  
Life Services, Food and  
Nutrition; Environmen-  
tal Services, Tallahassee  
Memorial HealthCare



**Dr. Michelle Robin**  
Founder, Your  
Wellness Connection



**Dr. Sheila Robinson**  
Founder, Publisher &  
CEO, Diversity  
Woman Media



**Julie K. Silver, MD**  
Associate Professor and  
Associate Chair, Har-  
vard Medical School



**Susan Stith**  
VP, Diversity, Equity,  
Inclusion, Civic Affairs,  
and Corporate Re-  
sponsibility, Cigna



**Janet Taylor MD,  
MPH**  
Community  
Psychiatrist



**Erin Tselenchuk**  
Co-Founder &  
Co-CEO,  
RISEQITY, Inc.



**Reena Vokoun**  
Founder and CEO,  
Passion Fit



**Mary Frances  
Winters**  
Founder and CEO,  
The Winters Group,  
Author



**Melissa Wojcik**  
Certified Yoga Teacher,  
Member of the Yoga  
Alliance



# Women's Self-Care, Health & Wellness

## OUR COACHES



**Bindu Garapaty Psy.D.,**  
Co-founder & CEO, The  
Happy Leader, LLC



**Natalie Garay**  
M.A. Pilates Educator  
and Founder & CEO of  
{ther • happy}



**Jessica LaMarr**  
Self-Discovery Coach,  
Love Personal Growth



**Stelli Munnis, Ph.D.**  
Founder & Executive  
Director, Red Sulphur



**Guisselle Nuñez**  
Speaker & Author, Take  
Charge of Your Brand



**Monica Phillips**  
Coach, President &  
Founder, Spark Plug  
Labs



**Joie Seldon**  
Creator & Facilitator,  
Emotions at Work



**Christie Smirl**  
Ayurveda Practitioner,  
Healthier Vibrations



**Reena Vokoun**  
Founder and CEO,  
Passion Fit



**Jackie Welch,**  
**CPCC-CPM**  
President, Tiro Life  
Coaching, LLC



**Leisel Whitlock**  
Artist and Lifestyle  
Coach



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