

Hosted by Women Inspiring Women Friday, November 1, 2019 Doubletree by Hilton 700 Elm Street, Manchester, NH

A Day of Education, Transformation and Celebration!



PROGRAM SCHEDULE	
8:00 to 9:00	Registration, Exhibitors, Continental Breakfast and Networking
9:00 to 9:20	Opening Remarks and Sponsor Recognition - Leslie Sturgeon, WIW Founder
9:20 to 9:45	Mindful Mingling - Sherry Dutra and Megan Hudson
9:45 to 10:45	Truth Bombs About Forgiveness, Life and Self-Love - Kathy Buckley
10:45 to 11:15	Break - Visit Our Exhibitors (Refreshments served in the Inspiration Exchange)
11:15 to 12:00	Restore, Reshape and Reclaim Your True Self - Kim Coles
12:00 to 12:45	Live Out Loud - Emily Clement
12:45 to 2:00 11:45 to 12:45 1:00 to 5:00	Lunch, Exhibitors, Pampering and Networking Exhibitor Lunch Cool Chick Cantina Opens (serving adult beverages, juice and soda)
2:00 to 2:15	Anatomy of a Leaky Woman (Presentation and Activity) - Lani Voivod
2:15 to 3:15	Celebrating the Too Much Woman - Gina Hatzis
3:15 to 3:45	Break - Visit Our Exhibitors (Dessert served in the Inspiration Exchange) Cool Chick Cantina Open (serving adult beverages, juice and soda)
3:45 to 4:30	Unleash Your Passion for Life: Live with Joy, Pleasure and Laughter Plus Door Prizes and Closing Remarks - Leslie Sturgeon, WIW Founder
4:30 to 5:00	Afterglow Networking and Exhibitors (Cool Chick Cantina closes at 5:00)



HOSTED BY WOMEN INSPIRING WOMEN Visit our website for full details, speaker bios and to register: <u>www.WomenInspiring.com</u>

SPEAKER OVERVIEW

KATHY BUCKLEY - Truth Bombs About Forgiveness, Life and Self-Love

We all have excuses we can use for why we feel sorry for ourselves or hide from the world - pain in our lives that we feel is holding us back. Kathy Buckley certainly had more than most. The comedian, who has been deaf since she was a baby, will share what it is like growing up being hearing impaired (and her recovery from a near-fatal accident), along with fighting and beating cancer that helped her find the humor in life. She turned the darkness into laughter.

Kathy will also share the true meaning of forgiveness and how it can set you free. Holding onto discontent, and holding grudges against others does not hurt those you will not forgive. It hurts you. Forgiveness is a gift that will free your from the burdens that go along with holding onto, and reliving, bad things that have happened to you. Through Kathy's humor and perspective on life, self-love and forgiveness, you will walk away with a greater understanding of the power of your words, your belief system and the choices you make. You will learn how to love, honor and respect yourself - appreciating you for you, knowing all you need is within you. <u>www.KathyBuckley.com</u>

GINA HATZIS - Celebrating the Too Much Woman

These are revolutionary times! In a world seeped in Not Enough-ness, there runs a parallel and opposing storyline that is not being discussed, yet it is just as destructive in keeping a woman small. This is the untold story of the Too Much Woman. Too intense. Too sensitive. Too emotional. Too passionate. Too driven. Too smart. Too sensual. Too needy. Too ambitious. Too dramatic. Too honest. Too pretty. Too wild. Too successful.

The Too Much Woman is forced to cram the Bigness of who she is into a tight box of predictability and stability. Her bright sparkle must be dimmed. Her radiance must be kept in check. Celebrating the Too Much Woman is about boldly embracing all that we are and harnessing our innate gifts to make the greatest impact on the world. <u>www.GinaHatzis.com</u>

KIM COLES - Restore, Reshape and Reclaim Your True Self: It's Awkward Before It's Elegant

This presentation is a refreshing and candid approach to reclaiming your true self. Kim Coles peels back the layers of fame and shares how even as an actress, comedian and author, she too has had her fair share of challenging life moments. Revealing that the public view of Hollywood isn't always reality, Kim leads us in a conversation around overcoming challenges. <u>www.CoachKimColes.com</u>

SHERRY DUTRA and MEGAN HUDSON - Mindful Mingling

Gain insights and practical tips on what networking REALLY is and how to tap into its power in a way that feels comfortable and authentic. This will set the stage for the day and help you maximize your time at the Conference.

EMILY CLEMENT - Live Out Loud

Enough is enough. It's time to create a life with more value than volume. Let's identify the toxic thoughts, feelings and behaviors that are keeping you small and stuck – the people pleasing, overwhelm and fear. When you let go you'll create time and space for powerful new opportunities, adventures and connections. Your time is NOW. Step into your power and own it!

LANI VOIVOD - The Anatomy of a Leaky Woman

Blood, Sweat, Tears...and Urine? Not only is this a terrible name for a rock band, it's also a short list of the many liquids pouring out of women's bodies – sometimes all at once! – during pivotal points of their heroic journeys. Join Lani Voivod during this post-lunch energy-boosting "anatomy" lesson designed to help us all love and laugh at the fluids that drench and define women's lives.

LESLIE STURGEON - Unleash Your Passion for Life: Live with Joy, Pleasure and Laughter

The journey from a shy 22-year-old entrepreneur to a sassy 52-year-old leader has had many twists and turns. Be inspired by your host, Leslie Sturgeon, Founder and Visionary of Women Inspiring Women, who will weave her story and advice throughout the day to help you unleash your passion to create one badass life! Her infectious enthusiasm, can-do spirit and life experiences will help to ignite your soul and inspire you to elevate your life. She has "walked the walk" and lived to tell about it!