## **Professional Women's Symposium**

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## **OCTOBER 11 - 12, 2023**

**THEME:** Continuing our Journey

**EMCEE:** Mary Kate Hamilton + Patsy Casas

## Thursday, October 12th - Bush Convention Center

7:30 AM	Registration & Breakfast
8:15 AM	Kick-Off Motivation
	Brandy Bell - Founder So. BELL & Co.

9:00 AM	Breakout Sessions   Round 2				
Time	9:00 AM- 10:00 AM	9:00 AM- 10:00 AM	9:00 AM- 10:00 AM	9:00 AM- 10:00 AM	
Title	You're Not Super Woman, Don't Try to be	On the See-Saw of Life	My Lane, My Destination	Managing Your Money in Real Life	
Focus	Women's Mental Health	Family/Community/ Career	Entreprenuership	Practical Knowledge	
Speaker	Charmaine Caldwell	Natalie Nolen	Latoya Mayberry	Crystal Rau & Holly Sexton	
10:00 AM Break					
10:30 AM	Meet with Affinity Groups - Assigned Upon Arrival				
11:30 AM	Fun Activities				
	Holiday Hosting How-to's		Relaxation in the Workplace		
	Brandy Bell Cyndi Simpson		Cyndi Simpson		
12:30 PM	Lunch + Speaker Panel				
Focus	Turning Your Passion into Your Life's Work   Melissa Wicker				
Panelists	Barbara Yarbrough	Stacy Baccus	DiAnn Koehl Whigham	MODERATOR	
1:15 PM	Break				
1:30 PM	Breakout Sessions   Round 3				
Time	1:30 PM - 2:30 PM	1:30 PM - 2:30 PM	1:30 PM - 2:30 PM	1:30 PM - 2:30 PM	
Title	You're Not Super Woman, Don't Try to be	On the See-Saw of Life	My Lane, My Destination	Managing Your Money in Real Life	
Focus	Women's Mental Health	Family/Community/ Career	Leadership	Practical Knowledge	
Speaker	Charmaine Caldwell	Natalie Nolen	Latoya Mayberry	Crystal Rau & Holly Sexton	
2:30 PM	Break				
3:00 PM	Meet with Affinity Groups - Assigned Upon Arrival				
4:00 PM	Final Keynote & Excellence in Equality Award Presentation				
Speaker	Tonya Sutton				
5:00 PM	Conclusion of Symposium				
Presented by DIODER NATURAL RESOURCES Co-Hosted by					