

POWER
YOUR POTENTIAL
Montgomery County Women's Conference

— Inspiration and Empowerment —

FRIDAY
October 30, 2020

Virtual Event

Hosted By



  @chambergmc

Share your EXPERIENCE using #pypcon

Sponsors

Presenting Sponsor



Session Sponsors



Woman of Excellence Sponsor



Social Sponsor



Lunch Sponsor



Event Sponsors



Supporting Sponsors



Welcome

Conference Agenda

8:00 a.m. Welcome & Keynote

Pam Kelly, President/CEO, The Chamber of Commerce for Greater Montgomery County

Keynote Presentation: **Sharmain Matlock-Turner**, President/CEO, Urban Affairs Coalition

9:30 a.m. Power Session 1

11:00 a.m. Power Session 2

12:00 p.m. Networking Breakouts

1:30 p.m. Keynote & Presentation of Woman of Excellence Award

Woman of Excellence Awardee - Beth Sturman, Executive Director Laurel House

Keynote Presentation: **Theresa Hummel-Krallinger/Chris Coccia**

The MisMatch Game. Enjoy a fun matching game event with contestants, a panel of “celebrities” and chat participation from attendees.

3:00 p.m. Power Session 3

4:00 p.m. Closing, Toast & Raffle Winners Announced

Thank you for joining us for the 5th Annual Women’s Conference.

Save the Date

6th Annual

POWER
Your **POTENTIAL**
Montgomery County Women's Conference

Friday, October 29, 2021

Normandy Farm Hotel & Conference Center

Power Sessions

Power Session 1: 9:30 a.m.

Downsize Your Life, Upgrade Your Lifestyle: Secrets to More Time, Money and Freedom Rita Wilkins, The Downsizing Designer

Lemons Into Lemonade: Achieving Success Through Failure
Eloise N. Young, Senior Vice President of Strategic Planning and Information Services, Philadelphia Gas Works

Using LinkedIn to Take your Business to the Next Level
Brynne Tillman, CEO & LinkedIn Whisperer, Social Sales Link

Power Session 2: 11:00 a.m.

Speaking to Influence: Mastering Your Leadership Voice
Dr. Laura Sicola, Vocal Impact Productions

Shock Your Potential Michael Sherlock, Shock Your Potential

How to Exercise Your Financial Muscle Sonja M. Haggert, Author

Power Session 3: 3:00 p.m.

Don't Sweat the Small Stuff, It Could Kill You
Kellye Remshifski, Wellness & Outreach Manager, Doylestown Health

Utilizing Mindfulness During Times of Uncertainty
Harriet Stein, Big Toe in the Water LLC

Conference Raffle

Earn one raffle "ticket" for each session you attend, for the potential of 6 chances to win. Sessions include, Welcome & Keynote, Power Sessions, Networking Breakouts and Afternoon Keynote.

Winners will be announced live during the 4:00 p.m. conference closing session so be sure to click in and join us.



2020 Woman of Excellence



Beth Sturman

The Woman of Excellence award is presented to a leading woman in Southeastern PA who has made an influential impact in the region. Beth Sturman has served as Executive Director at Laurel House since 2005.

With more than 30 years of professional experience in the human services, Ms. Sturman has propelled the organization exponentially. She is a fierce advocate for individuals and families that Laurel House serves and has led the way to expand their services from two locations to five.

Beth is currently working to develop a new and improved shelter and community counseling center.



MERCK SHARP & DOHME
FEDERAL CREDIT UNION

Chalfont • Collegeville
Lansdale • Harleysville
msdfcu.org • 215-996-3700

You have more than dreams. You have determination, dedication, and a plan to make it happen. What you need is a financial partner who can help empower you to reach the next level.

- Where Member Power M-powers you.

LIVING
M-POWERED
MEANS



Federally
insured by NCUA.

Keynote Speakers

Sharmain Matlock-Turner

Sharmain Matlock-Turner is the President and CEO of the Urban Affairs Coalition. She began her tenure in March of 1999, with the special distinction of being the first woman to lead the Coalition. Ms. Matlock-Turner and her team of managers and more than 450 employees create partnerships and build consensus to help families reduce poverty and reach the middle class. Ms. Matlock-Turner has received numerous awards including the Philadelphia Inquirer's Diversity and Inclusion Award and the Philadelphia Business Journal's Most Admired CEO Award. Ms. Matlock-Turner holds a BS degree in Education from Temple University. In 2005, she was one of three Philadelphia nonprofit leaders selected to receive a scholarship to the Harvard Business School's Strategic Perspectives in Nonprofit Management. In 2014 she received an Honorary Doctor of Humane Letters from Peirce College. She is a Senior Fellow at the University of Pennsylvania.



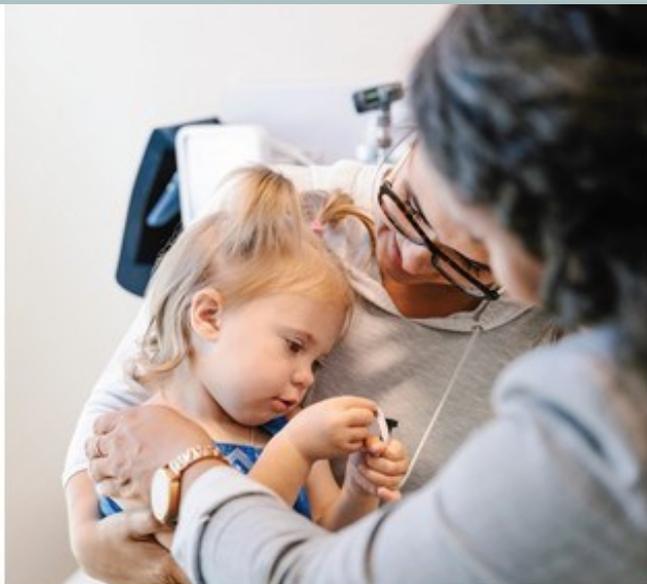
Theresa Hummel-Krallinger & Chris Coccia

Theresa Hummel-Krallinger, founder, High Five Performance known for her humorous and interactive presentations, is a seasoned trainer, speaker, coach, culture maven, and professional stand-up comedian. Past-President of Greater Philadelphia ATD and Blue Bell Toastmasters, she currently serves on the non-credit faculty at Temple University, teaching courses in business communications and leadership. She also moderates "Meet the Author" at the Pyramid Club, a monthly program for business book discussions.



Chris Coccia's act is a perfect combination of hilarious material and the ability to present it "in the moment". Flowing seamlessly between material and improvised interaction with the crowd, Chris is able to open the audience up as he pulls them into a shared recognition of our own human-ness. Chris keeps a full schedule working everything from the country's top comedy clubs to corporate events to colleges. He has appeared on Comedy Central, The Game Show Network, and XM Radio. Chris is also a frequent and favorite guest on several Philadelphia based radio shows.

Presenting Sponsor



By putting
lives first, we've
created a legacy
that lasts

For nearly 130 years, we have tackled some of the world's biggest health challenges and provided hope in the fight against disease, for both people and animals. Today, we continue our commitment to be the premier research-intensive biopharmaceutical company in pursuit of medical breakthroughs that benefit patients and society for today, tomorrow and generations to come.

Copyright © 2020 Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc.
All rights reserved. US-NON-04346 02/20



MERCK
INVENTING FOR LIFE

REINVENT. REBRAND. REIGNITE YOUR PASSION.

Looking to get a promotion? Change careers?
Fall in love with your job all over again?

We offer the courses you need to achieve your career goals.

abington.psu.edu/working-professionals
215-881-7400



PennState
Abington

50+
COURSES
AVAILABLE

*Bank
here to
get there*



**FINANCIAL SOLUTIONS
FOR YOUR BUSINESS**

Trusted for five generations.

For over 140 years, Univest has partnered in our local business communities' development, growth, and helped share their vision. And, we've never forgotten the values and principles that have shaped us — building personal relationships, individualized customer service, and a willingness to listen.

Add local decision making and comprehensive, integrated financial solutions, and it's a very difficult combination to beat... one we look forward to sharing with you.



univest.net



877.723.5571

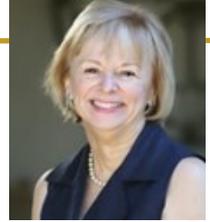
 **UNIVEST**[®]
BANKING | INSURANCE | INVESTMENTS

Univest Bank and Trust Co. is Member FDIC, Equal Opportunity, and SBA Preferred Lender

Power Speakers

Sonja M. Haggert

Sonja M. Haggert is a veteran of several sales, marketing, and communications positions. She spent much of her career with Met-Pro Corporation becoming vice president and general manager of its Keystone Filter Division, where she discovered her passion for mentoring and teaching.



Over the course of her 30 year career she was contributing editor and writer for numerous trade publications, including leading edge chapters for two books published by Richard D. Irwin, Inc. Sonja is on the board of Laurel House, a non-profit working to end domestic violence. During her time there she has served in numerous capacities including Co-President. At present, she is active on various committees. Sonja has a B.S. in Business Administration from Villanova University.

Kellye Remshifski

Kellye Remshifski has a life goal to help people reach their highest healthy potential by investing in them through different wellness avenues. Upon graduating from the University of Delaware with a Masters in Health Promotion, she has helped companies form and run wellness programs, formulate a health coaching program, and partnered with local businesses to lift others up in the wellness realm.



Kellye has invested time into developing programs for corporate companies, Doylestown Health's own wellness program, and free quality programs for the community to better the health of everyone. Her direction on the wellness program has brought in multiple community speakers and given Doylestown Associates a voice in the wellness program.

Harleysville

SINCE 1915 **BANK**

Lansdale Branch
640 E. Main Street
215-855-1011



Bank Local.
Be Proud.
Get REWARDED.
That's Harleysville.

Learn more at
harleysvillebank.com



PENN FOUNDATION
BEHAVIORAL HEALTH SERVICES

215.257.6551

www.PennFoundation.org

Innovative
mental health
and substance
abuse treatment
for people of
all ages

Programs that
can help you
make healthy
changes and
achieve your
life goals



still partying after
50 YEARS
A to Z
PARTY RENTAL



215.646.6777
ATOZPARTYRENTAL.NET



MONTGOMERY
COUNTY COMMUNITY COLLEGE

mc3.edu

Power Speakers

Michael Sherlock

Michael Sherlock, Chief Potential Officer, Shock Your Potential is a keynote speaker, trainer, author and podcast host in the areas of leadership, sales and the customer experience, with over 25 years of experience delivering motivational speeches and training sessions to audiences worldwide.



With a corporate background in leading rapid turnarounds and transforming organizations, Michael brings a record of success and expertise at the highest levels of global business.

Dr. Laura Sicola

Dr. Laura Sicola is a leadership communication and influence coach, trainer, speaker and author of *Speaking to Influence: Mastering Your Leadership Voice*, and is the founder of Vocal Impact Productions in Philadelphia, PA. She has spent over twenty years coaching, lecturing, researching and publishing on topics such as executive presence, leadership communication, vocal empowerment for women in leadership, public speaking and communicating through conflict. Her TED talk: “Want to sound like a Leader? Start by saying your name right” has over 5.5 million views.



She has appeared on *Fox Business News*, *Fast Company* magazine, *Forbes.com*, *Conscious Millionaire* podcast, *Coaching for Leaders* podcast, and more. Clients include organizations such as Comcast, IBM, Chubb, Vanguard and GSK. Sicola earned her PhD in educational linguistics from the University of Pennsylvania where she also taught from 2001-2013.

Relevant. Relational. Regional.



Helping business owners realize their goals for more than 20 years, our team of professionals offers:

- ◆ Business Advisory Services
- ◆ Virtual Bookkeeping
- ◆ Tax Planning and Preparation
- ◆ Accounting
- ◆ Commercial and Nonprofit Audits
- ◆ Consulting and Support for QuickBooks®
- ◆ Estate and Trust Services
- ◆ Employee Benefit Plan and ESOP Audits
- ◆ Payroll Administration

For help navigating the current business environment, visit our **COVID-19 Resource Center** at www.dunlapslk.com.



Certified Public Accountants & Business Advisors

267.594.DSLK (3755) • www.dunlapslk.com



EMPLOYEE-OWNED

LANDES®

WE RECOMMEND. YOU DECIDE.™

**PLUMBING
HEATING & COOLING
FUEL OIL**

itlandes.com
215.256.4221

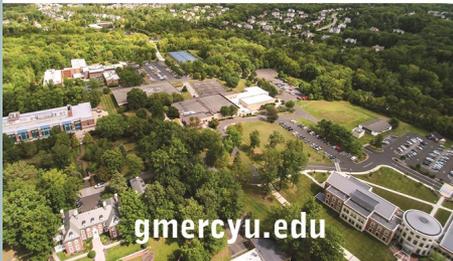
PA023382



Gwynedd Mercy University

Gwynedd Mercy University
is proud to support the

5th Annual Power Your Potential
Montgomery County Women's Conference



gmercyu.edu

Workplace
Wellness
Solutions

Occupational Health Services

- | | |
|---|----------------------|
| Pre-employment
Physicals | Wellness Seminars |
| Workers' Compensation
Services | Biometric Screenings |
| Fully Customizable
Services & Programs | Flu Shots |
| | Health Coaching |
| | Wellness Challenges |

More Information Contact:

Allyson Gilmore, Director of Strategy & Outreach
AGilmore@dh.org

 **Doylestown Health**

Power Speakers

Harriet Stein

Founder of Big Toe in the Water, LLC, Harriet enjoys teaching women how to put their *big toe in the water* to experience the practice of Mindfulness which will enhance both their professional and personal lives. She taught Mindfulness to over 5,000 employees at Johnson & Johnson, gave mindfulness presentations at internal leadership summits for global audiences, and instructed on Mindful Leadership. She also was the recipient of two Johnson & Johnson Standard of Leadership awards. Harriet is a Registered Nurse who worked 12 years in a hospital setting and 23 years in a corporate environment and is highly experienced in teaching the practice of Mindfulness, and in the field of learning and development and clinical research.



Harriet Stein participated in professional training with Dr. Jon Kabat-Zinn, founder of the Mindfulness-Based Stress Reduction (MBSR) Program at the University of Massachusetts Medical School and completed advanced teacher training at the Mindfulness Institute of Thomas Jefferson University Hospital. Harriet earned a Bachelor of Science in Nursing from Albright College and a Master of Science in Health Administration from Saint Joseph's University.

Brynne Tillman

Brynne Tillman is the LinkedIn Whisperer and CEO of Social Sales Link. For over a decade she has been teaching entrepreneurs, sales teams and business leaders how to leverage LinkedIn for social selling.



As a former sales trainer and personal producer, Brynne adopted all of the traditional sales techniques and adapted them to the new digital world. She guides professionals to establish a thought leader and subject matter expert brand, find and engage the right targeted market, and leverage clients and networking partners for warm introductions into qualified buyers. In addition, Brynne is the author of *The LinkedIn Sales Playbook, a Tactical Guide to Social Selling*.

LET'S COUNT ON EACH OTHER.

Investing in our community.

Proudly supporting Power Your Potential



Fulton **FORWARD**[®]

Fulton Bank

1.800.FULTON.4 | fultonbank.com

Fulton Bank, N.A. Member FDIC. Fulton Bank is not affiliated with Power Your Potential.

MARKS

JEWELERS

IS A PROUD SUPPORTER OF THE
POWER YOUR POTENTIAL
WOMEN'S CONFERENCE




MARKS
JEWELERS

VISIT US AT OUR
FLAGSHIP LOCATION
975 BETHLEHEM PIKE
MONTGOMERYVILLE, PA.
215-342-7132
MARKS-JEWELERS.COM

LOVE GROWS HERE

When you need an expert, you need TASA.



For quality, variety, and fast turnaround, attorneys trust The TASA Group.



The Best Source For Experts Worldwide

800-523-2319
experts@tasanet.com • TASAnet.com

The **CARNEY** Group

The WorkForce Solution

Proud to Sponsor
Power Your Potential

Longevity | Passion | Success

With our team of seasoned professionals, we ensure that our client's and candidate's goals and needs are a top priority at The Carney Group.



1777 Sentry Parkway West
VEVA 14, Suite 301
Blue Bell, PA 19422

215-646-6200 | carneyjobs.com

Session Speakers

Rita Wilkins



Rita Wilkins is a nationally recognized interior design and lifestyle design expert who, for the past 35 years, has designed thousands of corporate and residential interiors throughout the United States. She is a TEDx speaker with nearly 1,000,000 views, and author of *Downsize Your Life, Upgrade Your Lifestyle: Secrets to More Time, Money and Freedom* and is a well-known Baby Boomer subject matter expert.

Rita's high energy keynotes and presentations challenge the way business leaders and companies think, so they can maximize and retain their most talented, but aging workforce. She acts as a catalyst, leading the way to open new conversations on how businesses can seize this timely opportunity to rethink, reimagine, and redesign how they retain one of their most valuable assets – their Baby Boomer employees.

Eloise Young



Eloise N. Young was named Senior Vice President of Strategic Planning and Information Services in April 2016 after serving as the Chief Information Officer of the Philadelphia Gas Works for nine years. In her current role Young is responsible for the design, implementation and oversight of a robust, repeatable and participatory corporate strategic planning process.

Prior to her appointment as CIO, she served in a number of positions in PGW's Information Services Department including Director of Technical Strategy and Support, Manager of Systems Services, System Administrator, DBA, and developer.

2020 Conference Committee

Mary Griffith - Alfarano
Fulton Bank

Nancy Bednarik
Merck & Co., Inc.

Gina Bifulco
Merck & Co., Inc.

Erin Boston
Merck & Co., Inc.

Nanette Sciolla Carney
The Carney Group

Najah Edmondson
The TASA Group

Katie Galaska
Kreischer Miller

Allyson Gilmore
Doylestown Health

Theresa Hummel - Krallinger
High Five Performance

Kristin Kane Ford
Kane Partners Social Media

Pat Kreidler
Merck Sharpe & Dohme Federal
Credit Union

Sue Orff
Merck & Co., Inc.

Lauren Stuart
Tycor Benefit Administrators, Inc.

The Power Continues

The Chamber will be hosting events throughout the next year to continue to empower women to grow to their fullest potential. Please visit our website, www.chambergmc.org, for more information and to register for these events!

We also look forward to sharing information regarding a networking event for all attendees of the 5th Annual Conference as soon as it is safe to do so.

POWER
Your **POTENTIAL**
Montgomery County Women's Conference

About the Host



Welcoming, engaging and effective are characteristics used to describe The Chamber of Commerce for Greater Montgomery County. As the largest business organization in the County, the Chamber is an excellent resource for networking, education and community engagement. 800+ members from solopreneurs to large corporations understand the value proposition of membership, which offers increased exposure, business resources, strategic partnerships, and an opportunity to connect with the communities they serve.

We offer a myriad of monthly events with flexible times- morning, lunch and evening hours- with top regional speakers, high-level networking and seminars on topics of interest for entrepreneurs to C-suite leaders. In addition, the Alliance of Women in Business provides members a forum for women business owners to get together for professional networking, learning and fun through monthly meetings and informal events.

We welcome you to join us again as your schedule permits. If you are interested in membership information, we are happy to chat with you.

Chamber Staff

Pam Kelly, President/CEO

Wendy Custer, Member Relations Manager

Linda Ryan, Program Manager



217 Church Road, Suite C | North Wales, PA 19454
215-362-9200 | www.chambergmc.org