

Empower, The Leadership Experience 2025 Conference Agenda

7:30 AM	Registration Opens, Vendor Marketplace Opens, Wellness Studio Opens			
7:30 AM to 7:50 AM	Wellness Studio: Session 1			
8:00 AM to 8:20 AM	Wellness Studio: Session 2			
8:00 AM to 8:40 AM	Continental Breakfast			
8:45 AM to 9:45 AM	Breakfast Keynote			
9:30 AM to 9:50 AM	Wellness Studio: Session 3			
9:45 AM to 10:00 AM	Networking in the Vendor Marketplace			
10:00 AM to 10:20 AM	Wellness Studio: Session 4			

	TRACK 1 - Professional Development	TRACK 2 - Personal Development	TRACK 3 - Leadership Development	Track 4 -Panel Discussions
10:00 AM to 10:45 AM				
Speaker (s):	Tricia Richards-Service, PhD	Elizabeth Keiper-Aguirre	Michelene Orlowsky	Moderator: Jennifer Azarowicz, Panelists: Jessica Matthews, Carolyn Rose, and Tracy Lynn Pagan
Topic:	Wait, What? Improving Productivity at Work by Controlling Communication Channels	Busy but Stuck: How to Stop Avoiding the Dreams That Truly Matter To You	Following the Leader: Principals of Effective Followership	Empowering Women in Male-Dominated Industries: Challenges and Opportunities

10:30 AM to 10:50 AM	Wellness Studio: Session 5			
10:45 AM to 11:00 AM	Networking in the Vendor Marketplace			
11:00 AM to 11:20 AM	Wellness Studio: Session 6			

	TRACK 1 - Professional Development	TRACK 2 - Personal Development	TRACK 3 - Leadership Development	Track 4 -Panel Discussions
11:00 AM to 11:45 AM				
Speaker (s) :	Dani Ruhf	Krystal Paulin	Donna Kane	Moderator: Sean Ann Schoen Panelists: Abigale Platt
Topic:	Turning Your Dreams into Your Reality	Big Dreams, Bigger Decisions: How a CEO Mindset Navigates Your Next Move	Develop Your Team AND Their Dreams	Young Professionals: Dreaming Fearlessly: Overcoming Self-Doubt and Imposter Syndrome

11:30 AM to 11:50 AM	Wellness Studio: Session 7			
11:45 AM to 12:00 PM	Networking in the Vendor Marketplace			
12:00 PM to 12:45 PM	Lunch			
12:45 PM to 1:45 PM	Lunch Keynote			
1:45 PM to 2:00 PM	Networking in the Vendor Marketplace			
2:00 PM to 2:20 PM	Wellness Studio: Session 8			

	TRACK 1 - Professional Development	TRACK 2 - Personal Development	TRACK 3 -Leadership Development	Track 4 -Panel Discussions
2:00 PM to 2:45 PM				
Speaker (s):	Kayla Record	TBD	Kate Bryant	Moderator: Heather Percival Panelists: Dr. Christine Kiesinger
Topic:	Turning Doubt into Determination: Building a Business, A Podcast and My Voice	TBD	Rising Together	Dreams to Reality: Strategies for Turning Ambitions into Action Plans

2:30 PM to 2:50 PM	Wellness Studio: 9			
2:45 PM to 3:00 PM	Networking in the Vendor Marketplace			
3:00 PM to 3:20 PM	Wellness Studio: Session 10			

	TRACK 1 - Professional Development	TRACK 2 - Personal Development	TRACK 3 - Leadership Development	Track 4 -Panel Discussions
3:00 PM to 3:45 PM				
Speaker (s):	Dr. Cynthia Edwards Hawver	Christine DeGrazia	TBD	TBD
Topic:	MOVING FROM POWER TO EMPOWER: Reclaiming Your Motivation To Dream Big	Stop the Weasel: How Stress Steals Your Ability to Dream Big	TBD	Breaking Barriers: How Women Can Overcome Challenges to Achieve Their Dreams

3:30 PM to 3:50 PM	Wellness Studio: 11			
3:45 PM to 5:30 PM	Networking Mixer			