

# Empower, The Leadership Experience Teen Program - Conference Agenda 2025

Sponsored By: The Honesdale National Bank

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 9:50 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 10:30 AM	<b>Session 1</b>
Speaker:	Gretchen Henderson, Program Coordinator, Girls on the Run Lehigh Valley & Poconos
Topic:	Turning Challenges Into Opportunities to Build the Future of Your Dreams
10:30 AM to 10:45 AM	Teen Wellness Session 1: Meditation
10:45 AM to 11:15 AM	<b>Session 2</b>
Speaker :	Danielle Guari, Assistant District Attorney, Lackawanna County
Topic:	Communicating With Confidence
11:15 AM to 11:30 AM	Teen Wellness Session 2: Sound Therapy - Kailin Bouse, Kailin of Earth
11:30 AM to 12:00 PM	<b>Session 3</b>
Speaker :	Dr. Anne Morse, Director, Child Neurology, Pediatric Sleep Medicine, Geisinger
Topic:	Embracing Control of Your Life: Using All 24 Hours to Make Maximum Gains
11:45 AM to 12:00 PM	Networking in the Vendor Marketplace
12:00 PM to 12:30 PM	Lunch
12:55 PM to 1:40 PM	Lunch Keynote
1:45 PM to 2:00 PM	Networking in the Vendor Marketplace
2:00 PM to 2:30 PM	<b>Session 4</b>
Speaker:	Sarah Smith, Coordinator of Counseling and Psychological Services, Penn State Scranton and Nikki Paolicelli, Assistant Director for Student Services & Engagement and Student Activities Coordinator
Topic:	Personality Traits: Discovering Your True Colors to Find the Leader in You
2:30 PM to 2:45 PM	Teen Wellness Session 3: Yoga
2:45 PM to 3:15 PM	<b>Session 5</b>
Speaker:	Kayla Record, Sr. College Planning Specialist & Host, Cut Throat College Planning Podcast, S.E.E.D. Planning Group
Topic:	<b>TBD</b>
3:30 PM	Dismissal