

# Empower, The Leadership Experience

## 2025 Conference Agenda

7:30 AM	Registration Opens, Fidelity Bank Vendor Marketplace Opens, Highmark Wellness Studio Opens
7:30 AM to 7:50 AM	Highmark Wellness Studio: Life Stretch - Learn How to Stretch for Life, Talia Walsh - Quest Studio
8:00 AM to 8:20 AM	Highmark Wellness Studio: Standing Tall Inside and Out, Nema Nyar - PureRejuv Wellness Center
8:00 AM to 8:40 AM	Continental Breakfast
8:40 AM to 8:45 AM	Breakfast Keynote, Sponsored by Peoples Security Bank & Trust
8:45 AM to 9:45 AM	Breakfast Keynote: Christina Butler: Clear, Consise and Confident Communications
9:30 AM to 9:50 AM	Highmark Wellness Studio: Yoga and Meditation, Judy Moulton - Himalayan Institute
9:45 AM to 10:00 AM	Networking in the Fidelity Bank Vendor Marketplace
10:00 AM to 10:20 AM	Highmark Wellness Studio: Reiki, Kailin Bouse, Kailin of Earth Wellness Studio

10:00 AM to 10:45 AM	TRACK 1 - Professional Development	TRACK 2 - Personal Development	TRACK 3 - Leadership Development	Track 4 -Panel Discussions
Speaker (s):	Dr. Lisa Norton	Elizabeth Keiper-Aguirre	Michelene Orlowsky	Moderator: Jennifer Azarowicz, Panelists: Jessica Matthews, Tracy Lynn Pagan and Carolyn Rose
Topic:	Empowering Women into Leadership Journeys: Punk Rock Dean Dreaming	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	Highmark Wellness Studio: Sleep Like a Boss, Carrie Demers, MD - PreRejuv Wellness Center at the Himalayan Institute
10:45 AM to 11:00 AM	Networking in the Fidelity Bank Vendor Marketplace
11:00 AM to 11:20 AM	Highmark Wellness Studio: Crystal Energy Healing Meditation, Dawn Marino, Heal by Dawn

11:00 AM to 11:45 AM	TRACK 1 - Professional Development	TRACK 2 - Personal Development	TRACK 3 - Leadership Development	Track 4 -Panel Discussions
Speaker (s) :	Dani Ruhf	Krystal Paulin	Donna Kane	Moderator: Sean Ann Schoen Panelists: Katelynn Nichols, Abigale Platt, and Kelly Young
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	Highmark Wellness Studio: Fat Burning Pilates, Jackie Kerekes, The Training Loft
11:45 AM to 12:00 PM	Networking in the Fidelity Bank Vendor Marketplace
12:00 PM to 12:45 PM	Lunch
12:45 PM to 12:50 PM	Lunch Keynote Sponsored by PNC Bank
12:50 PM to 1:30 PM	Lunch Keynote: Dominique Dawes
1:45 PM to 2:00 PM	Networking in the Fidelity Bank Vendor Marketplace
2:00 PM to 2:20 PM	Highmark Wellness Studio: The Healing Power of Sound, Kailin Bouse, Kailin of Earth Wellness Studio

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

2:30 PM to 2:50 PM	Highmark Wellness Studio: Jin Shin Jyutsu: the Art of Peaceful Living, Nema Nyar, PureRejuv Center
2:45 PM to 3:00 PM	Networking in the Fidelity Bank Vendor Marketplace
3:00 PM to 3:20 PM	Highmark Wellness Studio: PoundFit, Edna Cementina, Ehealth Wellness & Fitness Studio, LLC.

3:00 PM to 3:45 PM	TRACK 1 - Professional Development	TRACK 2 - Personal Development	TRACK 3 - Leadership Development	Track 4 -Panel Discussions
Speaker (s):	Dr. Cynthia Edwards Hawver	Christine DeGrazia	Maria Montoro Edwards	Moderator: Susan Dantona Jolley Panelists: Holly DiLeo, Deanna Fontanez, and Karen Kaminsky
Topic:	MOVING FROM POWER TO EMPOWER: Reclaiming Your Motivation To Dream Big	Stop the Weasel: How Stress Steals Your Ability to Dream Big	Compassionate Leadership for Women	Breaking Barriers: How Women Can Overcome Challenges to Achieve Their Dreams

3:30 PM to 3:50 PM	Highmark Wellness Studio: Are you kidding? Using Humor & A Positive Mindset to Move Forward, Jeannine Luby, Laugh to Live
3:45 PM to 5:30 PM	Networking Mixer Sponsored by ESSA Bank