

REGISTRATION: 7:00 a.m. – 4:00 p.m. (Midway)

BREAKFAST: 7:00 a.m. – 8:00 a.m. (Pegram Room)

EXHIBITS: 7:00 a.m. – 4:00 p.m. (Midway)

GENERAL OPENING SESSION: 8:00 a.m. – 9:15 a.m. (Grand Ballroom)

Morning Keynote: Fran Hauser, Top 10 Practices of Powerfully Kind Leaders

BOOK SIGNING: Immediately following opening session (Foyer C, directly outside Grand Ballroom)

MORNING SESSIONS: 9:30 a.m. – 10:15 a.m. (*sessions run concurrently, attendees will choose 1 from 3*)

Finding Your Financial Voice (Midway 5)

Featuring: Natalea Simmons, Merrill Lynch

The investment landscape is changing. Women are on track to control two thirds of the nation's wealth by 2030. While they already control most of the day-to-day household spending and budgeting, most shy away from proactively managing their investments. Of the assets women control, 71% sits in cash – uninvested. This investment gap creates a retirement paradox for women. Women are spending more time in retirement, but with less savings due to this investment gap, as well as to the wage gap and to the time women spend out of the workforce (serving as caregivers). All of these factors ultimately leave women unprepared to retire. The only way to close this gender gap is for women to educate themselves financially and start investing. Natalea Simmons focuses on women's financial empowerment, allowing women to take control of their financial futures and to find their voice for investing.

Your Voice, Your Health. Empowering Women to Have a Say in their Healthcare (Regency Ballroom C)

Featuring: Dr. Heidi Coco, DO, Dr. Kristen Fisher, MD, Dr. Melissa Muench, DO, St. Luke's Hospital

Women typically take care of everyone else in their lives first and themselves last. However, when women do speak up, they are often underdiagnosed and undertreated for the same health issues that affect men. This powerful panel of female physicians are here to help you develop tools to improve communication between healthcare providers to make sure your concerns are addressed and to help you become an advocate for your health.

Emotional Intelligence – Why It Matters (Regency Ballroom B)

Featuring: Nancy Schnoebelen Imbs, Polished.

Emotional intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. It's a pivotal factor in professional and personal success. IQ will get you in the door, but it's your EQ, your ability to connect with others and manage the emotions of yourself and others that will determine how successful you are in life. When we look at the truly extraordinary people who inspire and make a difference you'll see they connect with people at a personal and emotional level. What differentiated them was not their IQ but their EQ. This program will help better understand yourself and effectively develop your emotional intelligence to enhance success.

EXHIBITS/NETWORKING: 10:15 a.m. – 10:45 a.m. (Midway & Pegram Room)

MORNING SESSIONS: 10:45 a.m. – 11:30 a.m. (*sessions run concurrently, attendees will choose 1 from 3*)

Start Living Your Life to the Fullest (Midway 5)

Featuring: Angela Miller, MD, Aetna

Discover the recent health trends in St. Louis and what you need to know to help take control of your health. Come and take a deep breath to learn wellness techniques to help you start living your life to the

fullest. Better health comes through bigger ambitions — realizing what’s possible each day and in every stage of life, finding the right approach, and then making it happen. This session will help you take a look at your overall health and your personal health journey – mind, body, and spirit.

Voicing Our Differences (Regency Ballroom C)

Featuring: Angela Cody, Mallinckrodt Pharmaceuticals, Dawn Gipson, FleishmanHillard, LaShana Lewis, L. M. Consulting

Diversity and Inclusion are hot topics for every organization today. However, despite their importance they continue to be a challenge to execute and implement. Companies focus on the hiring process and offer training sessions for their teams but don’t always have a great sense of how to move forward beyond that. This interactive session will cover the good the bad and the ugly in the state of D&I today and in the future. Bring your questions and join the discussion.

Reframing Female Competition: Time’s Up for an Outdated Notion (Regency Ballroom B)

Featuring: Erin Joy, Black Dress Partners

According to the College of Charleston, the term “cat-fight” first occurred in 1854 in an account of the Mormon lifestyle and the practice of polygamy. The doctrine noted that homes were to be built to separate the different wives of a household, in order to “keep the women apart and prevent cat-fights.” In other words, the term cat-fight was first used as a tool of the patriarchy to keep women divided and prevent challenges to the male-dominated status quo. Today, this concept continues to color our perception, especially when it comes to business. Women throughout the ages have been ensconced in, and have even assisted in the development of, a culture that perpetuates a portrait of women as driven by jealousy, to the point of seeking the destruction of rivals, real or imagined. The good news? It doesn’t have to be this way. Women don’t have to accept this outdated notion of destructive competitiveness among one another. Learn how to create the positive context necessary to manifest empowerment.

LUNCHEON KEYNOTE: 11:45 a.m. – 1:15 p.m. (Grand Ballroom)

Deborah Roberts, The Power of Speaking Up and Speaking Out

AFTERNOON SESSIONS: 1:30 p.m. – 2:15 p.m. (*sessions run concurrently, attendees will choose 1 from 3*)

#MeToo on the Job: Fostering a Safe Workplace for Women (Midway 5)

Featuring: Susan Kidder, Safe Connections

It’s been a little over a year since the #MeToo movement went mainstream, and it is no longer business as usual. This session will address ways that you can use your voice to champion a safe, supportive work environment for women, how to create lasting change in workplace cultures that perpetuate or ignore sexual harassment, and how to support those who have stepped forward to say “me too” in the office.

Having Her Say, A Conversation with Carolyn Kindle Betz (Regency Ballroom C)

Featuring: Carolyn Kindle Betz, Enterprise Holdings Foundation, Michelle Smallmon, 101 ESPN

Inspiring and Empowering Young Women

It is an important time for women in this country and even more important for young women to have female role models to look up to. Whether it be in business or sports, women in senior positions can help inspire young women by showcasing they don’t have to limit their goals. This featured interview will empower you to use your voice and platform to encourage young women to reach new heights.

Leveraging Your Best (Regency Ballroom B)

Featuring: Beth Chesterton, Chesterton & Company

Are you up to something big? Need to move mountains? Want to inspire your team to take their performance to the next level? If so, this is the session for you. Knowing who we are at our best and how to make the most of it is at the heart of expanding our impact. In this fast-paced session, Beth Chesterton will lead you through

experiences used by great leaders and celebrated companies to create a positively contagious, unstoppable energy that is driven toward results.

AFTERNOON SESSIONS: 2:30 p.m. – 3:15 p.m. (*sessions run concurrently, attendees will choose 1 from 2*)

Let's Talk About Your Second Act (Regency Ballroom C)

Featuring: Simone Cummings, Webster University

Webster University Dean of the George Herbert Walker School of Business Simone Cummings is no stranger to “second acts” having transitioned from a satisfying career in healthcare administration to higher education leadership. She works women on their professional career journeys and wants to help other women better prepare for career success.

- How do I know for which positions I'd be qualified?
- Why aren't I getting call-backs from my resume?
- Is a social media presence really that important?
- What are the most effective ways to network for career change?

Session participants will learn how to determine their skill set, develop a competitive resume focused on a different industry or occupation, and gain tips for promoting themselves in the marketplace.

Creating the Right Voice (Regency Ballroom B)

Featuring: Helen Jardine, Northwestern Mutual

How to Work a Room -Tips for Confident Connecting to Get the Most Out of Networking

This presentation discusses the art of effective networking. Participants will learn:

- How to create and own their personal brand
- How to work a room
- Effective follow-through strategies

This is an interactive presentation with role playing and networking exercises. You can put to work the skills you learned at the cocktail reception immediately following this session!

COCKTAIL RECEPTION/EXHIBITS/NETWORKING: 3:15 p.m. – 4:00 p.m. (Midway & Pegram Room)