

2022 Women's Conference

Be The Change



presented by
TROY MARYVILLE
ST. JACOB SINCE 1984 MARINE
CHAMBER OF COMMERCE
The front porch to the Community
www.troymaryvillecoc.com

★ Stage Speakers

★ Breakout Sessions

★ Vendors

★ Entertainment

★ Food

★ Break Bar

★ Tables and Sponsorships Available

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to learn more
or to register



Date: Friday, September 9, 2022

Time: 8:00 a.m. – 3:00 p.m.

Location: Gateway Convention Center

Caterer: Cygan-Delaney Catering

Come join us for a day of educational topics featuring leadership, personal, business and team development.



**GATEWAY REGIONAL
MEDICAL CENTER**



**Spectrum
REACH**

Stage Speakers

TRACY BIANCO

Tracy Bianco Coaching & Consulting



Topic

Positive Intelligence®: Strengthen Your Core Mental Fitness Muscles

We all live with that little voice in our head that tells us why we can't, why we'll fail, and why we shouldn't even try. The secret to overcoming that self-sabotage lies in strengthening three core mental fitness muscles. Your end result: boosted performance, improved wellbeing, and strengthened relationships.

Breakout Session Speakers

DERLENE HIRTZ

You Empowered Services



Topic

Unapologetically YOU

We have so many perceived expectations of us (as women) that we give in to the perceptions as opposed to owning our true self. Society sets us up from day one. Learn how you become "Unapologetically You" in this information packed, occasionally funny presentation.

Breakout Session Speaker

JEFF KOZIATEK

Core Authenticity



Topic

Unshakable Change Agent: Confidence in Uncertainty

In this engaging, fun, and thought provoking presentation, Peak Performance Coach Jeff Koziatek will help you reach a higher level of understanding about yourself and equip you with the identity cornerstone, 3 keys to clarity in uncertainty, and show you how to unlock your pivot prowess.

Conference Schedule

7:00 a.m.	Doors open for Action Table vendors
7:30 a.m. - 8:30 a.m.	Registration and Open Networking Make your own breakfast table, refreshment table and snack bar open
7:30 a.m. - 8:45 a.m.	Complimentary Headshots MDKauffmann Photography
7:30 a.m. - 8:15 a.m.	Action Tables open
8:15 a.m. - 8:30 a.m.	Attendees and Action Table attendees gather in main room
8:30 a.m. - 8:45 a.m.	Opening Remarks Emily Manley, Master of Ceremonies
8:45 a.m. - 9:00 a.m.	Networking begins with Wendy Symer and Lisa Phillipson
9:00 a.m. - 10:00 a.m.	Opening Speaker: Tracy Bianco
10:00 a.m. - Noon	Breakout Sessions
Noon - 12:45 p.m.	Ask The Experts Action Tables
12:45 p.m. - 1:00 p.m.	Lunch buffet taco bar (take back to your table)
1:00 p.m. - 2:00 p.m.	Lunch Speaker: Kristin Kneedler
2:00 p.m. - 2:15 p.m.	Networking comes together with Wendy Symer and Lisa Phillipson
2:15 p.m. - 2:30 p.m.	Break – snack bar
2:30 p.m. - 3:30 p.m.	Closing Speaker: Carol Sparks
3:30 p.m.	Networking concludes with Wendy Symer
3:30 p.m.	Final announcements Happy Hour (location TBA)

Three healthcare CEU's will be available for those in attendance

Events and/or times subject to change prior to conference day

KRISTIN KNEEDLER

Counselors Associates LTD



Topic

Connection, Catalyst For Change

Most of us at some point in our lives want to change or improve something. When we connect with ourselves, and others the ability to engage the change process becomes easier and the process is more beneficial.

FRED MILLER

No Sweat Public Speaking



Topic

Everyone needs a great Elevator Speech!

"When you hear: "Stand up and tell us who you are and what you do." Is it YES! or YIKES! Learn how to develop, practice, and deliver a great Elevator Speech with - NO SWEAT!

Networking Speakers

WENDY SYMER / LISA PHILLIPSON

WLS Consulting Hospice of Southern Illinois



Topic Wendy and Lisa will be presenting a 3-part series to help you break down your networking into manageable segments and purposefully enhance the quality of your results!

Master of Ceremonies

EMILY MANLEY

Master of Ceremonies



Emily Manley is the chief capitol bureau reporter at the Missouri State Capitol in Jefferson City for Nexstar stations, including Fox 2 News. Emily joined the team back in June of 2020 and reports on politics across the Show-Me State. Emily is originally from Highland, Illinois but has enjoyed becoming a Missourian and reporting on legislation that affects the state. She currently lives in mid-Missouri with her husband Adam and her dog Marlee. When Emily isn't reporting, you can find her exploring a local coffee shop, traveling, walking her dog, golfing or spending time outside.

CAROL SPARKS

Sparks Law Office



Topic

Sexual Harassment Prevention Training

Attorney Carol Sparks will be leading a Sexual Harassment Prevention Training for employees, and attendees will receive a certificate of completion to fulfill the yearly training mandate.

KURT MUELLER

CARSTAR® Maryville



Topic

Because You Need To, Because You Are Forced To, Because You Want To

Change – it is inevitable – but not always expected. Join Kurt, Vanessa and Marnie, who will be discussing what life has thrown at them and how they have persevered.