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Women's Symposium

Ninth Annual Women's Symposium

*Thursday,
September 23, 2021*

Crowne Plaza
Springfield, Illinois





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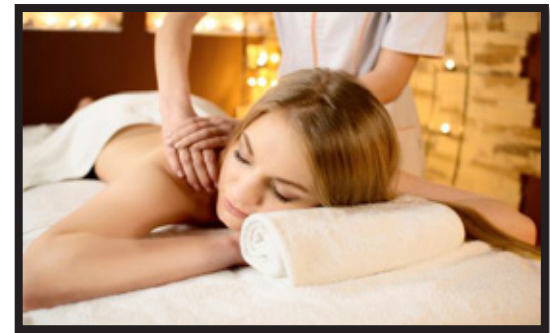


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Notes:



Welcome!

Welcome to the 9th Annual Illinois Women in Leadership's Women's Symposium. Thank you for joining us today!

As you might imagine, this year's planning looked quite a bit different from previous years, but the committee took on the challenge because we value this event as an experience of personal and professional growth. We have worked very hard to consider all possible safety measures to make it the best possible day while still providing you with amazing speakers and programming from different industries and diverse backgrounds. We hope that you leave today with strategies to enhance your professional skills and enrich your personal life.

This event would not be possible without our generous sponsors, many whom have been with us since the first symposium! Thank you to our community businesses and organizations that have invested in this year's Symposium. Your support of our mission speaks to your commitment in building strong female leaders for the future.

Thank you to the dedicated Symposium Committee members: Karen Carlson, Diana Eldridge, Alyssa Furling, Melisa Galloway, Sarah Goleman, Carol Harms, Staci Holloway, Desi Logsdon, Stephanie McDannald, Vasanta Mushunuri, Diane Newell, Ozma Rahman, Donna Reeves, Jan Schramm, Jennifer Sublett, Debbie Thompson, Katie Young

We're grateful that you are choosing to spend today with us. Let's make it an amazing day together.

Symposium co-chairs,

Jen DeJong and Amy Beadle

P.O. Box 5612 Springfield, Illinois 62705-5612
www.iwil.biz

Today's Agenda

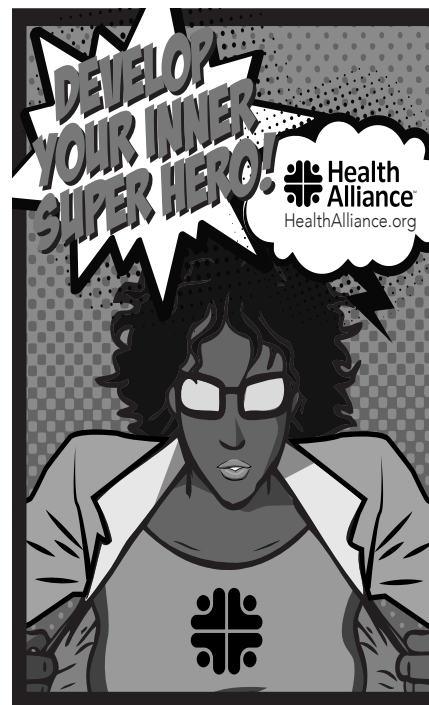
7-8 AM	Registration & Breakfast
8-8:15 AM	Welcome and Announcements
8:15-9:15 AM	Keynote Speaker
9:15-9:30 AM	Break
9:30-10:15 AM	Session #1
10:15-10:30 AM	Break
10:30-11:15 AM	Session #2
11:15 AM-12:45 PM	Lunch/Vendors
12:45-1:30 PM	Session #3
1:30-1:45 PM	Break
1:45-2:30 PM	Session #4
2:30-2:45 PM	Break
2:45-3:30 PM	Session #5
3:30-4:30 PM	Improv Wrap Up
4:30 PM	Rooftop Cocktail Reception

Get Social!

Share your Symposium pictures and experiences!
#IWIL2021

Be Inspired!

Memorial Health System is proud to support the Illinois Women in Leadership symposium as you collaborate to encourage, motivate and support women in all levels of leadership. Best wishes as you nurture your professional growth and leadership careers.



Save the Date

Next Year's Symposium

September 22, 2022



Special Thanks

Thank you to the dedicated Symposium Committee members:

Jen DeJong (Co-chair)
Amy Beadle (Co-chair)

Karen Carlson
Diana Eldridge
Alyssa Furling
Melisa Galloway
Sarah Goleman
Carol Harms
Staci Holloway
Desi Logsdon
Stephanie McDannald
Vasanta Mushunuri
Diane Newell
Ozma Rahman
Donna Reeves
Jan Schramm
Jennifer Sublett
Debbie Thompson
Katie Young

Exhibitors

Abraham Lincoln Presidential Museum
Bailey Family Insurance
Express Employment Professionals
Gateway Foundation
Health Alliance
Impact Life (The Blood Center)
Inner Health Spa

International Health
and Development Network
IWIL
Junior League of Springfield
Marine Bank
Memorial Hospital Systems
Mutual of America
PRP Wine
Rogers HR Consulting
Roxy and Lola
Spavia
Springfield Clinic Orthopedics

Opening Keynote Speaker *Christine Cashen*

Christine Cashen shares her refreshing take on everyday life. Her effortless ability to pull in any audience with her remarkable insights on commonplace situations make her and her messages unforgettable. For 20 years, Christine has shared her expertise on conflict resolution, stress management, and cultivating a happier more productive workplace. Audiences have related so much to her experiences, struggles, and lessons that listeners have wanted to take her back with them to the office.

National Speakers Association,
CPAE Speaker Hall of Famer



Improv Wrap Up 3:30 to 4:30



Improv isational theatre is a great form of entertainment, but it also is a tool to better communicate with the world around us. Listening, acceptance, and being in the moment are all important lessons from improv. Capital City Improv's goal is make improv accessible to anyone and everyone who is interested!



Hope Cherry



Carla Wilson



Vanessa Ferguson

9:30am–10:15am Plaza E/F

"Exploring your Connection"



Gay Stinnett

Exploring Your Connection...

Discover techniques to examine your energetic health. Test calming methods of de-stressing. We will determine the benefits of Reiki...an integrative therapy that relaxes, shifts, and heals the stress induced disruptions we face in today's hectic world. Reiki is a tool used to improve our mental, emotional, and physical state. Come have fun improving your life.

Notes:

9:30am–10:15am Plaza G

"Resilience/Caryl's Closet"



June Wood Agamah

Author, an Internationally recognized Public Health Leader & Advocate for the poor, shares what it takes to be resilient in the face of defeat throughout her journey. She shares her leadership nuggets and what it takes to build a successful healthcare campus from under the shade of a mango tree that today serves over 35,000 people annually!

Notes:

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9:30am–10:15am Plaza H *"Foundations of Starting a New Business"*



Kevin Lust

A Business Start-up Primer for Community Leaders

Unfortunately, when the plans are business plans, if the results aren't positive, much can be lost. As leaders in our communities, people often turn to us for guidance in how to pursue their dreams of owning their own business—especially today! Here is the best advice you can give them, from the people who provide that guidance every day.

(PS Maybe you want to start your own business. You can come too!)

Notes:

10:30am–11:15am Plaza E/F *"Using your Intuition as Guidance"*



Deb Kunz

Your intuition is the gut feeling and knowing that provides guidance on life's journey. This workshop will guide you as you learn 4 soul senses that help you discover ways to connect with your intuition. There will be an activity to help you find your strongest primal soul sense. You will also learn how to recognize messages and signs from spirit and/or loved ones who have crossed over. If time permits, I will deliver a few messages from spirit for those in attendance.

Notes:

10:30am–11:15am Plaza G

"Calm, Cool and Invested"



Sarah Goleman

We'll tackle common questions around investing – How much do I need? Is it too late to start investing? What if I pick the wrong investments? Do I know enough to make these decisions? We'll also talk about hot topics like inflation and current market conditions as well as some topics which hit women hard like caregiving, supporting the family and the impact of time away from work.

Notes:

10:30am–11:15am Plaza H

"Make your Own Board of Directors"



Dr. Colleen Moore is a vascular surgeon with Prairie Cardiovascular Consultants. She has worked with Prairie since January 2019. Prior to this, she worked at St. Francis Medical Center in Cape Girardeau, MO and SIU School of Medicine. She learned the importance of establishing a Personal Board of Directors as she began her first "Big Girl Job" and made a few missteps. This board became more important as she watched her career path unfold in directions she had not anticipated. She is going to take us through the who, what, why and where's of establishing your own personal board of directors. Most companies have a board of directors that drive company policy and strategic planning. Each of us should have a personal board of directors that serves the same purpose in our personal and professional lives. Come learn why your own personal board of directors is important, how to choose who sits on that board, and how to utilize a personal board of directors to make the most of your personal and professional lives.

Notes:



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Source: National Association of REALTORS® 2021 Member Profile

www.IllinoisRealtors.org

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| ... <i>Promote Professionalism</i> | ... <i>Do More Than My Part</i> |
| ... <i>Seek Educational Opportunities</i> | ... <i>Provide the Initiative</i> |
| ... <i>Mentor</i> | ... <i>Take Action</i> |
| ... <i>Participate</i> | ... <i>Implement Ideas</i> |
| ... <i>Encourage Others</i> | ... <i>Be Involved in the Process</i> |
| ... <i>Climb the Ladder</i> | ... <i>Give Back to the Community</i> |
| ... <i>Empower Others</i> | ... <i>Leave a Legacy</i> |
| ... <i>Educate the World</i> | |

Organizational Purpose

IWIL exists to promote professionalism and to develop members' leadership and management abilities. This is done through education, mentoring, networking, member participation, encouragement and support, friendship and community involvement.

Behind the Scenes

Illinois Women in Leadership was a seed planted in many minds several years ago when there was a desire to go beyond...beyond what we'd learned, beyond what we could do for others, beyond limitation. And, so, after the usual task force creations, debates and brainstorming, number crunching and nail biting, the organization was launched on July 1, 2004.

Join us! How to become a member

You can join Illinois Women in Leadership! Looking for substance in your professional and personal relationships? Need to be a part of "women who get it"? Joining and participating in Illinois Women In Leadership opportunities allows you to explore potential and develop opportunities.



Illinois Women in Leadership
P.O. Box 5612 • Springfield, IL 62705-5612
Website: www.iwil.biz • Email: info@iwil.biz

12:45pm–1:30pm Plaza E/F

"Raising your Frequency with Essential Oils"



Trish Wade

Nickola Tesla theorized, "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." The average human being has an estimated 10 trillion cells, and our cells vibrate to communicate with each other. When the vibrational frequency of our cells is lowered by epigenetic factors, body systems become stressed and illness takes over. The journey back to wellness requires a healthy diet, restful sleep, and stress management. A natural healing tool is aromatherapy. Because essential oils have the power to raise the vibrational frequency of your cells, using them, on a daily basis, is an easy and economical way to help achieve and maintain wellness. Join me today to learn how.

Notes:

12:45pm–1:30pm Plaza G

"I'm Promoted, Now What?"



Alyssa Furling

Every Leader must start somewhere! Whether you've recently been promoted, just started your own business or are interested in moving up the career ladder, there are so many things to consider it may seem overwhelming. We'll talk through some helpful tips from leading experts such as Brene Brown, Laura E. Bernstein, Scott Adams and more with a humorous real-life approach. Alyssa Furling is part-owner of Fresh Fit Subs, Inc. and currently serves as it's CFO. Growing up in Springfield and raised in family businesses, she is involved in Chambers of Commerce, IWIL, UofI Extension Master Gardeners. She and her wife, Heidi have a 4 year-old son Meyer and own AH Rentals, LLC, a residential property management company. She is passionate about growing and supporting the Springfield business community and thanks IWIL for the opportunity to hone her skills and participate in so many enriching events.

Notes:

12:45pm–1:30pm Plaza H

"A Message for your Loved Ones"



Veronica L. McQuire is a Wealth Advisor Planner at Busey Bank, who focuses on advocating for her clients and their families by educating them on their financial goals. Having 15 successful years in the financial industry, she is consistently teaming with families to discuss financial literacy to positively impact generations. Building long-lasting relationships is her number one priority simply due to her passion in helping others build and achieve the American dream of financial independence while focusing on the execution of creating a legacy for clients' families.

Notes:

1:45pm–2:30pm Plaza E/F

"Soothe your Body Mind and Soul"



Peggy Patty

Soothe Your Body, Mind and Soul with the Relaxing Power of Music & Sound Vibrations Description: Explore the healing properties of music and other sounds that help us de-stress and relax in these challenging times. Check it out for yourself! Discover the soothing auditory experience of relaxing into the healing vibrations of instruments, including Himalayan singing bowls, tuning forks, chimes, and more. Peggy Patty loves the rejuvenating effects of music and sound vibrations. She has facilitated drum circles and crystal bowl meditations in central Illinois and around the Midwest for 20 years. Peggy presents various workshops on the relaxing and healing effects of Sound Vibrations on the Body, Mind, and Soul. Email at earthbeat3@gmail.com

Notes:

2:45pm–3:30pm Plaza H

"Vital Friends"



Julie Davis believes that all success people have had help throughout their life's journey. Understanding the Vital Friends you have and the Vital Friends you need can help you find the path that is right for you. It is a personal and introspective session where every participant will walk away with something just for them.

Notes:

THE JULIE DAVIS TEAM PROUD SUPPORTER OF



JULIE DAVIS
217-836-3123



TOM FROST
217-652-8972



SHAWNA FORINASH
217-220-3339



BRIAN MOORE
217-685-8830



JANET MILLIRON
217-816-7777



2:45pm–3:30pm Plaza E/F
"Self Bullying and the Impact on your Business"



Sherri Leopold

Sherri released her first book in June of 2019 called Self-Bullying: What To Do When the Bully is YOU! As Leader of the Stop Self-Bullying Movement, Sherri has a membership program called War On Words (WOW) Warriors. This Stop Self- Bullying training helps eradicate negative self-talk and teaches people to Stand UP and Stand OUT as the unrepeatable miracle they are!! She has created a Facebook support group called WOW Warriors to encourage self-love and create a place of love and encouragement. You can connect with her at SherriLeopold.com

Notes:

2:45pm–3:30pm Plaza G
"Cost of Conformity"



Rikeesha Phelon

Included in session will be personal narrative and lessons about the true cost of conformity at the expense of true diversity and inclusion in the workplace and in community. Phelon is a public speaker, trainer and strategist who guides leaders through communications, marketing and policy challenges. Since 2018, she has served at SIU School of Medicine, where she leads strategic communications and government relations. Phelon continues to consult with public leaders on how to execute strategies that engage audiences, inspire action and create change for more just and healthy communities.

Notes:

1:45pm–2:30pm Plaza G
*"Swimming in the Fountain of Youth:
 How to Improve your Generational Intelligence"*



Brian Mills

As a hobby, Brian Mills has studied cultural differences for 30 years and neurology for 20 years. (Yes, that is as nerdy as it sounds.) But he believes he has found a secret that will improve your relationships at work, in your neighborhood and at family holidays. In this session, you will get practical tools for more effective relationships with people of all ages.

Notes:

1:45pm–2:30pm Plaza H
"Finding your Voice in Business"



Kelly Gust

Speaking confidently about what you do and how you do it is the way to success in business and in life. But how do you communicate your accomplishments without coming across as arrogant? How can you "sell" without "selling out"? In this session, Kelly will reflect on her personal journey for finding her voice in business; striking a balance between personal branding, delivering value for others, and maybe a little "humble-bragging" sprinkled in now and again.

Notes:

7:00 to 8:00am	8:00 to 8:15am	8:15 to 9:15am	9:15-9:30	IWIL 2021	9:30 to 10:15am	10:15-10:30	10:30 to 11:15am	11:15-12:45	12:45 to 1:30pm	1:30-1:45	1:45 to 2:30pm	2:30-2:45	2:45 to 3:30pm	3:30-4:30	4:30pm
Registration & Breakfast					Gay Stinnett Exploring your Connection Plaza E/F		Deb Kunz Using your Intuition as Guidance Plaza E/F		Trish Wade Raising your Frequency with Essential Oils Plaza E/F		Peggy Patty Soothe your Body Mind and Soul Plaza E/F		Sherri Leopold Self Bullying and the Impact on your Business Plaza E/F		
Welcome and Announcements BALLROOM					June Wood Agamah Resilience/ Caryl's Closet Plaza G		Sarah Goleman Calm, Cool and Invested Plaza G		Alyssa Furling I'm Promoted, Now What? Plaza G		Brian Mills Swimming in the Fountain of Youth: How to Improve your Generational Intelligence Plaza G		Rikeesha Phelon Cost of Conformity Plaza G		
Opening Keynote Speaker — Christine Cashen BALLROOM					Kevin Lust Foundations of Starting a New Business Plaza H		Dr. Colleen Moore Make your Own Board of Directors Plaza H		Veronica McQuire A Message for your Loved Ones Plaza H		Kelly Gust Finding your Voice in Business Plaza H		Julie Davis Vital Friends Plaza H		
			Break			Break		LUNCH/VENDORS		Break		Break		Improv Wrap Up- BALLROOM	
				Breakout I											Optional rooftop for cocktail hour

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