

# Empower, The Leadership Experience Conference Agenda

7:30 AM	Registration Open, Fidelity Bank Vendor Marketplace Opens, Highmark Wellness Studio Opens			
7:30 AM to 7:50 AM	Highmark Wellness Studio: Meditation Right Where You Are by Leora Sanchez, Himalayan Institute			
8:00 AM to 8:20 AM	Highmark Wellness Studio: LifeStretch: Learn How to Stretch for Life by Talia Walsh, Quest Studio			
8:00 AM to 8:45 AM	Continental Breakfast			
8:45 AM to 9:45 AM	Breakfast Keynote Sponsored by PNC Bank - You are Your Purpose, Dr. Lauren Hazzouri, Hazzouri Psychology			
9:30 AM to 9:50 AM	Highmark Wellness Studio: Reiki Universal Life Energy by Diane Rixner, Cultivate Well Being			
9:45 AM to 10:00 AM	Networking in the Fidelity Bank Vendor Marketplace			
10:00 AM to 10:20 AM	Highmark Wellness Studio: Fat Burn Pilates by Jackie Kerekes, The Training Loft			
10:00 AM to 10:45 AM	<b>TRACK 1 - Professional Development</b>	<b>TRACK 2 - Personal Development</b>	<b>TRACK 3 - Leadership Development</b>	<b>Track 4 -Panel Discussions</b>
Sponsored By:	Peoples Security Bank & Trust	AT&T	Verizon	NEPA Alliance Apex Accelerator
Speaker (s):	Dr. Andrea DiMattia and Michelle Schmude Dr.	Jennifer Lutsey	Dr. Elizabeth Carter	Moderator: Marie Beggin Panelists: Chelsea Coslett, Stephanie Mihal and Dr. Sarah Wodder
Topic:	Using Emotional Intelligence to Further Your Purpose	Exploring the Interconnections of Personal and Professional Development	Breaking the Silence: Unveiling Hidden Challenges for Women at Work	Panel Discussion: Charting Your Course: Navigating Career Challenges and Seizing Opportunities
10:30 AM to 10:50 AM	Highmark Wellness Studio: Filling Your Cup: Self-Care for the Soul and Yoga Nidra by Melissa Roberts, The Ski Shack			
10:45 AM to 11:00 AM	Networking in the Fidelity Bank Vendor Marketplace			
11:00 AM to 11:20 AM	Highmark Wellness Studio: The Healing Power of Sound by Kailin Bouse, Kailin of Earth Wellness Studio			
11:00 AM to 11:45 AM	<b>TRACK 1 - Professional Development</b>	<b>TRACK 2 - Personal Development</b>	<b>TRACK 3 - Leadership Development</b>	<b>Track 4 -Panel Discussions</b>
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Speaker (s) :	Lori Moran	Dr. Carrie Demers	Dr. Katie Desiderio	Moderator: Shanie Mohammed Panelists: Glynis Johns and Kelley Laird
Topic:	Embracing the Squiggle: Uncovering Purpose in your Career	Keep Your Brain Healthy and Your Mind Strong	Becoming a Be Keeper	Panel Discussion: Unleashing Potential: Strategies to Break Barriers for Young Professionals
11:30 AM to 11:50 AM	Highmark Wellness Studio: Yoga For All by Chelsea Manganaro, NearMe Yoga			
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 1:45 PM	Lunch Keynote Sponsored by Johnson College - A Fireside Chat with Patrice Banks, Founder, Girls Auto Clinic			
1:30 PM to 1:50 PM	Highmark Wellness Studio: Crystal Energy Healing Guided Meditation by Dawn Marino, Heal By Dawn			
1:45 PM to 2:00 PM	Networking in the Fidelity Bank Vendor Marketplace			
2:00 PM to 2:20 PM	Highmark Wellness Studio: Fat Burn Pilates by Jackie Kerekes, The Training Loft			
2:00 PM to 2:45 PM	<b>TRACK 1 - Professional Development</b>	<b>TRACK 2 - Personal Development</b>	<b>TRACK 3 -Leadership Development</b>	<b>Track 4 -Panel Discussions</b>
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Speaker (s):	Kathryn Bondi	Jenna Urban	Olivia Eddy	Moderator: Mandie Hendricks Panelists: Senator Rosemary Brown, Dr. Tricia Richards-Service, and Brianna Strunk
Topic:	Rise Like a Phoenix	Suits to Sweatpants: Unlocking Potential, Embracing Passion and Crafting Purpose	On Purpose: Live Intentionally	Panel Discussion: Radiate Confidence: Empowering Women through Poise and Public Speaking
2:30 PM to 2:50 PM	Highmark Wellness Studio: Nidra Pajna - Inner Wisdom Walk by Deborah Shurtleff, Cloverknoll			
2:45 PM to 3:00 PM	Networking in the Fidelity Bank Vendor Marketplace			
3:00 PM to 3:20 PM	Highmark Wellness Studio: Spiritual Healing for Mental Health by Dawn Marino, Healing By Dawn			
3:00 PM to 3:45 PM	<b>TRACK 1 - Professional Development</b>	<b>TRACK 2 - Personal Development</b>	<b>TRACK 3 - Leadership Development</b>	<b>Track 4 -Panel Discussions</b>
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Speaker (s):	Bethany Staples and Brittany Watt	Shane Powers	Kristyn Smith	Moderator: Jennifer Davis Panelists: Patricia Cummings, Christie Estadt and Dr. Barbara Plucknett
Topic:	Presence, Poise, Penguins and Other "P" Words	Redefining Normal - Navigating Career Change for Growth and Fulfillment	Finding Purpose Through Values	Panel Discussion: The Female Blueprint Demystified
3:30 PM to 3:50 PM	Highmark Wellness Studio Recharge in the Laughter Lounge by Jeannine Luby, Laugh to Live!			
3:45 PM to 5:30 PM	ESSA Bank & Trust Networking Mixer			