

Empower, The Leadership Experience

Teen Program - Conference Agenda 2026

Sponsored By: The Honesdale National Bank

7:30 AM	Registration Opens, Vendor Marketplace Opens, Highmark Wellness Studio Opens
7:30 AM to 7:50 AM	Highmark Wellness Studio: Wellness Session #1
8:00 AM to 8:20 AM	Highmark Wellness Studio: Wellness Session # 2
8:00 AM to 8:45 AM	Continental Breakfast
8:45 AM to 9:45 AM	Breakfast Keynote, Sponsored by Peoples Security Bank & Trust - Katie Desiderio, PhD, Moravian University
9:45 AM to 10:00 AM	Book Signing, Katie Desiderio, PhD. - EMPOWER Bookstore (Books can be reserved in advance via registration page)
9:30 AM to 9:50 AM	Highmark Wellness Studio: Wellness Session #3
10:00 AM to 10:15 AM	Welcome Remarks - Warm Up Wellness Session
10:15 AM to 11:45 AM	Session 1
Speaker:	Nicole Morristell, Leadership Lackawanna
Topic:	CliftonStrengths Assessment – Unlocking Your College and Career Potential
Description:	<p>Not sure what you want to study, where you're headed, or what you're naturally good at? This session introduces the CliftonStrengths Assessment, a proven, science-based tool that helps you identify your top talents and learn how to turn them into strengths. Unlike personality tests, CliftonStrengths focuses on how you naturally think, feel, and perform your unique "talent DNA."</p> <p>Participants will learn how understanding their strengths can guide college choices, career paths, and personal goals. With insights from a certified strengths coach, students will explore how to build confidence, make informed decisions about their future, and take meaningful steps toward a fulfilling life by focusing on what they do best.</p>
12:00 PM to 12:45 PM	Lunch
12:50 PM to 1:45 PM	Lunch Keynote, Sponsored by PNC Bank - Jodi Kantor, Pulitzer Prize Winning Investigative Reporter, New York Times and Best-Selling Author
1:45 PM to 2:00 PM	Book Signing, Jodi Kantor - EMPOWER Bookstore (Books can be reserved in advance via registration page)
1:45 PM to 2:00 PM	Networking in the Vendor Marketplace
2:00 PM to 2:15 PM	Ice Breaker and Wellness Break
2:15 PM to 2:45 PM	Session 2
Speaker:	Kelly M. Conlon-Mazzucca and Morgan Sewack, Penn State Scranton
Topic:	Connections That Count: Leadership, Networking, and Building Your Future
Description:	Learn how to build genuine, meaningful relationships and use networking as a powerful leadership skill. Through hands-on practice, participants will develop confidence in introducing themselves, asking questions, and engage professionally with adults, mentors, and peers.
3:00 PM to 3:30 PM	Session 3
Speaker:	Elika Almeida, Co-founder/Executive Director, Youth Infusion & Arielle Biggs, PA Youth Commissioner
Topic:	Say it Like a Leader - The Power of Youth Voice
Description	Leadership isn't about a title, it's about how you communicate. In this interactive session participants will learn how to turn reactive "problem talk" into solution-driven leadership using the L.E.A.D. and S.O.L.V.E. frameworks. Through real stories and activities, participants gain tools to speak with clarity, confidence, and purpose and create meaningful change.
3:45 PM	Dismissal