

WOMEN

A FORCE IN BUSINESS

NOVEMBER 19, 2019 | RALEIGH, NC

Tentative Breakout Sessions (time slots to be determined)

Easy Ideas for Hard Conversations: How to Effectively Use Your Voice to Always Say the Right Thing

[Bridgett McGowen](#), Professional Speaker, Coach and Author

You show up to the office with every intention of having an amazing day and making a difference. And just as you feel like you are hitting your stride – maybe you're even ready to high-five the entire office because you have had a pretty good day so far – it happens. Someone comes to you unhappy about one thing or another, and you have to handle a difficult conversation. What do you do, and more importantly, how do you keep your cool?

In this interactive session, learn how to prepare for and handle difficult conversations with ease and diplomacy. You will also learn how to understand the communication styles of others so you can consistently create positive experiences and excel in interpersonal conversation.

Get Money: Live the Life You Want, Not Just the Life You Can Afford

[Kristin Wong](#), Freelance Writer, Journalist and Author

Learn how to live the life you want, not just the life you can afford in this highly engaging, step-by-step session on winning at personal finance! You'll learn valuable skills such as: building a budget that (gasp) actually works, super-charging a debt payoff plan, how to strategically hack your credit score, negotiating like a shark (or at least a piranha), side-hustling to speed up your money goals, starting a lazy investment portfolio...and many more!

Conquer Invisibility: Communication Strategies for Being Seen and Heard at Work

Do you often feel as if you aren't seen or heard at work? Do you wish your ideas commanded more respect, attention and traction? In this session, business and communication experts will provide specific strategies for communicating with authority, persuading effectively, and utilizing both the verbal and non-verbal to enhance your impact in the workplace.

Bring Yourself Joy: Balancing Ambition, Fulfilment and Tranquility as a Working Woman

Ladies, it's time to give up the burdensome juggling act. Overcommitment, long hours and grueling projects can lead to burnout, guilt and little time for the important things that bring you joy. This session will provide you with a proven framework of actionable strategies that help you align your commitments, goals, passions and time so that you truly live your best life.

Caring for Ourselves and Others: How to Become an Effective Health Champion

Physical, emotional and mental health are inextricably linked to happiness and success at all stages of life. But we don't always understand how to best champion health for ourselves or our dependents. In this session, you'll become empowered to make health decisions for yourself and those you care for. Health experts will cover topics such as advocating effectively, balancing work in the midst of complex or difficult health situations, managing the financial aspects of health care and more.

Candid Colorful Conversations

Whether we are talking about race, culture, gender, ethnicity, age or heritage, our differences are plenty. But those differences are an invaluable gift. Join us for the opportunity to deepen the diversity dialogue through open, honest conversations around our cultural differences. In a panel discussion that brings together individuals of varying ages, races and cultural backgrounds, our conversation on diversity will provide you with tools and strategies to improve diversity in your own circle. Our hope is to use our time together to build community through our differences, by shining a light on our similarities.