

EmpowHER

WOMEN'S CONFERENCE

March 21, 2023

Schedule of Events

10:00 a.m.

Registration, networking, and light breakfast

10:30 a.m.

Welcome and opening presentation

Maddy Kacmarcik Becker

10:45 a.m. – 11:15 a.m.

Breakout session 1

11:30 a.m. – 12 p.m.

Breakout session 2

BREAKOUTS:

- **Creative Collisions:** A communication and speed networking session led by **Dr. Angie Belz**, Director of Innovative Education and Program Development at Concordia University Wisconsin

This session will share an empowering story along with communication tips and skills for self-branding and encouragement for best networking practices with the ability to implement those techniques with group networking opportunity.

- **Just Breathe: Presented by Empower Yoga**

You will learn and rehearse mindfulness practices focusing on breath and balance. Whether these skills are new to you or habits you live by, there is something for each of us to learn in stillness.

12:00 p.m. - 12:30 p.m.

Enjoy lunch

12:30 p.m. - 1:15 p.m.

Keynote presentation featuring

Kai Yael Luanda Gardner Mishlove

Executive Director of Jewish Social Services of Madison

Our featured speaker promises to be a compelling voice for us all. She will inspire us with a message of purpose and possibility, honoring what makes women different and celebrating the power we possess when we strive together.

1:15 p.m.

Closing and networking



Join us at **the 885**

We have some exciting things planned this spring—scan the QR code below or visit **kacmarcikcenter.com/events** to see all our upcoming events and sign up.

APRIL 5

Beginner Yoga

led by Johanna Czarnecki | 7 a.m. - 8 a.m.

A gentle class to stretch, relax, and strengthen the body and mind. The focus will be on relaxation, proper alignment, connecting to your breath, and full body awareness

MAY 11

The Heart of the Matter

led by La'Ketta Caldwell | 6 p.m. - 7 p.m.

Heart of The Matter is an art exercise that allows participants to reflect, create, and build community. At the end of the workshop, participants will have a self-map journey to self-care and goals.

