



Conference Agenda

Welcome to the Celebrating Women Conference!

10:00-10:45 Wellness Workshops

Empowered Leadership: Christina Pay, Melanie Dabb, Eva Timothy	Room 133
Community for Women, Kika Vila Nova	Room 135
Yoga Balance & Breath Work, Alyssa Amano	Garden Courtyard

10:45-11:15 BREAK

Take advantage of a short break to do a craft, eat some light refreshments, mingle/network with other attendees, or even take a lovely walk around the botanical center property!

11:15-12:00 Wellness Workshops

Power of Positivity, Danielle Cook	Room 133
Self-Care: Mindfulness & Compassion, Rachel Reist	Room 135
Body Gratitude, Sadie Wilde	Room 119

12:00-12:30 BREAK

Take advantage of a short break to do a craft, eat some light refreshments, mingle/network with other attendees, or even take a lovely walk around the botanical center property!

12:30-1:30 Keynote

Discover Joy & Fulfillment through Authenticity, Nicole Bennett	Room 133/135
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DETAILED AGENDA

Empowered Leadership: How ambiverts, introverts, and extroverts can work together **By Christina Pay, Melanie Dabb, Eva Timothy | 10am**

In a world where being outgoing and social is the norm, is there room for a quiet leader? Quiet, reserved, and introspective are not the words typically used to define great leaders. Society values the personality traits of extroverts; however, the traits of an introvert have survived for a reason. This session will explore the reasons introverted traits are essential in our society. We will also be discussing how to leverage the natural strengths of both introverts and extraverts in personal life and work environments. The goal of this workshop is for participants to leave with a greater appreciation for both introverted and extroverted traits along with skills in creating environments where all leadership styles can thrive.

The Importance of Community For Women **By Kika Vila Nova | 10 am**

During this session we will talk about the benefits of being part of a community and how to start one of our own. We will go over official research on the subject, real life stories, and step by step instructions on how to find or create a community close to you!

Yoga Balance & Breath Work **By Alyssa Amano | 10 am**

They say that everyone who finds yoga is healing something. Join a Divine Yoga Studio instructor for a short meditation and breath work to connect to our mind and body, followed by an easy restorative yoga flow getting the energy moving and end with some yin yoga stretches and savasana.

The Power of Positivity **By Danielle Cook | 11:15am**

Positive emotions can promote expansiveness and an opening up of resources in our minds and lives. They broaden our awareness and responses to events, and they also build resilience and coping skills. Learn about the power of positivity and how to cultivate it starting today.

Mindfulness and Self-Compassion for Deep Self-Care **By Rachel Reist | 11:15am**

This highly experiential session will invite participants to deepen their understanding of how to truly care for themselves. Through a series of concepts and practices centered on mindfulness and self-compassion, participants will have the opportunity to slow down and turn toward themselves with compassion, opening the door to discover how to identify and begin to meet one's true needs.

Body Gratitude **By Sadie Wilde | 11:15am**

Come explore the transformative power of celebrating and appreciating our bodies and the impact that social media and societal norms has on our body image and self-esteem. This presentation will include practical tips on how to increase body gratitude and how to support and empower women in our community.



ALL ABOUT THE KEYNOTE

Discovering Joy and Fulfillment through Authenticity Nicole Bennett | 12:30pm

Welcome to a transformative journey of self-discovery where authenticity becomes your compass to a life overflowing with joy and profound purpose. Unveil your true self and experience the liberating power of authenticity, forging meaningful connections, discovering your purpose and embracing fulfillment even in the face of life's challenges. Join us as we explore the intricate tapestry of human existence, where authenticity is the thread of weaving together the fabric of your happiest, most fulfilled self.

Meet Nicole, LCSW, Clinical director, therapist and leadership coach at Ascent Coaching and Therapy (www.ascentcoachingandtherapy.com):

In a world where everyone faces their own share of trials, Niki stands as a testament to the power of resilience and transformation. Growing up with the heavy burden of debilitating anxiety and OCD, she walked the path of fear for a staggering three decades. Anxiety held her captive, until one day, she found herself standing at the precipice of despair. Seeking solace and understanding, Niki began a transformative journey with a therapist who helped her unravel the tangled roots of her fears. But it was through the guidance of a somatic coach and a life-changing journey to India, where she trekked through the breathtaking Himalayas, that Niki discovered her life's purpose: to turn personal trials into inspiring triumphs. Today, Niki is on a mission to empower others, extending a compassionate hand to guide them along their own paths from fear to triumph.



As a licensed clinical social worker, author and yoga instructor with over a decade of experience, she has guided individuals, couples and families through transformative journeys. Niki's unique blend of talents extends from her island dreamer days in Hawaii, where she taught at Brigham Young University, to her role as a certified yoga guru, incorporating mindfulness and evidence-based therapeutic techniques. As a certified Brain Spotting expert, she helps you unlock the doors to emotional and physical healing. Beyond her professional life, Niki finds joy in spending time with her husband of 23 years and her four children, indulging in her passions for writing, reading, globetrotting and beach lounging.





MEET THE SPEAKERS

Christina Pay, Assistant Professor, Family & Consumer Sciences, USU Extension

Christina is an Assistant Professor in Family and Consumer Sciences at Utah State University Extension. She received her Master's Degree in Health Education from Western Governors University. Christina believes the key to improving communities is through strengthening family relationships, empowering youth through positive youth development and promoting healthy lifestyles. As such, she uses research based innovative programming in these areas to better serve her community. Christina enjoys reading, traveling, writing, enjoying nature, and spending time with her family.

Eva Timothy, Assistant Professor, Family & Consumer Sciences, USU Extension

Eva Timothy hails from Northeast Tennessee where she obtained a Master's in Social Work from East Tennessee State University. She is knowledgeable in the areas of behavior modification, improving parent-child relationships through parenting skills, working with youth and families experiencing homelessness, and teaching youth. She is currently employed with USU Extension in Millard County where she works to meet her community's needs through effective programming in the areas of positive youth development, parent-child relationship education, food preservation, and more. In her free time, she enjoys being with her husband and children. She is passionate about healthy living and spending time in the great outdoors. Nature is where she finds her center.

Melanie Dabb, Assistant Professor, Family & Consumer Sciences, USU Extension

Melanie is the USU Extension Assistant Professor for Home and Community in Juab County. Prior to taking this position, Melanie was an Extension 4-H faculty member for the University of Georgia in Troup County, GA. She has a passion for helping families break the intergenerational poverty cycle and worked with many at risk youth in Georgia. Melanie received her bachelor's degree in Health Education from Utah State University and her master's degree in Financial Planning from the University of Georgia. In her personal life Melanie enjoys traveling, exploring outdoors, being crafty, cooking and planning get-togethers

Kika Vila Nova, Women Who Explore Utah Ambassador

BIO: Kika moved to Utah from Brazil in 2001 to pursue a Masters Degree at Brigham Young University. She quickly fell in love with Utah's beautiful and diverse landscape and started to spend as much time as possible outdoors. A mother of one, Kika struggled with post partum depression and found peace and healing in nature. In 2017, Kika became one of the first local ambassadors for Women Who Explore, a global community created to help bring women together. As an ambassador, Kika hosts local and international events, from hiking to brunch to karaoke to weeklong trips. Her favorite part about these events is what the community describes as "the magic": the friendships that are created between complete strangers took a chance coming to an event with complete strangers. During this session, Kika will talk about the importance of community and how to find or even create one around you!





MEET THE SPEAKERS

Alyssa Amano, Divine Yoga Studios instructor

My name is Alyssa Amano. I am a yoga instructor. I teach Vin Yin (Vinyasa flow & Yin) at Divine Yoga Studios, where I recently certified in my 200 hr YTT Yoga Teacher Training. They say that everyone who finds yoga is healing something. The practice of yoga, meditation, and breath work has helped me during some of the most challenging times and in so many aspects of life. Outside of yoga, I am a graphic designer, soccer trainer, and foot zone practitioner. I live to travel and try new things. I love sports, food, and spending time with my family and friends.

Danielle Cook, Family Life Educator, USU

Danielle is an active educator, teaching as a Family Life Educator for the past 9 years to a wide variety of audiences with Utah State University and Utah Valley University. She is certified in teaching several curriculum including Parenting with Love and Logic, Positive Discipline, Anger Management, Dating and Life Skills courses. She is passionate about service, people and relationships and believes her life's work is through empowering others to live their full potential. Her life motto is "be a fountain, not a drain" that was adopted from her late father. She loves being physically active and considers herself an adrenaline seeker. Danielle has enjoyed keeping her career alive, but ultimately the heart and soul of her life is her family: her wonderful husband, 4 young children, and loving extended family.

Rachel Reist, LCSW, MBSR Instructor, Davis Mindfulness Center

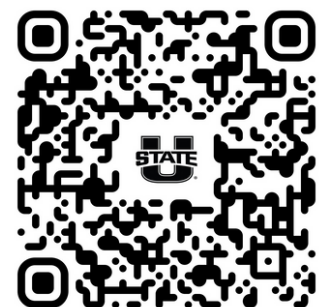
Rachel Reist is a licensed clinical social worker (MSW Brigham Young University) and is a Qualified Mindfulness-Based Stress Reduction instructor (trained through UMASS). Her career has been devoted to working with children, adolescents, and families. She loves sharing mindfulness with schools and the community as part of the Prevention & Education services available through Davis Behavioral Health at the Davis Mindfulness Center where she serves as the Learning to Breathe Program Coordinator. For personal restoration, Rachel loves making bread, growing flowers and vegetables, and spending time with family and friends.

Sadie Wilde, MPH Assistant Professor, Health & Wellness, USU Extension

Sadie Wilde, MPH, is an Assistant Professor in Davis and Weber County. She focuses her research and programming on health and wellness, with an emphasis in substance use disorder prevention, suicide prevention, and women's health. Sadie also has a background in exercise physiology and has previously worked on an eating disorder treatment team with Intermountain Health.

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