

It's A Different World:
Adapting to the New Normal
Conference Itinerary

9:50 AM	Conference Entry – Waiting Room			Zoom
10:00 AM	Welcome/Recognition			June Hunt
10:10 AM	Emotional Health Benefits of Yoga An honest conversation about the soul's purpose and psychology behind what holds us back from pursuing our desires			Lourdes Sanchez OM Yoga Wellness Studios West Palm Beach, FL
10:25 AM	Find Your Place of Grace A Reflective soul search to listen to what you need, gain a deeper clarity about what is important and prepare yourself for success post pandemic			Shelly Albright Chief Executive Officer The Sophisticated Octopus Wellington, FL
10:48 AM	The Art of Being Your Best Self			
	CHAT ROOM 1	CHAT ROOM 2	CHAT ROOM 3	
	LEADERSHIP EMPOWERMENT	ECONOMIC EMPOWERMENT	PERSONAL EMPOWERMENT	
Session Title:	Regroup, Recharge, Reroute	Creating Wealth and Resiliency Early in Life	Stressed Out? Get in the Kitchen	
Session Description	How to change gears in a changing time	How to stretch a dollar, teaching the next generation economic responsibility	Cooking to reduce anxiety and increase mental sharpness	
Speaker/Panelists	Sharon Gill Chief Business Strategist Sharon Gill International, Inc. Charlotte, North Carolina	H. Leigh Toney Chief Visionary & Impact Officer Ellavations, LLC Miami FL	Chef Trinnette Morris Chief Executive Officer Trindy Gourmet West Palm Beach, FL	

11:13 AM	Express Your Self		Shatawn Reid Poet of Sapphire Soul
11:23 AM	Decoding Your Leadership Knowing when and how to Lead Up, Across and Down		Sia Baker- Barnes Attorney Searcy, Denney, Scarola, Barnhart & Shipley West Palm Beach, FL
11:48 AM	A Song in Your Heart		Terrion Nelson Songstress, Psalmist, Vocal Coach West Palm Beach, FL
11:58 AM	Mind Over Matter How to untangle your mind to declutter your brain		Dr. Ludmila De Faria Board Certified Psychiatrist Tallahassee, FL
12:33 PM	Arts Through It All Combating Stress with Art		Diana Shannon Young A World Renowned, Award Winning Multicultural Artist DSY Fine Art, Riverside, CA
12:58 PM	Reboot		
	CHAT ROOM 1	CHAT ROOM 2	CHAT ROOM 3
	POLITICAL EMPOWERMENT	EDUCATION EMPOWERMENT	POLITICAL EMPOWERMENT
Session Title:	Don't Just Talk About It, Be About It	Virtually Speaking Enough IZ Enough	Keys to the City
Session Description	How to Advocate for Policy Change: Get involved in the 2020 Election and transform our world	How parents and families can develop relationships with teachers and schools to support the critical need to improve student achievement	The essentials in establishing prior emergency service relationships – with Government, Business and Law Enforcement – and Donor & Fundraising Online Management
Speaker/Panelists	Tasha Cole Co-Chair, Running Start Washington, D.C.	Dr. LaSonya Moore Professor and Author University of South Florida, Tampa, FL	Commissioner Tammy Jackson-Moore Board of the Health Care District Palm Beach County
1:23 PM	A Song in Your Heart		Terrion Nelson Songstress, Psalmist,

		Vocal Coach West Palm Beach, FL
1:33 PM	<p style="text-align: center;">THE HEALTH CONVERSATION</p> <p style="text-align: center;">11 Letters C-O-R-O-N-A-V-I-R-U-S Changed the World Coronavirus testing, treatment, prevention</p> <p style="text-align: center;">COVID-19: The Drug Effect Access, Cost & <i>Umm</i> Remedy</p>	<p>Dr. Tiffany McCalla Bottorff Emergency Medicine Physician Good Samaritan Hospital West Palm Beach, FL</p> <p>Salesia Smith-Gordon Attorney and Pharmacist (ret.) Law Office of Salesia V. Smith-Gordon West Palm Beach, FL</p>
1:58 PM	It's Zumba Time!!!!	Andrea Bruton Owner, SkyeHigh Fitness Delray Beach, FL
2:18 PM	CLOSING NETWORKING EVENT	