



Dr. Trenese L. McNealy's Virtual One-Day Summit: February 13, 2021
Transferring the Love of a Mother Internally
Speakers' Playback Links

Dr. Trenese L. McNealy: We Welcome You - <https://youtu.be/xsQUcjrRmVg>

Lynniss Woods-Mullins: Enhance Your Wellness and V.I.B.E. - Tips to Be More Vibrant, Intuitive, Beautiful, & Emerged - <https://youtu.be/9gPVPQIc-qU>

At some point in our lives, we all are faced with the fact that we are growing older. When faced with this reality, we then have to decide what are we going to do to foster the idea of aging gracefully and live life at its fullest. In this presentation, Lynniss Woods-Mullins shares tips that can help you to age gracefully and V.I.B.E.; enhance your vibrancy, intuition, your inner beauty, and emerge into the woman you want to be.

Tisha Janigian: Educating & Empowering Single Mothers Through SHE IS HOPE LA & SHE IS HOPE Realty - <https://youtu.be/K-8ymKwDo50>

Tisha Janigian shares her mission and vision to uplift single mothers and their children through the nonprofit she founded called, SHE IS HOPE LA, and her brokerage, SHE IS HOPE Realty. By offering education, mentoring, job training, and opportunities as well as housing and childcare, SHE IS HOPE LA educates and empowers single mothers starting over by boosting their self-confidence and helping them achieve financial independence.

Morgan Balavage: Yogic Breathing Exercises to Regulate Your Nervous System When You Absolutely Have No Time for Self-Care - <https://youtu.be/fLiDLhS7myQ>

Morgan Balavage wants you to feel balanced and focused after this experience. For Morgan, self-care are the non-negotiables that she needs to perform her advanced functions. Like, brushing her teeth is self-care, you know? So are her daily practices of journaling, meditation, and yoga: they are like brushing the teeth...of her ego! They help Morgan to feel like a better version of herself, so she keeps doing them, and she teaches other people how to do them! Join Morgan for a yoga practice called, Alternate Nostril Breathing (nadi shodhana). It has been proven to lower blood pressure and heart rate, effectively reversing the deleterious effects of stress. It is relaxing. Let's do it!

Yvonne Phillip: Define You Mama Style - How to find your style when you are doing all the Mama things - <https://youtu.be/eRBJ3EzIUu4>

Yvonne Phillip presents tips on how to get the style you want and to suit your body shape when you are too busy doing all the Mama things to go shopping.

Harriet Cabelly: Reconnecting with Oneself Beyond One's Role as Mommy - <https://youtu.be/u-CLo3AXMzQ>

As parents, we are naturally focused on our children and our most important job of raising them. We tend to lose ourselves along the way. We put ourselves on the back burner. Instead of waking up when they are grown and out of the house, we can do things along the way to reconnect with who we are as women. What are our interests, our likes, our values, and priorities; what is

meaningful to us? Harriet Cabelly discusses concepts and practical exercises to begin to reclaim ourselves, even as we invest in the remarkable and intense parenting journey.

Brooklynn Bradley-LaFleur: The Importance of Self-Care - <https://youtu.be/ziNSSKhAs4g>

During this summit, Brooklynn Bradley-LaFleur discusses a deeper meaning of the words self-care and how it pertains to her journey as an entrepreneur. She hopes her personal testimony about her health and wellness will help others change their lives.

Liz Coalts: Managing Anxiety in Your Business and Professional Career -

<https://vimeo.com/506581303>

Anxiety is not just something that you have to manage in your personal life, it needs to be managed in your business and professional life too! You may have different stressors and priorities between the personal and professional sides of your life, but one thing is the same in both...YOU! During this presentation, Liz Coalts will give you an overview of how anxiety can show up in your business and professional career, and provides tips on how to manage anxiety, stress and overwhelm.

Johnetta Cuff: Committed to Living Inside Out - <https://youtu.be/fHCz4IZSsQE>

Ladies, are you ready to value the relationship with yourself so that your relationship with others will become healthier and stronger? Well ladies, it begins with you. The relationship we have with others is a reflection of the relationship we have with ourselves. Johnetta Cuff will provide you with the tools to connect to your inner being and create an intimate relationship with yourself and living life by your own rules by living inside out instead of outside in.

Teresa Sanderson: Overcome Overwhelm with Intentional Living -

<https://www.youtube.com/watch?v=xdq0-tgZ29A&t=15s>

Overwhelm is that terrible crippling feeling that you are totally defeated. You cannot win; so why start? Or maybe you are like Teresa Sanderson and just become immobile...completely unable to function, unable to begin. Teresa been there. And she knows what it is like. The good news? Teresa learned to overcome overwhelm, and she ready to share how you can to! Teresa is not going to sugarcoat it. It is going to take effort and time on your part to get there. But YOU CAN DO IT!

Rebecca Branham: Modeling Healthy Behaviors - <https://youtu.be/aSH-CEsqcbg>

Rebecca Branham helps moms overcome stress and guilt and overwhelm while reflecting good behaviors of self-care, healthy eating and more. She will teach you why you should not feel guilty for prioritizing yourself when taking the steps you need to create healthy lifestyle choices in your day to day life.

Danielle Ralston: How Planning Strategist Create Self-Care and Easier Meals -

<https://youtu.be/vT6zphKa-e0>

Danielle Ralston provides some simple plan ahead strategies that can not only save your family money but create more time for yourself when you are TIRED and just not wanting to adult. But it can also buy you back time and a budget to create more selfcare time for yourself!

Dr. Belinda Gilbert: Self-Care: A Necessity for Mothers - <https://youtu.be/uygdtQ5J4TA>

This presentation will provide a basic overview of self-care and explore the many reasons why some mothers may neglect to take part in self-care activities. Dr. Belinda Gilbert will share the potential negative consequences of not engaging in self-care. This presentation will expound on the positive benefits of self-care and discuss various self-care activities to luxuriate in periodically. Dr. Gilbert will delve into the various myths that may prevent mothers from participating in self-care and challenge mothers to invest in themselves. For the mother who finds herself overwhelmed and stretched thin while striving to meet the demands of motherhood, this presentation will surely inspire and encourage self-care.

Cassandra Osterberg: How to Use Astrology for Self-care and Self-love - <https://youtu.be/kWQ2KN5QZPY>

In this video, Cassandra Osterberg - The Saffron Sage - describes how to use astrology for self-care. She goes over the four elements in astrology - earth, air, fire, and water and shares a self-care tip for each sign of the zodiac.

Kelly Thistlethwaite: Nurturing the Inner Split: Identify and Value the two Main Roles that we Play in Life: The Mother and The Women - <https://youtu.be/CCtQvh5FIXg>

In this session Kelly Thistlethwaite introduces the term Matrescence and the main ways in which it transforms our lives as women and mothers. She introduces the term-The Inner Split and talks about the two main roles that we play in motherhood- The Mother and the Women. Both roles need to be identified and valued ignorer for us to feel content, enough and happy. Kelly encourages you to redefine your definition of success for these two roles (esp atm during the global pandemic) to enable you to feel more empowered. To find out more about the work that Kelly does and what she offers please visit www.yorkshireyogi.com. She cannot wait to connect with you!

Lorraine McDowell: Preventive Healthcare for Women - <https://youtu.be/6H1Fz6IgAog>

During this presentation, Lorraine McDowell covers general health, wellness, and screenings recommended for women in an effort to promote good health and wellness.