SheIsMe Global 7th Annual SheIsMe Conference Program

October 19–25, 2026 | Virtual | All times Pacific Daylight Time

WORKING PROGRAM • Schedule at a Glance reflects the organizer-provided website schedule and subsequent confirmed changes.

Schedule at a Glance

Workshops: 90 minutes. Conference presentations: 45 minutes, starting on the hour. Panels: 4:00 PM, moderated by Lisa Jimenez.

Monday, October 19 | Workshops

Start (PDT)	Presenter	Title / session
7:00 AM	Lisa Jimenez	SheIsMe Masterclass: Heart-Centered Leadership – Leading in a New World
8:30 AM	Silke Harvey	The Future of Living: Women, Land, and Community
10:00 AM	Dr. Diane Dye	No is (Almost) Never Final: How to Get Past Bias, Bad Advice, and Your Brain
11:30 AM	Iya Sy	The Power of Asking Better Questions
1:00 PM	Amanda Nielsen	The Quiet Pull: How to Stop Betraying the Woman You Already Know You Are
2:30 PM	Laura Nespoli	Own Your Story: Articulate Your Purpose to Grow Your Business and Yourself
4:00 PM	Kasey Rogers	The Elements of Writing a Memoir: How and Why To Share Your Story

Tuesday, October 20 | Workshops and presentation

Start (PDT)	Presenter	Title / session
7:00 AM	Rachel Mailer	RESET. BUILD. CHOOSE.™: Stop Overthinking Dating and Start Choosing the Right Partner
8:30 AM	Lindsay Tramel-Jones	The Standard You Keep
10:00 AM	Krystal Jugarap	Building Undeniable Momentum
11:30 AM	Breanna “Coach Breezy” Thornton	Strong for Yourself: Reclaiming Strength, Movement & Your Body (working title)
1:00 PM	Dr. Stefanie Bennett	The Intentionalist: The Hidden Architecture of Transformation
2:30 PM	Nancy Boyd	The Living Truth Model: How to Stay Sane While the World Reinvents Itself
4:00 PM	Raquel Baldelomar	Who Writes Your Story? Question the Narratives You Carry, Challenge the Assumptions That Shape Your Choices, and Design What Comes Next
5:30 PM	Gwenda Smith	The Strength to Begin Again

Wednesday, October 21 | Speaker day

Start (PDT)	Presenter	Title / session
7:00 AM	Lisa Jimenez	Keynote and SheIsMe Conference Welcome and Update
8:00 AM	Carmen Wiesinger	When Confidence Isn't Enough: How to Build Superhero-Level Stability Under Pressure
9:00 AM	Jeannette Paxia	Reclaiming Your Voice: From Self-Doubt to Self-confidence
10:00 AM	Dr. Diane Dye	No is (Almost) Never Final: How to Get Past Bias, Bad Advice, and Your Brain
11:00 AM	Sylvia S. Glanton	You Were Never Meant to Carry It All: Designing a Life and Business That Can Hold You, Too
12:00 PM	Dr. Fariba Parsa	From Surviving to Thriving: Women's Dignity, Courage, and the Power to Rebuild
1:00 PM	Sonia Eldergill	Ignite Your Fire: How to Stop Letting Someone Else's Addiction Run Your Life
2:00 PM	Kristen MacDonald	Believe Yourself Again: The Power of Affirmations to Reclaim Your Voice
3:00 PM	Lisa Jimenez	Opening Keynote and Conference Welcome & Update (Replay)
4:00 PM	PANEL	Know Your Money: The Financial Education Women Were Never Given

Thursday, October 22 | Speaker day

Start (PDT)	Presenter	Title / session
7:00 AM	Olivia Howell	You Do Not Have to Know Yet: How to Support Yourself Through a Fresh Start
8:00 AM	Lisa Jimenez & Silke Harvey	SheIsMe Speaks: Your Voice. Your Business. Your Legacy.
9:00 AM	Natalie Bulger	Skeletons, Scars, and the Story Underneath
10:00 AM	Anna M. Santos	It's Never Too Late for a Re-Do: Reclaiming the Woman Beneath the Roles
11:00 AM	Nancy Boyd	Living From Your Truth
12:00 PM	Michele Vilseck	Success Doesn't Have to Suck: Be the DJ of Your Success
1:00 PM	Amanda Marino	Title pending confirmation
2:00 PM	Dr. Malaysia Harrell	The Success Trap: Why High-Achieving Women Must Heal Before They Achieve More
3:00 PM	Lisa Jimenez	SheIsMe Health: Reclaiming Women's Health, One Woman at a Time
4:00 PM	PANEL	Where Did the Village Go? Rebuilding Women's Community in a Disconnected World

Friday, October 23 | Speaker day

Start (PDT)	Presenter	Title / session
7:00 AM	Silke Harvey	Living With Intent: Building ShelsMe in the UK
8:00 AM	Tracy Lynn Gray	Stop Shrinking: Reclaim Your Voice, Take Up Space, and Be Fully Seen
9:00 AM	Sunaina Mehta	You Cannot Earn Belonging by Giving Yourself Away
10:00 AM	Nicole “Nix” Demos	How finding my voice as a proud disabled woman has helped me heal from years of trauma
11:00 AM	Lori Petin	Lay It Down
12:00 PM	Jinesha Jain	Just Because You Can, Should You? The Hidden Cost of Always Being 'On'
1:00 PM	Kelly Edmondson	An Intimacy with Today
2:00 PM	Laura Fisher	Beyond Surviving: What Happens When Survivors Become Leaders
3:00 PM	Lisa Quam	Healing Bit By Bit
4:00 PM	PANEL	No One Is Coming to Save Us: Women Taking Back Our Health, Safety & Autonomy

Panel Details

Know Your Money: The Financial Education Women Were Never Given

Moderator: Lisa Jimenez

Panelists: Martise Moore, Melissa Mittelstaedt, Nidhi Chadda

Draft panel description: Most women were never taught how money actually works, yet we're expected to make decisions about earning, saving, investing, debt, and long-term security. This conversation examines the financial knowledge women have been denied or discouraged from pursuing, the beliefs that keep us from asking questions, and the practical steps we can take to build greater independence. Panelists will discuss financial confidence, informed decision-making, and what it means to take ownership of our economic futures.

Where Did the Village Go? Rebuilding Women's Community in a Disconnected World

Moderator: Lisa Jimenez

Panelists: Anna M. Santos; Sunaina Mehta; Krystal Jugarap; Silke Harvey; Tracy Lynn Gray

Draft panel description: Women have always built villages around one another, sharing resources, wisdom, care, and responsibility. But many of us now find ourselves navigating major life changes, raising families, building businesses, and growing older without the support systems previous generations relied on. This panel explores what happened to our sense of community, why isolation has become so common, and how women can intentionally rebuild networks of belonging, mutual care, shared resources, and collective strength.

No One Is Coming to Save Us: Women Taking Back Our Health, Safety & Autonomy

Moderator: Lisa Jimenez

Panelists: Jinesha Jain; Raquel Baldelomar; Dr. Diane Dye; Ashley-Lauren Elrod; Karrah Youngblood (additional panelists may be added)

Draft panel description: When the systems meant to protect and support women fall short, how do we reclaim authority over our own lives? This panel brings together perspectives on women's health, personal safety, bodily autonomy, and self-advocacy. We'll examine the barriers women encounter when seeking care, setting boundaries, and making decisions for themselves, and discuss practical ways to strengthen our knowledge, voice, and ability to act. The conversation centers on moving from waiting for permission or rescue to building informed choices and meaningful support.

Detailed Conference Program

Monday, October 19 | Workshops

7:00 AM | Lisa Jimenez

Duration: 90 minutes | Workshop

Workshop: SheIsMe Masterclass: Heart-Centered Leadership – Leading in a New World

Bio: Lisa Jimenez is the Founder and CEO of SheIsMe Global, a global women's organization built to create spaces where women can tell their stories, build community, develop leadership, and create new possibilities for their lives. A 40-year Silicon Valley veteran and aerospace engineer, Lisa's career has also included work as a park ranger, wild animal trainer, social worker, consultant, author, speaker, and coach. A survivor of domestic violence and attempted murder, she founded the SheIsMe Conference after searching for a safe place to tell her own story and realizing she needed to build one. Her work now centers on creating the communities, platforms, programs, and leadership pathways that help women be seen, heard, supported, and equipped to lead.

Description: The world is changing, and the way we lead needs to change with it. For too long, women have been taught to wait for permission, question their abilities, and fit themselves into leadership models that were never designed for them. In this interactive masterclass, Lisa Jimenez, Founder and CEO of SheIsMe Global, explores a different approach to leadership, one rooted in transformation, confident decision-making, authentic communication, and the power of community.

Together, we'll challenge the limiting beliefs that keep women playing small, explore what it means to lead with both courage and compassion, and identify practical steps to turn our experience, knowledge, and vision into meaningful action. Because leadership isn't about a title or a position. It's about recognizing the power you already have and choosing what you're going to do with it.

8:30 AM | Silke Harvey

Duration: 90 minutes | Workshop

Workshop: The Future of Living: Women, Land, and Community

Bio: Silke Harvey is a Strategic Legacy Partner with SheIsMe Global, working alongside the organization as it develops its international community, leadership, and Legacy Partner initiatives. Her work is connected to the expansion of SheIsMe's model in Europe and to creating sustainable opportunities for women to build community, leadership, and long-term impact. Her role reflects SheIsMe's broader commitment to developing women-led spaces and programs designed to create connection, belonging, and lasting change.

Description: What if the future of living wasn't about owning more, but about creating a life rooted in connection, community, and belonging? In this workshop, Silke Harvey explores how women can reimagine the way we live by bringing together land, sustainable housing, shared resources, and intentional communities.

From creating spaces where women support one another to developing new models of collective living and land stewardship, Silke invites us to rethink what home, security, and independence can look like. Discover how women can lead the way in building communities that offer not just a place to live, but a place to belong, contribute, and thrive.TBD

10:00 AM | Dr. Diane Dye

Duration: 90 minutes | Workshop

Workshop: No is (Almost) Never Final: How to Get Past Bias, Bad Advice, and Your Brain - The Workshop

Bio: Dr. Diane Dye is the Founder & CEO of Enact Studios and a management consultant who helps leaders examine the behaviors, assumptions, and protective patterns that can limit their impact. As a neurodivergent, gay executive, she understands what it means to enter high-stakes spaces while managing what others may see or judge. Her work draws on validated frameworks and practical experimentation to help leaders challenge bias, reduce costly decision patterns, and create meaningful change without adding unnecessary burnout or change fatigue.

Description: Where are you hearing “no” most? This 90-minute, hands-on workshop helps participants apply the Beyond No framework to their own experience.

Brief stories introduce a sequence of exercises: the 20-person influence audit, the childhood I Spy game, the inner-voice process, and the True/Untrue × Possible/Not Possible matrix. Participants use the supplied workbook, or plain paper, to turn insight into a focused next step. Consent remains a non-negotiable full stop throughout.

Workshop learning points and takeaways:
1. Create a 20-person influence map with four relationship ratings.
2. Participate in the two-color I Spy exercise.
3. Work through the inner-voice process and make a new choice.
4. Complete a possibility matrix using their own situation.
5. Develop a personal action plan with one small experiment and a review date.

11:30 AM | Iya Sy

Duration: 90 minutes | Workshop

Workshop: The Power of Asking Better Questions

Bio: Iya Sy is a reflective speaker and writer focused on helping people slow down and think more clearly in a fast-moving world. Through journaling and self-inquiry, Iya creates space for people to reconnect with their thoughts and perspectives. Their work centers on clarity, honest self-reflection, and the questions we ask ourselves while navigating uncertainty and change. Rather than offering fixed answers, Iya encourages thoughtful reflection and practical insight.

Description: The questions we ask ourselves shape how we see our experiences and navigate uncertainty. In this interactive workshop, Iya Sy guides participants through reflective writing and self-inquiry to uncover assumptions hidden within everyday questions. Participants practice reframing limiting questions and creating deeper, more useful journaling prompts. Takeaways: identify embedded assumptions; reframe limiting questions; create meaningful reflection prompts; leave with a repeatable journaling process.

1:00 PM | Amanda Nielsen

Duration: 90 minutes | Workshop

Workshop: The Quiet Pull: How to Stop Betraying the Woman You Already Know You Are

Bio: Amanda Nielsen is a Self-Leadership Coach, Social Impact Consultant, and creator of The Aligned Life System™, a capacity-based life operating system for ambitious women. Former Chief of Staff at the U.S. Virgin Islands Department of Human Services, she helped shape a $25 million community impact initiative at Children’s Hospital of Philadelphia. She holds an MPH from Drexel University, was named a 2020 Changemaker by Lafayette College, and lives in St. Croix with her husband and two sons.

Description: In The Quiet Pull, women work through three exercises from Amanda’s Quiet Pull Framework™: the Betrayal Audit to identify where they are performing an outgrown version of themselves; the Fear vs. Pull Body Scan to distinguish fear from calling; and a handwritten Structure Letter to the woman they already know they are. Takeaways: name where you have been performing; distinguish fear from calling; leave with a Structure Letter and one clear first move. Note: the submitted description calls the talk “The Pull,” while the title field says “The Quiet Pull.”

2:30 PM | Laura Nespoli

Duration: 90 minutes | Workshop

Workshop: Own Your Story: Articulate Your Purpose to Grow Your Business and Yourself

Bio: Laura Nespoli is founder of Meshin Movement, LLC, an author of Threads of Me and You, creator of Story For Growth, and a public speaker. She unites people and inspires movement through storytelling, helping leaders connect strategic narrative with personal and business growth.

Description: An interactive strategic storytelling workshop using Laura's purpose-story framework. Participants draft a purpose statement, identify a limiting belief around visibility or self-promotion, connect their work to audience needs, and develop a reusable outcome story. Takeaways: apply the neuroscience of story to messaging and self-story; draft a purpose statement; identify a visibility barrier; build a reusable purpose-story framework; create an outcome story to move through self-doubt.

4:00 PM | Kasey Rogers

Duration: 90 minutes | Workshop

Workshop: The Elements of Writing a Memoir: How and Why To Share Your Story

Bio: Kasey Rogers is a survivor advocate and board leader with I Know Why She Stayed, an organization working to support women affected by domestic violence and abuse. Her work with SheIsMe Global is connected to survivor safety, education, community support, and the development of initiatives designed to help women move from crisis toward greater safety, stability, and freedom. She brings lived understanding and advocacy experience to conversations about domestic violence, survivor support, and the systems women need when they are ready to leave or rebuild.

Description: Every woman has a story worth telling, but how do you turn your life experiences into a memoir that connects with others? In this interactive workshop, Kasey Rogers explores the art of memoir writing, from identifying the experiences and themes that shape your story to understanding the essential elements of compelling storytelling. Participants will learn how to use structure, setting, conflict, reflection, and personal insight to bring their experiences to life on the page. Kasey will also address the challenges of writing honestly about difficult memories, navigating stories that involve other people, and discovering the deeper lessons within our experiences. Whether you're writing to preserve your legacy, make sense of your past, or inspire others, this workshop will help you begin transforming your memories into a meaningful story that only you can tell.

Tuesday, October 20 | Workshops and presentation

7:00 AM | Rachel Mailer

Duration: 90 minutes | Workshop

Workshop: RESET. BUILD. CHOOSE.™: Stop Overthinking Dating and Start Choosing the Right Partner

Bio: Rachel Mailer is a Dating Strategist & Connection Expert, host of Dates Don't Lie, and founder of Rachel Mailer Coaching. Speaker-approved short biography and website remain to be verified.

Description: In this interactive RESET • BUILD • CHOOSE.™ workshop, participants identify a recurring dating pattern, separate non-negotiables from preferences, define three core relationship requirements, and work through early-dating scenarios to distinguish chemistry, compatibility, and consistency. They create a personal dating decision filter and choose three immediate actions. Takeaways: identify a dating pattern; define three requirements; distinguish chemistry, compatibility, consistency, preferences and non-negotiables; build a decision filter; choose three actions. Any Queen Energy Dating Quiz must involve no lead capture, account, booking call or sales funnel.

8:30 AM | Lindsay Tramel-Jones

Duration: 90 minutes | Workshop

Workshop: The Standard You Keep

Bio: Lindsay Tramel-Jones is a 20-year Army leader whose work explores sexism, gender-based assumptions, invisible labor, systems, standards, and delegation. She is affiliated with Fierceified Creative & Consulting. Preferred professional title and speaker-approved short bio remain to be verified.

Description: A hands-on workshop to find your standards, write them down, and make them real. Participants map one process, judgment call, or "the way I do things" standard currently held only in their head and document it so another person could follow it. Takeaways: draft one working standard; create a gap map identifying where similar undocumented processes exist; choose one responsibility to hand off this month.

10:00 AM | Krystal Jugarap

Duration: 90 minutes | Workshop

Workshop: Building Undeniable Momentum

Bio: Krystal Jugarap is a two-time founder, Business Mentor, Visibility Strategist, and award-winning community builder. As founder of Herrolo, she has built a community of more than 150 women entrepreneurs focused on connection and visibility.

Description: In this 90-minute workshop, Krystal helps participants build momentum through clarity, conviction, and content, including the 6 C's of Visibility framework. Participants workshop a pitch live, identify where clarity without conviction has kept them safe, practice speaking their offer confidently, and develop content from their strongest communication style rather than copying trends. Takeaways: draft a pitch; identify conviction gaps; practice a confident offer; use the 6 C's framework; leave with a clearer content and visibility direction.

11:30 AM | Breanna "Coach Breezy" Thornton

Duration: 90 minutes | Workshop

Workshop: Strong for Yourself: Reclaiming Strength, Movement & Your Body (working title; presenter approval pending)

Bio: Breanna "Coach Breezy" Thornton is a Strength and Performance Coach and founder of Breezy Fit Co. She helps ambitious women and men build real strength, protect their energy, and stay consistent without burning out. Her work emphasizes practical systems for strength, mobility, recovery, and sustainable routines.

Description (proposed; approval pending): Through mobility exercises, mindset work, desk-friendly movements to address stiffness and discomfort, and practical strength and conditioning strategies, participants explore ways to make movement part of daily life. Takeaways: prioritize strength without guilt; reduce barriers to self-care; learn practical movement strategies; build a realistic movement plan.

1:00 PM | Dr. Stefanie Bennett

Duration: 90 minutes | Workshop

Workshop: The Intentionalist: The Hidden Architecture of Transformation

Bio: Dr. Stefanie Bennett, Ph.D., is a transpersonal psychologist, author, trauma specialist, and educator whose work explores consciousness, perception, trauma, transformation, and human becoming.

Description: This experiential 90-minute workshop explores the difference between reaction and intentional participation, and the hidden structures that shape perception, identity, and behavior. Through guided self-inquiry, participants identify a recurring pattern, learn foundational Intentionalist principles, and practice moving from unconscious repetition toward conscious participation. Takeaways: understand reaction versus intentional participation; explore hidden structures; identify one recurring pattern; learn Intentionalist principles; practice guided inquiry; leave with a practical reflection process.

2:30 PM | Nancy Boyd

Duration: 90 minutes | Workshop

Workshop: The Living Truth Model: How to Stay Sane While the World Reinvents Itself

Bio: Nancy Boyd is a nonconformist, author, and creator whose work helps people make sense of their lives and navigate change with greater authenticity. After a lifetime of feeling different and being punished or excluded for not fitting conventional expectations, she built an ecosystem of support for people committed to creating a world no one needs to recover from. Nancy has written more than 40 books, nearly 20 of them published through her own imprint, Bright Wings Press.

Description: Nancy introduces the Living Truth Model, a practice for recognizing the gap between who we have learned to be and who we actually are. She explores why that gap matters, how inherited patterns can keep us disconnected from ourselves, and what it can look like to begin living more congruently while the world around us continues to change.

4:00 PM | Raquel Baldelomar

Duration: 90 minutes | Workshop

Workshop: Who Writes Your Story? Question the Narratives You Carry, Challenge the Assumptions That Shape Your Choices, and Design What Comes Next

Bio: Raquel Baldelomar is the Founder and CEO of Quaintise, an entrepreneur, author, and podcast host whose work explores leadership, identity, inherited narratives, and intentional reinvention. Born in Bolivia, Raquel's life and career have included profound family upheaval, immigration to the United States, work in private banking, entrepreneurship, and the building of successful businesses. Her approach combines lived experience with design-thinking principles to help women examine the meaning they have attached to their experiences, understand how those narratives have shaped them, and consciously design what comes next. She is also the host of The Mega Podcast.

Description: How do we stop living inside a narrative we inherited and begin consciously creating the one that comes next? Every life includes events we didn't choose, but we decide what those events mean. Over time, those meanings become stories about who we are, what we can expect, and what is possible. Sometimes those stories are still making our decisions long after they stopped serving us.

In this interactive workshop, author and businesswoman Raquel Baldelomar shares how a childhood in Bolivia and her father's sudden disappearance shaped the story she lived by for decades, and what changed when she began questioning it.

Using a simple four-question framework and a free worksheet, you'll name a narrative you're carrying, separate facts from assumptions, reframe the questions you've been asking, and imagine more than one possible future. You'll leave with your own Next Chapter Prototype: one small, specific action, a date to take it, and a seven-day experiment to carry forward.

5:30 PM | Gwenda Smith

Duration: 45 minutes | Conference presentation

Presentation: The Strength to Begin Again

Bio: TBD

Professional Title: Integrative Wellness and Spiritual Mentor
Bio: With more than 36 years of guiding people back to wholeness, Gwenda is a bold, strategic leader and internationally recognised force in integrative wellness and spiritual healing. Bridging ancient wisdom with modern insight, she weaves holistic knowledge and the pure essence of Spirit Medicine into purposeful action that creates lasting transformation. Through her visionary leadership and teachings, Gwenda empowers people and business owners to move beyond participation and truly thrive, awakening vitality, joy and soulful fulfilment through food, movement, breath, nature and energetic harmony.

Audience takeaways: Practical steps to use each day to build personal power, a sense of calm and steadiness in moving forward. Create financial independence and stability.

Description: TBD

Workshop schedule updated from organizer's handwritten October 19–20 schedule. All times Pacific Daylight Time. Workshop-specific titles and descriptions marked TBD require confirmation.

Wednesday, October 21 | Speaker day

7:00 AM | Lisa Jimenez

Duration: 45 minutes | Conference presentation

Presentation: Keynote and SheIsMe Conference Welcome and Update

Bio: Lisa Jimenez is the Founder and CEO of SheIsMe Global, a global women's organization built to create spaces where women can tell their stories, build community, develop leadership, and create new possibilities for their lives. A 40-year Silicon Valley veteran and aerospace engineer, Lisa's career has also included work as a park ranger, wild animal trainer, social worker, consultant, author, speaker, and coach. A survivor of domestic violence and attempted murder, she founded the SheIsMe

Conference after searching for a safe place to tell her own story and realizing she needed to build one. Her work now centers on creating the communities, platforms, programs, and leadership pathways that help women be seen, heard, supported, and equipped to lead.

Description: **Together We Rise: The SheIsMe Story, Where We've Been and Where We're Going**

Opening Keynote with Lisa Jimenez, Founder & CEO of SheIsMe Global

What started as a vision to create a world where women are seen, heard, valued, and supported has grown into a global movement connecting women across countries, cultures, and generations. But SheIsMe has never been about simply bringing women together. It's about what becomes possible when we stop waiting for existing systems to make room for us and begin building something of our own.

In this opening keynote, Lisa Jimenez takes us behind the scenes of SheIsMe Global, sharing the journey, the lessons, the challenges, and the extraordinary women who have helped shape this movement. She'll explore how SheIsMe is evolving beyond an annual conference into a global ecosystem of community, leadership, education, health, safety, economic opportunity, and spaces where women can truly belong.

More importantly, she'll share what's coming next, from the expansion of SheIsMe's programs and partnerships to the development of physical communities, gathering spaces, and new opportunities for women to lead, build, and create lasting change.

This is more than a look back or an announcement of what's ahead. It's an invitation to become part of what we're building together. Because the future of SheIsMe isn't something we're waiting for. It's something we're creating, and every woman has a place in it.

8:00 AM | Carmen Wiesinger

Duration: 45 minutes | Conference presentation

Presentation: When Confidence Isn't Enough: How to Build Superhero-Level Stability Under Pressure

Bio: Carmen Wiesinger is a coach whose work explores what happens when capable women lose access to their confidence under pressure. She began coaching in 2020 with a focus on discipline, mindset, and performance, then shifted her work after recognizing that knowledge and preparation alone do not always determine how someone responds in high-visibility moments. Her current work focuses on helping women recognize their responses to pressure and strengthen their ability to remain present, clear, and intentional when the stakes feel high.

Description: Carmen explores why capable women can feel confident in private yet lose access to that confidence when visibility and pressure increase. She examines fight, flight, and freeze responses and how they can affect voice, decisions, and presence, then helps women recognize these patterns and move from automatic reaction toward greater clarity and stability in high-pressure moments.

9:00 AM | Jeannette Paxia

Duration: 45 minutes | Conference presentation

Presentation: Reclaiming Your Voice: From Self-Doubt to Self-confidence

Bio: Jeannette Paxia is a coach whose work focuses on self-confidence, communication, leadership presence, and intentional action. After more than 30 years in the medical field supporting others on their healing journeys, she began exploring a more holistic approach to well-being and personal growth. A profound personal loss further shaped her path. Today, Jeannette teaches practical strategies designed to help women strengthen self-trust, communicate more effectively, and show up more fully in life and business.

Description: Jeannette teaches practical strategies for building self-confidence and what she calls an 'armor of self-confidence' that helps women show up more fully in life and business. Her presentation also explores effective communication, speaking skills, leadership presence, self-trust, and intentional action as tools for strengthening confidence and personal impact.

10:00 AM | Dr. Diane Dye

Duration: 45 minutes | Conference presentation

Presentation: No is (Almost) Never Final: How to Get Past Bias, Bad Advice, and Your Brain

Bio: Dr. Diane Dye is the Founder & CEO of Enact Studios and a management consultant who helps leaders examine the behaviors, assumptions, and protective patterns that can limit their impact. As a neurodivergent, gay executive, she understands what it means to enter high-stakes spaces while managing what others may see or judge. Her work draws on validated frameworks and practical experimentation to help leaders challenge bias, reduce costly decision patterns, and create meaningful change without adding unnecessary burnout or change fatigue.

Description: "No" is a powerful word. Sometimes it is a boundary that must be honored. Sometimes it reflects fear, an assumption, or a belief about what is possible. Knowing the difference changes how you respond.

Through personal stories and practical tools, Dr. Diane Dye explores the three places we hear "no," from people we care about, from ourselves, and from the world. This keynote invites audiences to honor consent, question limiting assumptions, and choose a next step toward their own goals.

Presentation learning points and takeaways:
1. Distinguish a consent "no" from a commitment "no."
2. Identify the three sources of "no" and how to respond.
3. Recognize upshifter, midshifter, and downshifter influence patterns.
4. Apply Name It, Thank It, Chain It Down to the inner voice.
5. Explore what is true and possible, then focus on ONE place and ONE next step.

11:00 AM | Sylvia S. Glanton

Duration: 45 minutes | Conference presentation

Presentation: You Were Never Meant to Carry It All: Designing a Life and Business That Can Hold You, Too

Bio: Sylvia S. Glanton is the CEO of Personameant Solutions and Founder of The Future Rich Aunties Community. Her journey through personal transition, loss, reinvention, and identity shifts shaped a leadership approach grounded in clarity, structure, self-belief, and service. Today, she helps women build businesses, strengthen their financial foundations, release unnecessary overwhelm, and create support systems that allow both their lives and their work to thrive.

Description: Sylvia guides women through the relationship between story, structure, self-leadership, and sustainable success. Using her DELEMate™ framework and her work around identity and leadership, she explores what women can release, what can be delegated, and how to create support systems that allow their lives and businesses to hold them rather than requiring them to carry everything alone.

12:00 PM | Dr. Fariba Parsa

Duration: 45 minutes | Conference presentation

Presentation: From Surviving to Thriving: Women's Dignity, Courage, and the Power to Rebuild

Bio: Dr. Fariba Parsa is an Iranian-American scholar, author, women's leadership advocate, and Founder and Executive Director of Women's E-Learning in Leadership (WELL). Her work centers on women's rights, dignity, voice, agency, leadership, and democratic change, with particular attention to women connected to Iran, Afghanistan, and diaspora communities. She is the author of Fighting for Change in Iran: The Women, Life, Freedom Philosophy Against Political Islam.

Description: How can women transform adversity into strength, independence, and leadership? Drawing on her personal journey from Iran to Denmark and the United States, Dr. Fariba Parsa explores the power of human dignity in overcoming violence, discrimination, and life's challenges. Through examples of women's courage in Iran and Afghanistan, she highlights how education, economic independence, and supportive communities can help women reclaim their voices, rebuild their lives, and shape their futures. An empowering message of hope, resilience, and the journey from surviving to thriving.

1:00 PM | Sonia Eldergill

Duration: 45 minutes | Conference presentation

Presentation: Ignite Your Fire: How to Stop Letting Someone Else's Addiction Run Your Life

Bio: Sonia Eldergill is a confidence and identity coach who spent more than two decades living with the chaos and emotional exhaustion of loving someone struggling with alcoholism. Her turning point came when she realized she could not wait for her husband to get sober before beginning her own healing. Through therapy, coaching, education, and deep personal work, Sonia rebuilt her confidence and identity. Today, she supports women living with alcoholic partners as they reclaim their voice, boundaries, resilience, and sense of self.

Description: After more than twenty years living with the chaos and emotional exhaustion of loving someone struggling with alcoholism, Sonia realized she had lost herself inside someone else's addiction. Her presentation explores what happens when a woman stops waiting for another person to change and begins reclaiming her own identity, voice, boundaries, confidence, power, and future.

2:00 PM | Kristen MacDonald

Duration: 45 minutes | Conference presentation

Presentation: Believe Yourself Again: The Power of Affirmations to Reclaim Your Voice

Description: After experiencing bullying, manipulation, and control in her first marriage, Kristen MacDonald found herself struggling with confidence, self-worth, and her ability to speak up. Through affirmations, she began rebuilding belief in herself and reclaiming her voice. Kristen shares how intentional, positive language can help women challenge negative beliefs, strengthen self-worth, and rediscover confidence. Her affirmation book has been accepted into 21 schools in Australia. Takeaways: recognize how abuse erodes confidence; use affirmations to rebuild self-belief; practice speaking up and trusting yourself.

Bio: Kristen MacDonald is a writer, author, and card designer whose work centers on affirmations, self-worth, mindset, and reclaiming one's voice. A survivor of domestic violence, Kristen describes losing confidence and self-belief through bullying, manipulation, and control in her first marriage. She used affirmations as part of her healing and rebuilding process, eventually publishing an affirmation book that has been accepted into 21 schools in Australia. Her work encourages women to use intentional language to rebuild belief in themselves.
Description: TBD — final presentation description not yet provided.

3:00 PM | Lisa Jimenez (Keynote Replay)

Duration: 45 minutes | Conference presentation

Presentation: Opening Keynote and Conference Welcome & Update (Replay)

Presenter: Lisa Jimenez, Founder & CEO, SheIsMe Global. Replay of the 7:00 AM opening keynote; not a separate new talk.

4:00 PM | PANEL

Panel: Know Your Money: The Financial Education Women Were Never Given

Moderator: Lisa Jimenez

Panelists: Laura Fisher; Melissa, Dr. Lori, Nidhi

Most women were never taught how money actually works, yet we're expected to make decisions about earning, saving, investing, debt, and long-term security. This conversation examines the financial knowledge women have been denied or discouraged from pursuing, the beliefs that keep us from asking questions, and the practical steps we can take to build greater independence. Panelists will discuss financial confidence, informed decision-making, and what it means to take ownership of our economic futures.

Thursday, October 22 | Speaker day

7:00 AM | Olivia Howell

Duration: 45 minutes | Conference presentation

Presentation: You Do Not Have to Know Yet: How to Support Yourself Through a Fresh Start

Bio: Olivia Howell is the CEO and co-founder of Fresh Starts Registry, the world's first divorce registry and a leading divorce support platform. A clinical hypnotherapist, coach, writer, and podcast host, Olivia is also the author of the forthcoming Divorce Happens: A Compassionate Guide to Starting Fresh from Sheldon Press.

Description: Fresh starts rarely begin with certainty. More often, they begin in the messy middle, when the life you knew has changed and you cannot yet see what comes next. In this conversational session, Olivia Howell shares what she learned rebuilding after divorce and creating Fresh Starts Registry, along with practical ways to move through major life transitions without forcing yourself to have all the answers. She'll explore how to reduce overwhelm, identify the support you actually need, rebuild trust in yourself, and take the next small step toward a life that feels like your own.

8:00 AM | Lisa Jimenez & Silke Harvey

Duration: 45 minutes | Conference presentation

Presentation: SheIsMe Speaks: Your Voice. Your Business. Your Legacy.

Presenters: Lisa Jimenez & Silke Harvey
Description: What if you could turn your passion for empowering women into a meaningful business while building community and creating lasting change? Lisa Jimenez, Founder & CEO of SheIsMe Global, and Silke Harvey, Executive Director of SheIsMe Europe, introduce SheIsMe Speaks, a global opportunity to bring powerful conversations and transformative events into local communities. Learn about the licensing model, training, mentorship, and scholarship opportunities, and discover how your voice can become your business and your legacy.

9:00 AM | Natalie Bulger

Duration: 45 minutes | Conference presentation

Presentation: Skeletons, Scars, and the Story Underneath

Bio: Natalie Bulger brings lived experience, leadership, and a deeply personal understanding of healing to her work. At 18, within a two-month period, she survived sexual assault, became pregnant as a result, lost her father to cancer, and miscarried on the same day. She spent years pushing forward and climbing the corporate ladder, believing achievement might fix what hurt. Her later journey through therapy changed that perspective and taught her that healing is not about returning to who we were before, but understanding and integrating what we have lived through.

Description: Natalie challenges the idea that healing always means repairing what has been broken or returning to who we were before. Through her own story, she explores how awareness, curiosity, and a shift in perspective can help women understand the complexity of their experiences and see new possibilities in the scars, disruptions, and chapters they have survived.

10:00 AM | Anna M. Santos

Duration: 45 minutes | Conference presentation

Presentation: It’s Never Too Late for a Re-Do: Reclaiming the Woman Beneath the Roles

Bio: Anna M. Santos is a speaker, women's mentor, and founder of The Re-Discovery of HER, a platform dedicated to helping women reclaim their identity, pleasure, confidence, and sense of possibility in midlife and beyond. After more than 20 years of creating safe, honest conversations with women around intimacy, relationships, and self-discovery, Anna now draws on her own experience of rebuilding her life after leaving a 27-year emotionally abusive marriage.

Through her work, Anna challenges outdated narratives about aging, divorce, and womanhood. With warmth, authenticity, and unapologetic honesty, she encourages women to reconnect with themselves, rediscover their power, and create lives that reflect who they are becoming rather than who they were expected to be.

Description: For years, women are taught to define themselves through the roles they play: wife, mother, partner, caregiver, and everything they do for everyone else. But what happens when those roles change, a relationship ends, or the life you've spent decades building no longer feels like your own?

In this empowering presentation, Anna M. Santos explores what it means to rediscover yourself after years of putting your own needs, desires, and dreams aside. Drawing from her personal journey of starting over after a 27-year marriage, Anna challenges the belief that midlife is a time to settle, shrink, or accept less. Instead, she invites women to reconnect with their confidence, sensuality, curiosity, and sense of possibility.

Through honest storytelling and practical insights, Anna reminds us that starting over doesn't mean starting from nothing. It means beginning again with the wisdom, experience, and strength we've gained along the way. It's never too late to reclaim the woman beneath the roles and build a life that feels fully your own.

11:00 AM | Nancy Boyd

Duration: 45 minutes | Conference presentation

Presentation: Living From Your Truth

Bio: Nancy Boyd is a nonconformist, author, and creator whose work helps people make sense of their lives and navigate change with greater authenticity. After a lifetime of feeling different and being punished or excluded for not fitting conventional

expectations, she built an ecosystem of support for people committed to creating a world no one needs to recover from. Nancy has written more than 40 books, nearly 20 of them published through her own imprint, Bright Wings Press.

Description: Nancy Boyd survived incest, poverty, alcoholism, betrayal, and decades of hiding who she was. Today she's 50 years sober, a multi-published author, the 2009 International Coach of the Year, and happier than she ever thought possible. Surviving wasn't the miracle. Learning to live from her own truth was.
In this candid, warm, and often funny talk, Nancy shares the story she kept quiet for years, and the simple practice that carried her home to herself. Your truth works like a feeling: no one can argue with it, and it needs no one's approval. You'll experience that for yourself, right in the moment, and leave knowing that recovery, redemption, and restoration are possible for you too.

12:00 PM | Michele Vilseck

Duration: 45 minutes | Conference presentation

Presentation: Success Doesn't Have to Suck: Be the DJ of Your Success

Bio: Michele Vilseck is a professional speaker, celebrity speaker coach, and Business DJ. She is the owner of Signature Stages LLC and Speakers Stadium LLC and helps entrepreneurs rethink success and build businesses around their strengths and priorities.
Description: A DJ-inspired approach to redefining success, reconnecting with your strengths, and building the people, systems, and daily rhythms that make achievement more sustainable. Michele explores how to move beyond perfectionism, overwork, and outside expectations so success supports the life you actually want.

1:00 PM | Amanda Marino

Duration: 45 minutes | Conference presentation

Presentation: Connecting, Empowering and Uniting Women: Regardless of What We Have Been Through

Speaker: Amanda Marino
Description: Pending speaker submission.

2:00 PM | Dr. Malaysia Harrell

Duration: 45 minutes | Conference presentation

Presentation: The Success Trap: Why High-Achieving Women Must Heal Before They Achieve More

Bio: Malaysia Harrell is a licensed clinical social worker and consultant whose work sits at the intersection of behavioral health, mind-body wellness, leadership, and sustainable success. After more than 20 years in military leadership and behavioral health, a near-death medical crisis, multiple surgeries, chronic illness, and medical retirement forced her to reconsider an identity built around achievement and service. She now helps high-achieving women examine the relationship between healing, wellness, leadership, and the ways they define success.

Description: Malaysia challenges the belief that success requires constant productivity, sacrifice, and proving our worth. Drawing from behavioral health, mind-body wellness, leadership, and her own lived experience, she explores how unresolved trauma, chronic stress, and nervous system dysregulation can shape leadership and decision-making, and why healing belongs inside the conversation about sustainable success.

3:00 PM | Lisa Jimenez

Duration: 45 minutes | Conference presentation

Presentation: SheIsMe Health: Reclaiming Women's Health, One Woman at a Time

Presenters: Lisa Jimenez
Description: For too long, women have navigated healthcare systems that overlook symptoms and dismiss their experiences. Lisa Jimenez introduces SheIsMe Health, SheIsMe Global's approach to health education, provider connections, practical resources, and the Embodied Health Protocol. Discover the vision behind its programs and partnerships and how they are being developed to help women understand and advocate for their bodies and take an active role in their well-being.

4:00 PM | PANEL

Panel: Where Did the Village Go? Rebuilding Women's Community in a Disconnected World

Moderator: Lisa Jimenez

Panelists: Anna M. Santos; Sunaina Mehta; Krystal Jugarap; Silke Harvey; Tracy Lynn Gray

Women have always built villages around one another, sharing resources, wisdom, care, and responsibility. But many of us now find ourselves navigating major life changes, raising families, building businesses, and growing older without the support systems previous generations relied on. This panel explores what happened to our sense of community, why isolation has become so common, and how women can intentionally rebuild networks of belonging, mutual care, shared resources, and collective strength.

Friday, October 23 | Speaker day

7:00 AM | Silke Harvey

Duration: 45 minutes | Conference presentation

Presentation: Living With Intent: Building SheIsMe in the UK

Presenter: Silke Harvey, Executive Director, SheIsMe Europe
Bio: Silke Harvey supports the expansion of SheIsMe communities and leadership opportunities in the UK.
Description: What if we could create communities where women do not just live alongside one another, but genuinely support, connect, and build something meaningful together? Silke Harvey shares the vision for expanding SheIsMe across the United Kingdom through intentional communities rooted in connection, shared resources, mutual support, and belonging. Discover plans for gathering spaces, collaboration, leadership, and collective growth, and learn how women can help build communities designed around the way they want to live.

8:00 AM | Tracy Lynn Gray

Duration: 45 minutes | Conference presentation

Presentation: Stop Shrinking: Reclaim Your Voice, Take Up Space, and Be Fully Seen

Bio: Tracy Lynn Gray is an author, speaker, and founder of The Anxious Alpha™, a platform dedicated to helping women navigate anxiety, ADHD, executive dysfunction, and life's unexpected challenges with courage and self-compassion. For years, Tracy interpreted her own struggles as personal failures. Through healing, self-discovery, and growth, she came to understand how invisible burdens and misunderstood experiences can shape women's lives. Her work helps women reclaim their voice, challenge self-doubt, and stop shrinking themselves.

Description: Women are often taught to make themselves smaller, quieter, easier to accept, and less visible. Tracy challenges that conditioning and offers a practical path toward reclaiming your voice, taking up space without apology, and refusing to let fear, anxiety, self-doubt, or the need for approval determine how fully you show up in your life.

9:00 AM | Sunaina Mehta

Duration: 45 minutes | Conference presentation

Presentation: You Cannot Earn Belonging by Giving Yourself Away

Bio: Sunaina Mehta's work centers on power, authorship, belonging, and what it takes for accomplished women to create lives on their own terms. Born in the United States and uprooted to India at age 12, she learned early what it meant to build belonging inside a system that did not feel designed for her. At 24, she left India with $1,000 of dowry money and built a new life. Through repeated seasons of dismantling and rebuilding, she developed a perspective on identity, choice, and refusing to give yourself away in order to belong.

Description: Sunaina speaks about power, authorship, and what it takes for accomplished women to move from where they are to where they are meant to be. Her work gives women a structural way to examine inherited expectations, understand the cost of trying to earn belonging by giving themselves away, and begin authoring their identity and choices from a place of personal power.

10:00 AM | Nicole "Nix" Demos

Duration: 45 minutes | Conference presentation

Presentation: How finding my voice as a proud disabled woman has helped me heal from years of trauma

Bio: Nicole "Nix" Demos is an inclusive educator, disability advocate, and Certified Listener Poet with more than 32 years in education. At age 52, she fully embraced her disability identity and deepened her advocacy work. After nearly dying twice in

hospital in 2023 and then navigating medical trauma, job loss, broken friendships, and a loss of identity and independence, Nix found a renewed voice through poetry. Her work explores the power of words, creative expression, belonging, and telling the truth after trauma and loss.

Description: Nix explores the power of words to hurt, heal, connect, and restore a sense of identity. Drawing from her experience as a disabled inclusive educator and Certified Listener Poet, she shares how poetry helped her find purpose and reclaim her voice following medical trauma, job loss, broken relationships, and profound changes to her independence and identity.

11:00 AM | Lori Petin

Duration: 45 minutes | Conference presentation

Presentation: Lay It Down

Bio: Lori Petin is an author, speaker, and certified health coach with City Wellness LLC. She grew up believing there was always something she should be doing and carried that deeply ingrained productivity mindset into adulthood until exhaustion forced her to question it. Over time, Lori began examining inherited beliefs about work, success, responsibility, timelines, and what a woman's life is supposed to look like. Her work invites women to decide for themselves what still belongs in their lives and what they are ready to lay down.

Description: Many women carry beliefs about productivity, responsibility, strength, and success that they never consciously chose. Lay It Down is an invitation to examine what we have inherited, question what no longer belongs in our lives, and give ourselves permission to put down expectations, rules, and responsibilities we were never meant to carry forever.

12:00 PM | Jinesha Jain

Duration: 45 minutes | Conference presentation

Presentation: Just Because You Can, Should You? The Hidden Cost of Always Being 'On'

Bio: Jinesha Jain is a first-generation Indian woman whose work explores the hidden relationship between achievement, productivity, identity, and the ability to be still. She built a corporate career, invested in real estate, and became highly skilled at staying in motion, until she recognized that constant productivity was no longer simply ambition. Her experience led her to question the pressure to always be improving, building, and doing, and to explore what becomes possible when women separate capability from obligation.

Description: Jinesha examines what happens when constant productivity stops being ambition and becomes a way of avoiding stillness. She explores how women can attach worth and safety to movement, why even success can feel restless when it is built on internal pressure, and how to move away from 'I can' and 'I should' toward conscious choice.

1:00 PM | Kelly Edmondson

Duration: 45 minutes | Conference presentation

Presentation: An Intimacy with Today

Bio: Kelly Edmondson is a trauma nurse, nurse executive, certified grief counselor, entrepreneur, and bereaved mother. After her son Darius died unexpectedly at age 28 in January 2023, Kelly experienced the painful gap that often follows early support after a loss. That experience became the foundation for Timely Presence, a company created to change how people, workplaces, and communities support those who are grieving long after the funeral ends. Her work centers on grief, presence, purpose, and resilience.

Description: Many of us live by one quiet sentence: "Finish this. Take care of them. Then I can exhale." We are so busy building the life we want that we can miss the one we're in. Trauma nurse, nurse executive and certified grief counselor Kelly Edmondson shares the story that changed how she understands time and joy, and invites you to stop saving joy for later.

2:00 PM | Laura Fisher

Duration: 45 minutes | Conference presentation

Presentation: Beyond Surviving: What Happens When Survivors Become Leaders

Bio: Laura Fisher is the Founder and CEO of Survivor Sanctuary, a survivor-led organization in the United Kingdom creating community, connection, and opportunities for survivors of sexual violence to heal and lead. Her work grew from her own lived experience of child sexual abuse, grooming, rape, and navigating a justice system that failed to deliver accountability. Laura

believes recovery continues beyond counseling and is strengthened through belonging, relationships, and spaces where survivors no longer have to carry their experiences alone.

Description: Laura explores the role community can play in healing after trauma. Drawing from her own experience and her work building Survivor Sanctuary, she examines what happens when survivors are witnessed without judgment, experience genuine belonging, and no longer have to carry their stories alone. Her presentation moves beyond individual recovery to consider survivors as community builders, advocates, and leaders.

3:00 PM | Lisa Quam

Duration: 45 minutes | Conference presentation

Presentation: Healing Bit By Bit

Bio: Lisa Quam is the owner and founder of Quamedy Productions, LLC, and a speaker who uses storytelling and humor to explore healing, vulnerability, and resilience. After a lifetime of appearing confident and capable while carrying perfectionism, childhood abuse, an eating disorder, and the pressure to meet others' expectations, Lisa discovered the freedom of sharing her truth on stage. Her work encourages women to loosen the grip of perfectionism, remove the masks they wear, and recognize the strength in authentic vulnerability.

Description: Lisa explores the courage required to move beyond 'performing fine.' Through storytelling and humor, she shares her journey through childhood abuse, an eating disorder, perfectionism, and the pressure to meet other people's expectations. Healing Bit By Bit examines how vulnerability, authenticity, and small acts of truth-telling can become part of rebuilding after life's unexpected challenges.

4:00 PM | PANEL

Panel: No One Is Coming to Save Us: Women Taking Back Our Health, Safety & Autonomy

Moderator: Lisa Jimenez

Panelists: Jinesha Jain; Raquel Baldelomar; Dr. Diane Dye; Ashley-Lauren Elrod; Karrah Youngblood (additional panelists may be added)

Draft panel description: When the systems meant to protect and support women fall short, how do we reclaim authority over our own lives? This panel brings together perspectives on women's health, personal safety, bodily autonomy, and self-advocacy. We'll examine the barriers women encounter when seeking care, setting boundaries, and making decisions for themselves, and discuss practical ways to strengthen our knowledge, voice, and ability to act. The conversation centers on moving from waiting for permission or rescue to building informed choices and meaningful support.

UNMUTED Global Fundraiser | October 24–25

Presented by SheIsMe Global and I Know Why She Stayed. Individual presentations: 15 minutes.

Saturday, October 24

9:00 AM | Dr. Diane Dye |

10:30 AM | Natalie Bulger |

11:00 AM | Krystal Jugarap |

Sunday, October 25

Time TBD | Presenter TBD | Title TBD | Bio TBD | Description TBD

Review notes: Friday 7:00 AM Silke Harvey is confirmed. Monday October 19 at 5:30 PM Pacific is now an open 90-minute workshop slot; Coach Breezy's workshop title and description are working drafts pending approval. Rachel Mailer's headshot and approved bio, Lindsay Tramel-Jones's professional title and approved bio, and Dr. Stefanie Bennett's additional contact details remain to be verified. Wednesday and Friday panels may receive additional participants. Pending speaker slots remain on hold until confirmed. Thursday October 22 at 12:00 PM Pacific is confirmed for Michele Vilseck; her title, description, and bio are pending. The Ascent Series is no longer assigned to this time slot.