



PLAY WITH YOUR PLAN

10 Professionals Teach You Revolutionary
Ways to Boost Creativity, Productivity, and
Happiness

GUIDE TO PRESENTATIONS

What does it mean to play with your plan for life, work, and love? We brought together a diverse group of business coaches, life coaches, and professionals to share their wisdom. We hope you take take-away advice, tools, techniques, tips, processes, and new approaches to help revolutionize your life, work, and relationships.

Katharine McMillan PhD, Host

Organizational Psychologist | 3x FOR DUMMIES Author | Re-Design Coach
| Partner, Strahan-McMillan Architecture & Interior Design

Presenters

Brandon Acevedo



Brandon Acevedo is a Financial Services Professional who offer a variety of products that help people meet a number of insurance and financial needs, including, but not limited to college funding, retirement, managing costs for extended periods of care and lifetime income strategies.

Title: Legacy Planning, Taxes, and Business Strategies: Millions of Reasons Why Every Business Needs a Plan!

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Cecilia Barretto



Cecilia Barretto is a wine expert, but not like those wine snobby kind. She has been studying (read: drinking) wine since 2002, her studies took her to Burgundy where she earned her Master's in Wine Business. She is half an exam away from having the Wine and Spirit Education Trust (WSET) Diploma certification, which means she can talk wine nerdy to you. She's had a wine shop, worked at a winery, and now she owns her own wine edutainment event business. Learn how to speak wine with her, she's wine cool. And she'll make you wine cool too.

Title: The Wine World - The OG Player of The Plan

If there is one prime, long-standing example of "playing with the plan" the wine world would definitely make the short list. From the growing of the grapes, to making the wine, to selling it on the market ... every single aspect of the wine world requires those involved to "play with the plan". Sit tight and buckle your wine belt, I'll be racing through a few centuries to show you how wine is the "OG Player of the Plan". A glass of wine is recommended while watching my quick presentation ... it's going to make you thirsty! ~~ "Wine has been a part of civilized life for some seven thousand years. It is the only beverage that feeds the body, soul and spirit of man and at the same time stimulates the mind..." - Robert Mondavi

Be Wine Cool: Wine Edutainment Events

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Deseeré Cruz



Deseeré Cruz is a LifeStylist who helps clients re-imagine their life and let go of thoughts and behaviors that undermine them, so that a renewed and fulfilled Self can emerge.

With extensive experience in Life Coaching and a vast history of client success, her individualized approach has helped hundreds of clients attain their goals. She offers a number of tools, techniques, and approaches to create a supportive journey for her clients. She offers her personal commitment is to provide clients with accountability, understanding and support while accomplishing lasting growth.

Title: The Three Pillars of Self Love

The foundation of any relationship is self-love, but what does that mean. We are going to go through to do a speed date of Self. What are the three things you must know about yourself and how do you make dating yourself fun so that others are more attracted to you and want to date you too! "She remembered who she was and the game changed"—Lalah Deliah

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Jason D. McClain



Jason D. McClain is known as the Evolutionary Guide. Jason began teaching coaches how to build six-figure businesses in 2008. Evolutionary Sales is sales without the selling. For the practitioners looking to build their business without compromising their heart-centered values.

For those clients who love to invest in themselves and want the best and most comprehensive solution to their problems. A solution for all contexts in your life. If you want to rapidly and predictably accelerate the evolution of how you relate to your Self and how you relate to the events in your life through stages that allow for greater and greater levels of freedom, happiness, and fulfillment while dramatically reducing fear, shame, anger, and negative thought patterns.

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Jenevy Sims, CEO



Jenevy Sims known as “The Little Girl with the Big Voice.” Determination and perseverance has helped her reach one goal after another. Her passion to lead and inspire others around her is evident in all that she does. Her journey led her to become a business owner. Since then, she has endured every painful obstacle most business owners have had to go through and still has persevered through it. She has been given unique platforms to speak on various topics to different audiences everywhere. Her business module has inspired those around her to expand on their goals and dreams.

Title: Perseverance: What to do when things Don't go according to the "Plan"

It's easy to be motivated about anything when the goal is so easily seen before you and when things are going great. But, when things start going wrong, especially when it comes to your company and the goal that was so clear before starts getting fuzzy, what's a business owner to do? I will go over some helpful tools to help business owners refocus on their goals, to help them find the 'reason why they started' in the first place.

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Jennifer Jones



Jennifer Jones is a Registered Nurse with a Bachelor of Science in Nursing and a Reiki Master. She started her nursing career in 2000 as a critical care nurse, as a home health nurse beginning in 2009 and has experience in many areas of nursing including education. Jennifer has been a Reiki Master since November 2015 providing reiki sessions, reiki circles and teaching reiki classes regularly.

From the heart space, Jennifer develops individualized plans to clear energetic, emotional, and mental blocks that prevent people from manifesting their desires and achieving their goals. Jennifer teaches classes to keep the body, mind and spirit in harmony, and prevent future blocks. This allows clients to live and feel the vitality they have always wanted.

Title: Riding the Wave:

From a life changing experience on a surf board, I have learned that catching and riding the wave of life can bring joy and freedom among other things into your life. In order to stay on the wave you must maintain alignment of your body/mind/soul, maintain focus on your desires and balance of your priorities.

Giveaways: 30 min Healing Session, Chakra Analysis

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Karen Grace



Karen Grace has reinvented herself from news anchor of 20 plus years...to an entrepreneur, launching a health and beauty program with IDLife, partnering with Texas Radiant Barrier, and hosting a new radio show, "Conservatives in Construction" on Freedom 1160.

Grace remains active in philanthropy. She just earned her SECOND grant for the Leukemia and Lymphoma Society and co-chaired this year's Man and Woman of the Year Campaign...raising more than \$1.2 million in just 10 weeks. Grace will be judging this year's Miss U.S. pageant and strives to continue to be a positive role model to young girls and women of all ages. She earned a Master's at Northwestern University and teaches adjunct at Our Lady of the Lake University and the University of the Incarnate Word.

Title: Breaking Barriers. Building businesses outside the Box.

How to transition from the newscaster everyone knows on TV to a businesswoman that is taken seriously. People often still identify with TV personalities as a one dimensional talking head. It can be difficult to rebrand yourself in the business world, because of pre-existing stereotypes. The beauty of it, you're well known and you have credibility and stock in the community. The downside, people still see you as a TV journalist who is not working. So how do you solve that?

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Katharine McMillan PhD



Katharine McMillan, PhD is an organizational psychologist and Interiors Consultant/Partner in Architectural/Interiors firm who helps people organizations and create branded commercial and residential architectural spaces to boost productivity, profitability, creativity, collaboration, and increase engagement and customer satisfaction. As Redesign Life Coach, she also helps people better understand themselves to redesign their lives to achieve their goals and express their personalities.

Title: Emotional Redesign: 5+ Ways to Boost Your Happiness, Build Your Brand, and Lead the Life You Want with Feeling

Emotions and how well we process our emotions have implications for our success and happiness in life. Harnessing the power of emotions can help improve productivity, creativity, collaboration, and increase engagement in the workspace, drive sales and impact customer experience in commercial space, and boost personal and relationship quality in the domestic space. Emotions are constructed from shared cultural experiences, and architecture and interior design are one way that we can express emotion in order to create experiences for our customers, workers, family, and community. Creating more of the emotions we crave produces a happier life for everyone.

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Kimberly Scott



Kimberly Scott, Owner, **Not a Basic Life** and **New Natives Social** is a personal branding and transition coach specializing in working with people looking to cultivate a new presence after making a major change. With 15 years of social media, writing and speaking experience, and pulling from her own life and mentors, Kimberly has worked with hundreds of people during their transitions. She has growing reputation for helping others to find their authentic calling by overcoming fear, adversity and mis-direction in establishing a presence, whether in life or online. Kimberly's experience includes working in journalism, being published in hundreds of publications, having her own web show, writing a popular blog for **Martha Stewart Living** and online sites, and offering brand consulting and identity coaching.

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Stephanie Scheller



Stephanie Scheller is an accomplished speaker with hundreds of onstage experiences from trainings to keynotes and has worked with more than 600 businesses and thousands of individuals on their sales, marketing and systems in the past five years!

She is a TED speaker, a Forbes 30 under 30 nominee, a two-time best-selling author, an entrepreneur, a coach and a trainer who is dedicated to teaching the same skills that allowed her to build a business from scratch and walk away from her job in less than five months.

Title: The Science Behind Play & Profit

Playing is kid business! After hearing this thought-provoking talk by Stephanie Scheller, you'll understand that, and why play is

necessary for YOUR business! Stephanie will walk you through the importance of self-care and why, as high performing business owners, we need to embrace play. The power of self-care empowers individuals to control their lives and not let it be dictated by emotions and circumstances, and there's science backing it now! Your ability to play directly impacts your bottom line by thousands of dollars, and Stephanie has a plan to make play work for you.

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