



2022 Virtual Personal Development Summit

PROGRAM

NOON Erin Mac (McCullough) *Impenetrable Joy* ~ The ability to no longer allow events, circumstances, or people to dictate whether you feel good or bad, taking your power back. There is only one thing that we can control in this life, and that is how we respond to it, and I am talking about emotionally, how you feel. Wouldn't you rather have the reins on whether you feel good or not? Wouldn't you at least like the choice? You will now discover how you can.

12:30 PM Christianne Asper *WellBEING Compass: Overcoming What Stands Between You and Your Optimal Health* ~ "When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." Jean Bolen

1:00 PM Bruce Wayne McLellan *KNOW - LOVE- LEAD: Navigating the River to Enduring Wonder* ~ Have you ever wondered if you made the right decision for the right reason? Do you want to ensure you are focused on the right things in life and business? We are potentially the leader of at least one person - ourselves! But sometimes, we find ourselves stuck and lost in the chaotic wilderness we call life. Follow me on this remarkable journey ascending the most challenging Summit of your life. And that's not Kilimanjaro, McKinley, or even Everest; it's the rugged, inner terrain within each of us!

1:30 PM Anna Grabow *Your Universal Superpower: How Breathing Combats Depression* ~ In today's world, one of our biggest issues is the rise in depression and anxiety across generations. However, there is a solution beyond medication and therapy. It is an Ancient Indian Technique called Breathwork. Just by taking conscious breaths in a prescribed pattern, you can rewire your brain, change your physiology, and find more meaning in your life.

2:00 PM Mari Reisburg *Creative Resilience in an Uncertain World* ~ We all face challenges in our lives that can impact us in major ways. The way we deal with those challenges, problems, or major events depends on how resilient we are. We know sleep, eating well, exercise, and finding time to meditate or be mindful are ways to build our resilience. But there's another way we can cultivate resilience that's often overlooked, And that is Creativity! Creativity unlocks inner resources for navigating stress, solving problems, and enjoying life. When we are creative, we are resourceful, we problem solve in new and original ways, and we invite more joy and ease into our lives. I can't wait to share my talk: Creative Resilience in an Uncertain World with you and share some creativity skills to support your own resilience in the world!

2:30 PM Dahlia Elizabeth Wist *Organize Your Life by the Seasons for Greater Efficiency and Flow* ~ There will be three parts: 1) Philosophy and history of following the seasons. 2) Influence and vibe of each season and how to leverage it. 3) Guided visualization to integrate the philosophy. 4) A brief conclusion and Q & A.

3:00 PM Brenden Kumarasamy *Moving from Me to We* ~ Brenden is the founder of MasterTalk. He coaches ambitious executives & entrepreneurs to become the top 1% communicators in their industry. He also has a popular YouTube channel, MasterTalk, to provide free access to communication tools for everyone in the world.

3:30 PM Miriam Zylberglait *Growth during adversity: This is your life, this is your choice, this is your journey* ~ Dr. Miriam Zylberglait, also known as Dr. Z, is triple Board-Certified in Internal Medicine, Geriatrics, and Obesity Medicine. She has completed a Physician Leadership Academy (FMA), a Fellowship on Leadership Development and Education (AAMC) and has been certified as a Mental Health Ally and wellness advocate. She serves as a member of the American College of Physicians National Wellness and Professional Fulfillment Committee. Dr. Z is the author of "The 3G Cycle of Life: The secrets of achieving joy, meaning, and wellbeing". One Kind Word discount on Miriam's book ~ *The 3G Cycle of Life: The secrets of achieving joy, meaning, and well-being*.

4:00 PM Rev. Todd Glacy *Sleep Well - Live Well: Understanding Sleep and SleepMastery* ~ In this brief overview of SleepMastery, we will explore the fundamentals of sleep, how it works, why it is important, and how to take the first steps to improve your own sleep experience through self-awareness and understanding.

4:30 PM Caleb Nelson *Why Do You Love Yourself? How to Look Better Naked Inside and Out* ~ This talk is perfect for people who want to transform their bodies and improve their confidence without sacrificing what they love. If you're feeling burnt out from a crash-diet lifestyle and hitting a wall in your health and personal development journey, this is the presentation for you.

5:00 PM Summit Closing ~ Bruce Wayne McLellan