

2nd Annual

BAJA WOMEN'S CONFERENCE

*Nurturing our mind, body, and soul*

2ª Conferencia Anual de

MUJERES DE BAJA CALIFORNIA

*Nutrir nuestra mente, cuerpo y alma*

## CONFERENCE SPEAKERS / PONENTES DE LA CONFERENCIA

### Bilingual Session Speakers / Ponentes de sesiones Bilingüe



#### **Carol Clary - Find and Strengthen Your Voice in Life, Speech and Song**

##### ***Encuentra y Fortalece tu Voz en la Vida, en el Habla y en el Canto***

Carol Clary holds a doctorate in Musical Arts from the University of Southern California. She is trilingual and has more than 50 years of professional experience singing, acting, dancing and teaching. Over those years she has become aware of the energetic healing properties related to listening and making sound in her own life and those of colleagues and students. She later became a certified bone conduction provider using the Listening Program from Advanced Brain Research. Since then, she intentionally began to teach specific techniques of listening and making sounds in music and singing classes with adults and children. She has found that movement promotes even deeper healing.

*Carol Clary es doctora en Artes Musicales de la Universidad del Sur de California. Es trilingüe y cuenta con más de 50 años de experiencia profesional cantando, actuando, bailando y enseñando. A lo largo de esos años, se ha dado cuenta de las propiedades energéticas curativas relacionadas con escuchar y hacer sonidos en su propia vida y en la de sus colegas y estudiantes. Más tarde se convirtió en una proveedora certificada de conducción ósea utilizando el Programa de Escucha de Investigación del Cerebro. Desde entonces, comenzó intencionalmente a enseñar técnicas específicas de escuchar y emisión de sonidos en clases de música y canto con adultos y niños. Ha descubierto que el movimiento promueve una curación aún más profunda.*



#### **Rose Lee - Chakras, Reiki, Singing Bowls / Chakras, Reiki, Tazones Cantores**

Rose Lee recently returned from Thailand where she taught English, Math and Art for 8 years in public and private international schools. While in Thailand she traveled extensively throughout Southeast Asia studying with many spiritual masters, including Thich Nhat Hanh and other monks and master teachers in a variety of disciplines and locations. Rose was fortunate to learn multiple types of yoga, qigong, meditation and mindfulness while completing numerous silent retreats. Now living in Rosarito, she is thrilled to share her knowledge and experience with you as we continue our journey of spiritual learning together.

*Rose Lee regresó recientemente de Tailandia, donde enseñó inglés, matemáticas y arte durante 8 años en escuelas internacionales públicas y privadas. Mientras estuvo en Tailandia, viajó extensamente por todo el sudeste asiático estudiando con muchos maestros espirituales, incluido Thich Nhat Hanh y otros monjes y maestros en una variedad de disciplinas y lugares. Rose tuvo la suerte de aprender múltiples tipos de yoga, qigong, meditación y atención plena mientras completaba numerosos retiros de silencio. Ahora que vive en Rosarito, está encantada de compartir su conocimiento y experiencia con ustedes mientras continuamos nuestro viaje de aprendizaje espiritual juntos.*



#### **Gloria Snyder - Women's Circle / Círculo de Mujeres**

The 70-year biography of Gloria Snyder can be summarized in one word: truth. Trained in Native American tribal medicine for over a decade, along with a traditional education, Gloria has traveled the world as both teacher and student. She regularly hosts women's empowerment events and retreats; her mission is to inspire connection with ourselves and Mother Earth through the power of our words. She is active in community events from organizing family services to advocating for our most vulnerable populations, to providing grants for overlooked projects in the region.

*Los 70 años de biografía de Gloria Snyder se pueden resumir en una palabra: verdad. Formada en medicina tribal nativa americana durante más de una década, junto con una educación tradicional, Gloria ha viajado por el mundo como profesora y estudiante. Organiza regularmente eventos y retiros de empoderamiento de mujeres; su misión es inspirar la conexión con nosotros mismos y con la Madre Tierra a través del poder de nuestras palabras. Participa activamente en eventos comunitarios, desde la organización de servicios familiares hasta la defensa de nuestras poblaciones más vulnerables, pasando por la concesión de subvenciones para proyectos ignorados en la región.*

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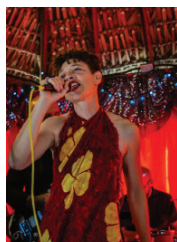
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#### English Session Speakers



**Elizabeth Ann Belló**

***Transforming Trauma to Passion***

Elizabeth Ann Belló has been performing on stage as a soloist since 1976 and inspiring listeners with her stories of triumph over trauma, serenading listeners from Central America, to Montana and from California to

New York. Her most recognizable venue was Carnegie Hall, but also performed at the Boettcher Concert Hall and the Red Rocks Amphitheater. Happy to sing or speak for any occasion, and any size venue. She was born in Sacramento, California and raised all over the USA.



**Maria Denzin**

***Stress and Creating Balance***

Maria is a professional coach who specializes in lifestyle, career, and behavioral coaching. She has authored many articles and presented workshops on stress management, career development, conflict

resolution, finances for couples, retirement, women's issues, goal setting and values clarification, and many other topics. She has a MBA from the University of Southern California; a M.Ed from Washington State University, a B.S from the University of Virginia, and is a certified professional coach (CPC) through the Academy For Coach Training in Seattle, Washington. Maria lives in Rosarito, Mexico with her three rescue dogs named Galleta, Rosita, and Bella.



**Karri Benjamin**

***Making Your Wishes Known – Healthcare Decision Planning***

Karri is motivated by her goal to make a positive impact on health and well-being. In her current position as a process improvement professional at UC San Diego Health

system, she helps teams to develop processes that respond to patient needs with compassion and effectiveness. She holds a Master of Public Health degree from Oregon Health and Sciences University. She has planned, promoted and hosted events including The Conversation Project framework, which encourages discussions within families about end-of-life care. Karri also earned an MBA from Marylhurst University.



**Dr Gloria Godinez**

***Menopause and Andropause***

Dr Gloria Godinez founded the Institute of Biological and Energy Medicine S.C., which has been the ideal platform to develop scientific and clinical research to create new highly effective therapeutic methods to

restore energy at the cellular and molecular levels through advanced nanotechnology and with it the recovery of health.



**Marti Benjamin**

***Making Your Wishes Known – Healthcare Decision Planning and also presenting Flourish: The Science of Well-being***

Marti began her career in community service programs caring for vulnerable children and families. She transitioned into the

healthcare field and held executive positions in various settings for 20+ years. Marti then took her professional skills to a new career in business and career coaching and earned a Professional Certified Coach credential from the International Coach Federation. She also managed a team of coaches working with the newly unemployed, energizing their job search and creating the documents to land a new position. Marti retired to Baja California in 2016, and spends enjoys cooking, traveling, reading and entertaining her rescue dog, Tootsie.



**Sherri Jaye**

***A Comfortable Chat on Sex***

Sherri is a Certified Life Mastery Coach, Author, Marriage and Family Therapist and credentialed school counselor. As a sought-after life coach, professional speaker and author, Sherri Jaye offers inspiring

workshops to audiences around the country as well as transformational in-depth coaching programs that will individuals achieve new heights of success, meaning, and spiritual aliveness. She wrote her book, *This or Something Better*, wanting to share her life stories with those who may also want to manifest the life they have always wanted. Sherri also has recently collaborated with 58 other Life Mastery Coaches to help write a book called, *Short Sweet & Sacred*. These are stories from coaches who dared to change the direction of their lives.

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#### **Sue McDevitt**

##### ***Role of Creativity in Self Care***

I am a writer and artist who celebrates the belief that we all have within us the potential for experiencing delight in our creativity. I began taking art classes in 1992 and completed a master's degree in Expressive Arts in 2005. Stifled by a full-time job and weighed down by repeated depressive episodes, I took the leap into early retirement and moved to Baja to live out my dream of being a working artist and expressive arts facilitator. In 2020 I moved back to San Diego and I am focused on writing an enchanting, fun and inspiring memoir about my fourteen years living out my dream of being an artist in Baja.



#### **Winifred Morice**

##### ***Nutrition: Wellness Is an Inside Job***

Winifred Morice is a poet, writer, motivational Nutritionist, Feng Shui Consultant, spokesperson, actress, Image and Color Consultant and Certified Hypnotherapist. For 16 years she worked with Richard Simmons, developing his successful Deal-A-Meal program, writing scripts for his Day By Day with Richard Simmons video series and writing three successful cookbooks. An accomplished public speaker, she has addressed audiences in both the United States and New Zealand. A graduate of Otago University, Dunedin, New Zealand, in Home Economics and Nutrition, Ms. Morice is a former member of The Screen Actors Guild of America, the American Federation of Television and Radio Artists and a lifelong member of the International Hypnosis Federation.



#### **Suzanne Mulroy**

##### ***Rethinking Dis-ease and What it Means to Be Healthy***

Suzanne Mulroy is a Mindset Coach, Patient Advocate and Gerson Therapy Specialist. She has a unique perspective on what it means to be healthy after being diagnosed with cancer 3 times in 8 years. It was during her darkest days when she had the realization that what we think of illness and health are much more than simple biological processes. She specializes in helping people navigate the world of treatment options and shares her extensive knowledge and access to



#### **Shauna Robeson**

##### ***Healing Art Therapy***

Shauna is a native San Diegan transplanted full time to Playas de Rosarito in 2021.

- 20+ years in health, wellness and creating
- Artist, Creativity Coach and YouTube Influencer

<https://www.youtube.com/@RobesonCreative>

- Certificate Art Therapy
- MBA in Human Resource Management with an emphasis in Adult Learning & Development
- 11+ years Life Coach and Professional Organizing Consultant
- PHD (Positive Happy Divine) 50+ years of surviving & thriving in life's messiness through creating (music, art, crafts & writing)



#### **Karen Schuppert**

##### ***Building a Healthy Pantry***

Karen Schuppert – “Queen of Green” - is a holistic culinary instructor and nutritionist “promoting a healthy appetite for a thriving planet.” Karen eats, drinks and teaches the benefits of SOUL Food: Seasonal, Organic, Unrefined and Local. She offers healthy recipes and techniques fresh from sustainable farms and markets to the kitchen table.



#### **Alice R. Donenfeld-Vernoux**

##### ***Female Myth of Servitude: Reframing the Caretaker Role***

Alice was Vice President of Marvel Comics and Executive Vice President of Filmmation Studios where she launched world television and merchandise licensing of “He-Man” and “the Masters of the Universe” among other animated series. Her companies—Alice Entertainment, Inc. and Alice4TV.com, were producers and creators of over a hundred television episodes. She has been involved in all phases of the entertainment business, and is a respected entertainment business expert. She has served as an instructor at UCLA and a frequent speaker at industry events.

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**Lic. Claudia Araujo, Coach PNL/Ho-opono**  
***Sanando Tu Niña Interior\****

Claudia implementó sus saberes docentes a herramientas didácticas individuales y grupales con las técnicas de sanación, meditación, las artes y la holística para su charla, "Sanando Tu Niña Interior". Mismo que ha venido practicando con las becarias del programa de empoderamiento Juvenil Integral Crece y Sueña, en cursos y talleres. Claudia continúa promoviendo el despertar de la consciencia, la cultura, las artes, la sustentabilidad, el empoderamiento femenino y resiliencia, los derechos humanos y la salud integral y holística entre otras cosas y causas.



**Dr Gloria Godinez**  
***Entendiendo la Menopausia y la Andropausia***

Directora del Instituto de Medicina Energética y Biológica y mi trayectoria de 30 años en la investigación y practica en el mismo.



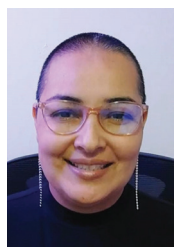
**Sue McDevitt**  
***El Papel de la Creatividad en el Autocuidado***

Tengo una maestría en facilitación de artes expresivas y nueve años de enseñar expresión creativa en español en Baja California con niños, adolescentes y mujeres adultas.



**Nina Raffaele Aponte**  
***Empoderamiento de la Nutrición Holística***

Nina Raffaele Aponte es entrenadora y artista sanadora, un don heredado de su linaje ancestral boricua. A una edad temprana, se dio cuenta de que la nutrición holística y la medicina herbal eran las soluciones perfectas para controlar su asma y alergias, lo que la llevó por el camino de ayudar a otros a encontrar su plan. Nina está certificada por la Junta Nacional de Coaching de Salud y Bienestar (NBHWC). Obtuvo una maestría en Coaching de Salud y Bienestar de la Universidad de Salud Integrada de Maryland y tiene experiencia en educación primaria Montessori, artes y justicia social.



**Dra. Neblina Ninel Vega Salazar**  
***La Otra Cara de la Depression\****

Semblanza: Escritora, educadora, orientadora y terapeuta holística dedicada a la comunicación. Comprometida con el desarrollo integral en las áreas del arte, la salud física, emocional, mental y espiritual. Con medios que combinan el conocimiento ancestral con técnicas modernas que, van de las antiguas tradiciones de sanación a la bioingeniería cuántica aplicada en procesos de consciencia y crecimiento personal. Estudios: Maestría en educación de la sexualidad. Maestría en medicina estética.



**Dra. Elvia Moreno Berry**  
***Mujeres y Empoderamiento***  
**SEMBLANZA:**

- Doctorado en Psicología, CETYS Universidad
- Maestría en Psicología, UNAM
- Conferencista y Capacitadora en ARHITAC,
- Consultora en Organizaciones
- Coordinadora de Psicología, Educación y Comunicación en UABC Ensenada
- Docente en las Maestrías en Desarrollo Organizacional y Maestría en Educación en la Universidad Iberoamericana Tijuana, así como en la Universidad Mundial de La Paz, BCS y en CETYS Universidad.



**Gloria Snyder**  
***El Poder de tu Palabra***

Los 70 años de biografía de Gloria Snyder se pueden resumir en una palabra: verdad. Formada en medicina tribal nativa americana durante más de una década, junto con una educación tradicional, Gloria ha viajado por el mundo como profesora y estudiante. Organiza regularmente eventos y retiros de empoderamiento de mujeres; su misión es inspirar la conexión con nosotros mismos y con la Madre Tierra a través del poder de nuestras palabras. Participa activamente en eventos comunitarios, pasando por la concesión de subvenciones para proyectos pasados por alto en la región.

#### Ponentes de sesiones en Español