

# girls spark summit

June 1, 2024   
PENN STATE BRANDYWINE



keynote speaker  
Jen Croneberger  
The LIGHT Principle

Featuring The Untold Story of Women's Right to Vote, The Justice Bell Film, by Amanda Owen

## Middle School Workshops For girls entering the 6th to 8th grades

### UNLEASH THE CHAMPION WITHIN

Dive into the secrets of positive self-talk, explore the magic of your brain, and master the art of communication. Conquer the tallest structure challenge for epic teamwork, and unlock the power of guided visualization to shape your future success. A journey of transformation, embracing success, learning from failures, and growing together. **Kate McCauley, Coach, Educator**

### YOU ARE ENOUGH

Gain tips on how to build your courage and confidence. Learn how to be accepting of yourself and all of your treasures and faults. Share your thoughts and feelings in a non-judgmental space and be who you really are!

**Lisa Bryant M.Th. Author, Coach and Speaker**

### STAND UP, SPEAK OUT

Through storytelling, group discussions, and creative expression, participants will explore effective communication techniques and strategies to become allies for each other in the fight against bullying. This workshop is all about empowering middle school girls to find their voice and speak out against bullying.

**Dr. Domonique Revere, (Dr. Dom) DEI Leader & Cultural Strategist**

### BE KIND TO YOUR MIND

This interactive workshop provides a basic overview of common stressors for adolescent girls and practical strategies to strengthen the mind and remain on a path towards optimal growth despite challenges. Learn components of the mind that receive information and respond to understand what kindness to the mind means. **Cara Dixon, Owner of Growth Minded LLC with Dr. Sara Green**

### INS & OUTS OF FRIENDSHIPS

Finding friends is hard, finding good friends is even harder. Explore your values and learn how to choose your friends carefully and what makes up a healthy relationship. Art experiential and small group discussions exploring the most challenging aspects/characteristics/experiences within friendships. Learn how to incorporate self care and self compassion during moments of friendship stress. **Kaitlyn Clark & Madeleine Freedman of Pediatric Psychology Center of Chester County**

### WELLNESS 101 – SUPPORTING YOUR ENERGY THROUGH BREATHWORK & NUTRITION

Middle school is not easy, and learning how to better navigate these years when you are being faced with a lot of change is important. Join us for an immersive workshop experience where you'll discover and learn how to harness the transformative power of breathwork and optimal nourishment to elevate your energy, mood and overall wellbeing with an overview of care habits and tools that can be used to strengthen, empower and support you best. Additionally, we will provide information on the benefits of embracing a toxin free lifestyle. **Pantea Minnock and Paola Nardello with Children's Hospital of Philadelphia**

activities include art therapy and yoga | \$250 worth of door prizes to win

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keynote speaker

Erika Rothenberger

The Audacity To Be Resilient

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## high school workshops

### YOU HAVE A DECISION TO MAKE

Navigate life challenges and make decisions that are right for you. Overcome anxiety, indecision & overthinking, understand your emotions, and build your support network. **Amia Hines, Clinical Psychologist, Embark Behavioral Health**

### UNWRITTEN RULES OF ENTERING THE WORKPLACE

Hear from a first generation college student and woman leader on what you need to know before entering the workplace. You will learn tips on interviewing, networking and communicating with confidence to stand up for yourself. Even how to get your first job. part time or full time. Learn what they don't teach you in school. **Ana Welsh, Certified Coach and Speaker**

### HEALTHY RELATIONSHIPS

1 in 9 girls under 18 experience sexual assault. Educate yourself on healthy and unhealthy relationships. Know the signs, even if you're not currently in a relationship. Things aren't always as they seem. **Samantha Robins, Program Coordinator, Domestic Abuse Project**

### BUDGET LIKE A BOSS

Learn good practices on how to save, invest, plan and achieve financial independence from a self made multi-millionaire, early retiree & former pharma executive. **Julie Miller**

### ASK THE OBGYN

An informational interactive workshop to explore and break the stigma of asking questions about women's health. **OBGYN Dr. Janine Barsoum**

### LET'S BE KIND TO OUR MINDS

Imagine a world where challenges are opportunities, setbacks are stepping stones, and your mind is your best friend. Using the tools of Positive Intelligence, we'll uncover the mind games that hold us back and unlock greater confidence, courage, and happiness. Embark on this journey of self-discovery. **Mary Vila, Mindset Coach**

### LEADING LADIES ASK THE CEO'S

Learn from a powerhouse panel of women owned business leaders. Get a sneak peak into owning your own business. Experience their journey's. Ask your questions in this open Q&A panel discussion featuring; **Kim Wright, Franchise Owner Nothing Bundt Cakes, Saundra Guillard, Founder of Femininely Free, Maria Ferzola-Lipiros, Founder & CEO, Teach LLC, Lauren Williams, Chief Boss Lady, Workplace Harmony**

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### GIVE YOURSELF CREDIT

What they don't teach you in school about money management. Learn about credit, how to establish good credit the pit falls if you don't and what this all means for your financial wellness. **Emily Teofilak, Sun East Credit Union**

### B.R.A.V.E. HUMAN LEADERSHIP

How we build allyship, advocacy and support for the LGBTQ+ community. In this session we will learn the importance of building connection and safe spaces through Belonging, Resilience, Authenticity, Vulnerability, and Empathy. Through those concepts we dive into how to show up for others and what it takes to show up for ourselves, even when it's hard. **Jen Croneberger, Author, Keynote, Coach, Trainer**

### WOMEN IN GOVERNMENT

Interested in getting involved in government? Then this workshop is for you. Join women in government as they share their journey and insights, and highlight and explore ways to participate in and amplify your voice. Engage in an open Q&A panel discussion featuring: **Gina Curry, State Rep 164th district and Monica Taylor, President of Delaware County Council**

### UNDERSTANDING GLOBAL CONFLICT AND COPING WITH ITS EFFECTS

Conflict around the world has been ever increasing, and our exposure to it is like nothing we have ever seen before! How do you process all this information? Learn in this informative workshop how to fact check what you see, and coping techniques to calm your mind. Hear first hand from someone who has experienced this conflict and is thriving. **Amy Fantalis, MS, MSW Psychotherapist Private Practice Teen Girl Specialist and Nasim Sadr-Fala, Girls Spark Board Member & CEO OPTXCO**

activities include choice of yoga or self defense | \$250 worth of door prizes to win