

# THE C.R.O.W.N SUMMIT VIRTUAL EXPERIENCE

HOSTED BY:  
THE OMEGA OMICRON ZETA CHAPTER  
ZETA PHI BETA SORORITY, INC.



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**PARTICIPANT GUIDE  
SATURDAY, MARCH 27TH 2021  
4:00 PM-6:00 PM**

# Schedule of Events

3:30-3:59 PM **Com Check/Admin notes**

Ms. Gloria Weatherspoon

4:00-4:05 PM **Welcome/Opening Remarks**

Ms. Soror Yolanda Martinez

4:05-4:10 PM **Ice Breaker**

Ms. Wanda Arocho

4:10-4:30 PM **The C.R.O.W.N**

Dr. Uraina Key

4:30-4:40 PM **Activity - Breakout Rooms**

4:40-4:45 PM Break

4:45-5:00PM **Polish Your Crown**

Ms. Lid'ya Moore/Ms. Brandy Vaughn

5:00-5:10 PM **Activity - Breakout Rooms**

5:10:-5:30 PM **Secure your Crown**

Ms. Jeanine Ploughman

5:30-5:35 PM **Activity - Breakout Rooms**

5:35-5:55 PM **Your voice is a Jewel**

Ms. Sheneke Harris

5:50-6:00 PM **Affirmations/Wrap Up**

6:00-6:05 PM **Closing Remarks**

Cornelia Cadore

# Dr. URAINA KEY

**Dr. Urania (Rain) Key is a licensed clinical psychologist as well as a licensed professional counselor with extensive experience in utilizing psychological therapy for a multitude of issues including anxiety, depression, relationship issues, trauma and loss. She employs an intuitive and integrative approach, specializing in Cognitive Behavioral Therapy (CBT) and Cognitive Analytical Therapy (CAT), with an applied interest in Psychodynamic therapy. Dr. Key earned her Doctorate in Applied Behavioral Analysis (ABA) from The Chicago School of Professional Psychology and is licensed in the state of**



**Georgia. Rain is from Detroit, Michigan, she is a poet, painter and writer, She volunteers as a counselor to ensure people receive the mental health care they deserve. She is married to Dwayne Key for 22 years. They have one son, Justin. Rain believes that the power of your crown starts within. "We are all equipped with everything we need for this journey called life. Respect your thoughts, calm your fears, and embrace everything in-between-for you are a once in a lifetime love".**



# MS. LID'YA MOORE

**Ms. Lid'ya C. Moore was born in Ft. Stewart, Georgia and has four children Kemani, Kenadi, Kiyanna and Jay. Lid'ya is stationed at Patrick Air Force Base and served in the Navy for 12 years holding rank of Petty Officer First Class. Lid'ya is a Confidence Coach, Author, Filmmaker, Entrepreneur, Speaker and Vitiligo Advocate with the purpose to nurture global confidence by helping women unleash their inner warrior!**





# MS. BRANDY VAUGHN

**Ms. Brandy Vaughn was raised in Albany, Georgia. She is married to Everette and has a son, Tyshaun.**

**She is a Senior Non-Commissioned Officer in the Air Force, where she has served for 19 years. She is a Philanthropist with over 3000 volunteer hours with organizations like the Tuskegee Airman Incorporated and the Push back Alliance, where in 2019, her team worked with government official in Brevard County Florida to rename Airport Blvd; Martin Luther King Jr. Blvd after a 33 year fight.**







# MS. JEANINE PLOUGHMAN



**Ms. Jeanine Ploughman is a consultant, educator & licensed cosmetologist for over 20 years. She is an advocate for self-preservation and mental wellness, & founder of ISSEU Support Initiative, Inc., a community-based support forum.**

**Her membership in organizations like Rotary International, League of Women's Voters & the National Black MBA Association fuel her passion for community, social action & intellectual growth.**





# MS. SHENEKE HARRIS



**Ms. Sheneke Harris is a Senior Non Commissioned Officer in the United States Air Force. She owns a company called SheSpeakz a brand dedicated to encouraging women to embrace their life journey while telling their personal stories, which helps others heal from their past and walk boldly into their destiny that God has designed for them. She is also an Author, Podcast Host and Blogger.**







# MY REFLECTION ESSAY

NAME

DATE

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**Write an essay based on this prompt:**

What is something that you learned today that you would like to take with you to improve yourself or reach your goals

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# C.R.O.W.N Resources

**Thank you for joining us for the Virtual  
C.R.O.W.N Summit. Please visit**

**<https://brevardzetas.com/crown-summit>**

**For the following resources**

*There may be resources added in addition to the ones listed below*

**30 Day Self Love Challenge**

**Goal Setter**

**Goal Planner**

**Preparing a HS Resume**

**Resume outline worksheet**

**Vision Board workbook**

**Your voice is your jewel worksheet**