

2025 WOMEN'S CONFERENCE

Mental Health Awareness



**CONFERENCE
WORKSHOPS**

RHONDA ROGERS
Host/Founder of Rhonda's Promise



**Wilma
Blyden**

SELF-CARE IS AN EXPRESSION OF SELF-LOVE

TOPIC AREA: WELLNESS

Set sail with us for a workshop designed to rejuvenate your spirit, relax your body, and nourish your soul. This workshop is designed for women who want to spend time away from her daily routines to refresh, recharge, and renew.

Our only agenda is self-care. We're here to meet you where you are and guide you in creating a personalized self-care plan that resonates with your needs. True self-care goes beyond just pampering—it's about intentionally nurturing your mind, body, and soul. It involves self-reflection, reconnecting with yourself, and caring for your whole being in a meaningful way.



**Georgette
Cartagena**

CONTROL YOUR DESTINY: SELF-DIRECTED CAREER DEVELOPMENT

TOPIC AREA: CAREER GROWTH

This workshop will give attendees strategies that they can use to take control of their career paths and development, especially if they report to leaders who aren't necessarily prioritizing their growth as a topic of discussion.

The kind of leader we report to can make or break how far we can get within an organization. Let's talk about how to build a network internally and externally to help get you the experience you need for your next step, whatever it may be.



**Loverly
Sheridan**

TAKE A MINUTE FOR MENTAL HEALTH

TOPIC AREA: MENTAL HEALTH AWARENESS

In our daily lives, we are expected to balance a lot. Sometimes it affects our physical health, and when we receive the symptoms, we go to the doctor, take medication, or rest. However, we often neglect the warning signs for our mental health until it affect all areas of our lives. This fun, insightful and interactive, workshop, provide women with tips and tools on how to make their mental health a priority, not an option, with self care tips, finding joy in the little things, and taking a minute throughout the day to breath and exhale. Guests will engage in a few timed one minute fun activities, to help them practice mindfulness and self care in their daily lives.



**Brittany
Shabazz**

“DON’T MISS A BEAT” MAKEUP TUTORIAL

TOPIC AREA: PERSONAL DEVELOPMENT

This will be a one-hour makeup tutorial that will show women step by step how to apply their makeup and enhance their natural beauty while concealing any flaws, but still give a natural look while going from everyday work life and transition into an evening look for after hours.

The goal is to teach women how to apply makeup professionally to elevate their self-esteem professionally and personally while teaching a skill that can save you money once you learn how to be your own make up artist.



**Tessie
Watts**

SHOW UP STRONG: THE INTERSECTION OF PRESENCE, SELF-CARE, AND LEADERSHIP

TOPIC AREA: PERSONAL DEVELOPMENT

In today's fast-paced world, the pressures on women leaders are immense, often leading to burnout and a diminished sense of self. However, the ability to maintain a strong, impactful presence in both personal and professional settings is deeply intertwined with how well we care for ourselves. This workshop is designed to empower women leaders to harness the power of presence by prioritizing self-care. Through engaging discussions, reflective exercises, and practical strategies, participants will explore how their presence – the energy, focus, and authenticity they bring to every situation – can be strengthened and sustained by a commitment to self-care. The workshop will delve into the psychological, emotional, and spiritual aspects of presence, and how these elements are foundational to leading effectively and creating a lasting impact in their spheres of influence.

MIND ME 1ST

TOPIC AREA: MENTAL HEALTH AWARENESS

As a woman with a lived experience, I would like to encourage and empower women to embrace their hidden secrets and traumas that are passing through generational lines, and use them as opportunities to heal, become whole, and not just survive, but thrive. I will share my story of childhood trauma that resulted in me being diagnosed with bipolar disorder. I will share the importance of being in tune with your emotions and not allowing the battlefield of the mind to paralyze you, block you or stop you! I will also share the importance of placing a priority and value on one's mental health and the importance of loving yourself without making an apology. Information on the National Alliance on Mental Illness and resources will be provided to local communities and how to get involved.



**Lisa
Nicholson**



**Amy
Murphy**

SELF-CARE ISN'T SELFISH: NURTURING YOURSELF TO NURTURE OTHERS

TOPIC AREA: MINDFULNESS

In a world that constantly demands our time and energy, self-care often takes a backseat, especially for women and mothers. This empowering presentation challenges the misconception that self-care is selfish and highlights its crucial role in maintaining overall well-being.

Join us for an insightful exploration of the true meaning of self-care and its positive ripple effects on individuals, families, and communities. Through engaging discussions, personal reflections, and practical strategies, you'll discover how prioritizing self-care can lead to a more balanced, fulfilling life.



**Jolisa
Castell**

EMOTIONAL WEALTH; MANAGING YOUR INNER FINANCES

TOPIC AREA: MENTAL HEALTH AWARENESS

Often times us as women forget to check in with ourselves as we are so busy taking care of everyone. This engaging, interactive workshop is designed to empower women to take charge of their emotional health by understanding the critical differences between feelings and emotions, and by recognizing how their daily experiences contribute to their overall mental wellness. The concept of an “emotional bank” will serve as a central metaphor, helping participants to visualize how they can make meaningful deposits into their emotional well-being and avoid withdrawals that lead to emotional debt. Through reflective exercises, discussions, and mindfulness practices, women will leave with practical strategies, including mindfulness exercises to maintain a balanced emotional bank account and a deeper understanding of their emotional and mental needs.