

THURSDAY, SEPTEMBER 19, 2019

TIME	EVENT/TITLE	TYPE	PRESENTER (S)	SHORT DESCRIPTION	LOGISTICS
7:00-8:00	BREAKFAST	GEN	N/A		Ballroom
8:00-9:00	OPENING CEREMONY/KEYNOTE	GEN	COL. ERIN C. CLUFF, USAF		Ballroom
9:00-9:15	BREAK				
9:15-10:45	PANEL DISCUSSION	GEN	DISTINGUISHED WOMEN	Facilitated Discussion	
11:00-11:45	GAIN CONFIDENCE BY SQUASHING	MIN	ANGELA TREGO	Squashing the Imposter Syndrome	
11:00-11:45	COURAGEOUS LEADERSHIP FOR WOMEN	MIN	MELISSA J. NIXON	Show up more confidently, leverage your	
11:00-11:45	BEYOND THE MAT-YOGA FOR STRESS	MIN	KHALILAH MILES	Hands on - Light Stretches - Stress Relief	
11:00-11:45	FINANCIAL LITERACY	MIN	BELINDA ABOAGYE	Money Matters - Budget, Credit, Savings	
11:45-12:30	GAIN CONFIDENCE BY SQUASHING	MIN	ANGELA TREGO	Squashing the Imposter Syndrome	
11:45-12:30	COURAGEOUS LEADERSHIP FOR WOMEN	MIN	MELISSA J. NIXON	Show up more confidently, leverage your	
11:45-12:30	BEYOND THE MAT-YOGA FOR STRESS	MIN	KHALILAH MILES	Hands on - Light Stretches - Stress Relief	
11:45-12:30	FINANCIAL LITERACY	MIN	BELINDA ABOAGYE	Money Matters - Budget, Credit, Savings	
12:30-1:30	LUNCH	GEN			Ballroom
1:00-1:30	LUNCH KEYNOTE	GEN	BROOK PITTINGER	Dep. Executive Director, VDFP	Ballroom
1:30-1:45	BREAK	GEN			
1:45-2:30	NAVIGATING THE "ITIES"	MIN	TRINA COLEMAN	Capabilities, Responsibilities & Insecurities	
1:45-2:30	HOW DO YOU EAT AN ELEPHANT?	MIN	JENNIFER DAVIS	Embracing individual strengths to cope	
2:30-3:15	NAVIGATING THE "ITIES"	MIN	TRINA COLEMAN	Capabilities, Responsibilities & Insecurities	
2:30-3:15	HOW DO YOU EAT AN ELEPHANT?	MIN	JENNIFER DAVIS	Embracing individual strengths to cope	
1:45-3:15	STRADDLING THE LINE	REG	FATIMA SMITH	Balancing Community Care & Self Care	
1:45-3:15	PREPARING FOR PROMOTION	REG	CHERYL HORVATH	What Holds Us Back?	
1:45-3:15	THE DIFFERENCE, DIFFERENCE MAKES	REG	BROWN & JAQUAYS	Firefighters 2-1/2 times more likely to	
3:15-3:30	BREAK				
3:30-5:00	STRADDLING THE LINE	REG	FATIMA SMITH	Balancing Community Care & Self Care	
3:30-5:00	PREPARING FOR PROMOTION	REG	CHERYL HORVATH	What Holds Us Back?	
3:30-5:00	THE DIFFERENCE, DIFFERENCE MAKES	REG	BROWN & JAQUAYS	Firefighters 2-1/2 times more likely to	

7:00-10:00 CONFERENCE SOCIAL

FRIDAY, SEPTEMBER 20, 2019

TIME	EVENT/TITLE	TYPE	PRESENTER (S)	SHORT DESCRIPTION	LOGISTICS
7:30-8:30	BREAKFAST	GEN			Ballroom
8:30-9:15	SLAY THE STIGMA - MENTAL HEALTH	MIN	LAUREN HOPE	Barriers to mental health...	
8:30-9:15	RE-CREATING WORKPLACE SELF ESTEEM	MIN	SAADIA WHITE	Building the Individual & Team	
9:15-10:00	SLAY THE STIGMA - MENTAL HEALTH	MIN	LAUREN HOPE	Barriers to mental health...	
9:15-10:00	RE-CREATING WORKPLACE SELF ESTEEM	MIN	SAADIA WHITE	Building the Individual & Team	
8:30-10:00	HELP I'M SWIMMING IN P's	REG	SHARRELLE HIGGINS	The Power of the P	
8:30-10:00	CHESAPEAKE CROSSING FIRE	REG	SAM GULISANO and others	Case Study of the Chesapeake X-ing Fire	
8:30-10:00	WHATS YOUR PROFESSIONAL IQ?	REG	QUEEN ANUNAY	Create & Maintain Professional Presence	
10:00-10:15	BREAK				
10:15-11:45	HELP I'M SWIMMING IN P's	REG	SHARRELLE HIGGINS	The Power of the P	
10:15-11:45	CHESAPEAKE CROSSING FIRE	REG	SAM GULISANO and others	Case Study of the Chesapeake X-ing Fire	
10:15-11:45	WHATS YOUR PROFESSIONAL IQ?	REG	QUEEN ANUNAY	Create & Maintain Professional Presence	
11:45-12:00	BREAK				
12:00-1:00	LUNCH	GEN			Ballroom
1:00-1:15	BREAK				
1:15-2:45	KEYNOTE	GEN	DEUNTAY DIGGS	Compelling Life Story- Public Service	
2:45-3:00	CLOSING REMARKS	GEN			