

Celebrate Women T-Shirts

T-Shirts are pre-order.
Sizes Small - 4X, \$20



Craft Corner Sessions

Morning and afternoon Craft Corner sessions are an additional \$10 each

PAYMENT

Early Bird Registration until March 1st:
\$50 Non-Students and \$25 Students

After March 1st:
\$60 Non-Students and \$35 Students

Student Non-Student

T-Shirt \$20 Size: _____ Quantity: _____ \$: _____

Craft Corner \$10/session
Morning: _____ Afternoon: _____ \$: _____

Total: \$ _____

Check/money order (payable to Ohio University)

Credit card (VISA, MasterCard, American Express)

Card number: _____

Exp. Date: _____ Security Code: _____

Zip code: _____

Phone number: _____

Email: _____

Signature: _____

Register online at: ohio.edu/celebrate-women

REFUNDS NOT AVAILABLE

OHIO UNIVERSITY | LANCASTER

CELEBRATE WOMEN 2025

SOARING TO NEW HEIGHTS:
EMPOWER, LEAD, INNOVATE

CELEBRATE WOMEN 2025

Friday, March 21, 2025

Ohio University Lancaster

7:30 A.M.—8:15 A.M.

REGISTRATION / VENDOR BOOTHS

8:15 A.M.—9:15 A.M.

(A) WELCOME & OPENING SPEAKER

Elevating Ambitions: Innovation, Fulfillment & AI



Cathy McPhillips, Chief Growth Officer,
Marketing AI Institute

9:30 A.M.—10:30 A.M.

(B) CONCURRENT SESSIONS

(B1) Start Your Own Business: Resources to Get Started

Moderator: Kim Barlag, President, Pickerington Area Chamber of Commerce

Panelists:

K. Zulene Adams, Co-Founder, CEO, Z Promotions

Mary McCarthy, President/CEO, Women's Small Business Accelerator

Erin Gibson, Certified Business Advisor, Small Business Development Center at Ohio University

Heather D. Landon, Small Business Financial Coach, Columbus Urban League

Chrissy Kittle, Commercial Cash Management Banking Officer, Park National Bank

(B2) Using Improv in Leadership: Soaring to New Heights: Unlocking Growth, Connection & Confidence

Barbara Allen, MA, CDP, Columbus State Community College

(B3) Finding Balance: A Guide to Letting Go of Anxiety

Paige Gutheil, D.O., Heritage College of Osteopathic Medicine

(B4) Empowered Plates: Nourishing Body & Soul Through Mindful Eating

Louise Cruz, RDN, LD, Nutrition Program Coordinator, WellWorks at Ohio University

(B5) From Overwhelmed to Empowered: Working Women with ADHD

Jean Tidd, MSW, LISW-S, ADHD-CCSP, Holistic Consultation LLC. & Badass ADHD Coaching

Holly Mills, MSW, LSW, Holistic Consultation LLC. & Badass ADHD Coaching

(B6) Rethinking Imposter Syndrome: From Personal Fixes to Systematic Change

Chris Fowler, Ph.D., Director, Women's Center, Ohio University
Letitia Price, Ph.D., Assistant Director, Women's Center, Ohio University

(B7) Soar with the Power of AI for Women Leaders

Hope Yin, Owner, Blueprint Coaching

(B8) Embracing Creativity: Mud Gallery Art Project

(Pre-registration required - Cost: \$10 for materials - payable onsite)

Teresa Speakman, Owner, Mud Gallery Arts

CELEBRATE WOMEN 2025

10:40 A.M.—11:40 A.M.

(C) CONCURRENT SESSIONS

(C1) Marketing: Best Practices for Business & Non-Profit Success

Angela Krile, *Owner, Krile Communications*
Amy Eyman, *CEO, Fairfield County Foundation*
Shannon Young-Frey, *Financial Advisor, Edward Jones*
Carol Haynes, *Director, Kiddie Academy*
Janis Francis, *Humble Crate*

(C2) OHIO SOAR Analysis Workshop: A Useful Tool for Emerging Leaders

Kathryn Hartman, *Ph.D. Vice-Provost for Faculty Development, Ohio University*

(C3) The “Pow-Her” to Make Change Through Civic Engagement

Louise Valentine, *Executive Director, LEAD Ohio*

(C4) The Vibrant Women Project - Transforming Your Health

Tammy Slicer, *Owner, Rejuvenation Station*

(C5) Mental Resilience & Positive Affirmations: A Mindset Mastery for Strong Women

Lisa Skeens, *Ph.D., MSW, LISW, Associate Professor of Social Work, Ohio University*

(C6) Calm & Confident: Tools to Conquer Anxiety in Everyday Life

Paige Gutheil, *D.O., Heritage College of Osteopathic Medicine*

(C7) Who’s Uding Who? Ethical Considerations in Our Relationship with AI

Robert L. Föehl, *J.D., Executive-in-Residence for Business Law and Ethics, Ohio University*

“R-E-S-P-E-C-T”

Carri Brown, *Ph.D., M.B.A., C.G.F.M., County Auditor of Fairfield County & the 2024 recipient of the Jane Johnsen Vision for Women Award*

The 2025 Jane Johnsen Vision for Women award & student leadership awards will be presented at the luncheon.

1:00 P.M.—2:00 P.M.

(D) KEYNOTE SPEAKER

“Soaring to New Heights”



Amelia Rose Earhart, *Record-breaking Pilot & Professional Speaker*
Amelia invites her audience to climb into the cockpit for a great story, & flight lessons on how to take a pilot’s perspective on navigating life’s turbulence.

2:10 P.M.—3:10 P.M.

(E) CONCURRENT SESSIONS

(E1) Creating Flexible Spaces in the Workplace: Employer & Employee Standpoint

Carri Brown, *Ph.D., M.B.A., C.G.F.M., County Auditor of Fairfield County*
Rachel Elsea, *Communications Officer, Fairfield County Auditor’s Office*

(E2) Achieving Effective Work Life Balance: Strategies for a Healthier YOU

Andora Marshall, *Business Analyst Staff, American Electric Power*
Kathy Binner, *Kathy Binner International Academy, Author, Educator, Mentor*
Mark Dolfini, *Life & Business Strategist, Strategic Boardroom LLC*
Keri Forney, *Human Resource Manager, Expedient Technology Solutions, LLC*

(E3) Brave Space-Making: The Power of Storytelling to Foster Understanding, Empathy & Collective Action

Lynn Harter, *Ph.D., Barbara Geraldts Institute for Storytelling & Social Impact*

(E4) Healthy Meals on a Budget

Shannon Carter, *Extension Educator, Ohio State University Extension, Fairfield County*

(E5) Healing Division: Correcting the Imbalance Between Empathy & Power

Amy E. Hull, *M.Ed., Director, Head of Diversity Equity & Inclusion, Paycor Empowering Leaders*

(E6) Hard-Hatted Women: Women in Non-Traditional Careers

Kaci Roach, *Executive Director, Hard-Hatted Women*

(E7) Embracing Creativity: Mud Gallery Art Project

(Pre-registration required - Cost: \$10 for materials - payable onsite)
Teresa Speakman, *Owner, Mud Gallery Arts*

3:20 P.M.—4:00 P.M.

(F) FEATURED SPEAKER

(F1) Soar to New Heights: The Towanda Effect for Unapologetic Boldness

Tonya Tiggett, *Owner and Chief Career Strategist, Tiggett & Co.*

4:00 P.M.—4:30 P.M.

NETWORKING RECEPTION & DOOR PRIZES

REGISTRATION

Early Bird Registration until March 1st: \$50 Non-Students and \$25 Students

After March 1st: \$60 Non-Students and \$35 Students

Please return your registration form and payment to:

Ohio University Lancaster, Celebrate Women
1570 Granville Pike
Lancaster, OH 43130

Or register online at: ohio.edu/celebrate-women

Name: _____

Address: _____

Phone: _____

Email: _____

OHIO Alumni: _____ Graduation year: _____

Sign Language Interpretation

Please select which concurrent sessions you will attend:

B _____ **C** _____ **E** _____ **F** _____

Select a Boxed Lunch Choice: *(registration continued on back)*

Turkey Club: Sliced turkey breast, smoked cheddar cheese, lettuce, tomato on honey wheat bread

Veggie Wrap: Roasted red peppers, sliced cucumber, tomato, lettuce, red onion, banana peppers, and provolone cheese wrapped in a wheat tortilla

Veggie Wrap: VEGAN ONLY

Cranberry Apple Salad: Spring mix topped with diced apples, dried cranberries, chopped pecans, and crumbled blue cheese

Cranberry Apple Salad: VEGAN ONLY

Chicken Ceasar Salad: Class caesar salad with Parmesan cheese, grape tomato, grilled chicken strips