

# Welcome!



## **Women's Wellness Summit**

**Experience Wellness**

Your journey starts here.

# Schedule

## Women's Wellness Summit 2025



### Opening

<b>8:30 AM</b>	Check-in and Welcome Activities / 1st Floor Lobby
<b>9:00 AM</b>	Welcome and Keynote Speaker / Auditorium

### Morning

<b>10:00 AM</b>	Wellness Expo Preview / 4th Floor
<b>10:30 AM</b>	Breakout Sessions / Wellness Expo / 4th Floor
<b>11:30 AM</b>	Breakout Sessions / Wellness Expo / 4th Floor

### Break

<b>12:30 PM</b>	Lunch and Wellness Expo
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### Afternoon

<b>1:30 PM</b>	Breakout Sessions / Wellness Expo / 4th Floor
<b>2:30 PM</b>	Breakout Sessions / Wellness Expo / 4th Floor
<b>3:30 PM</b>	Breakout Sessions / Wellness Expo / 4th Floor

### Closing

<b>4:30 PM</b>	Closing and Door Prizes / 4th Floor
<b>4:45 PM</b>	Event Wrap-up

# Breakout sessions

Women's Wellness Summit 2025



	KB 405	KB 407	KB 408	KB 454	KB 458	Meet at 1st Floor Lobby
10:30 AM	<b>Breathing Through Your Overwhelm: Intentional Breathwork for Your Mind, Body, and Soul,</b> Intentional Crescent Amy Asay	<b>Better Vision, Brighter Future</b> Shine with Light Jayna Moser	<b>Mending Loss through Art Therapy</b> Prickly Paintbrush Jess Palu	<b>Amplify Your Voice: A Simple Guide to Starting Your Podcast</b> Pod Savvy Guide Steph Shoell	<b>Your Roadmap to Career Wellness and Fulfillment</b> AYM Consulting Andrea Yacub Macek	
11:30 AM	<b>Stronger Together</b> StayFITT LaRee Schuenman	<b>Hormones 101: Unlocking Your Body's Superpower</b> Vibrant Life Michelle Diehl	<b>The Tapestry of You: A Weaving Workshop in Self-Kindness</b> Learning to Be Jodi Bean	<b>Tired, Foggy, and Struggling with Weight? Your Thyroid Might Be the Missing Link!</b> Zlata Clark Wellness Zlata Clark	<b>Piecing It Together: A Journey of Mental Health, Creativity, and Connection</b> Moutain Mermade Kim Davis	
1:30 PM	<b>Sound Bath</b> Vibes of Light Jhill Seraphina	<b>From Self to Family: Empowering Conversations About Sexuality</b> Healthy Relationships Aubrey-Dawn Palmer	<b>Build it Beautiful - You are the Architect</b> Hand & Stone Clarissa Thomas	<b>Unleashing Potential: Rewriting Your Mind's Programs</b> Moore Balance Coach DaLynn Moore	<b>Finances for LIFE</b> Wealth Wave Cimony Carter and Michelle Dean	
2:30 PM	<b>Pelvic Health: Secrets for Everything Down There!</b> Reborn Pelvic Health & Wellness Robin Christenson	<b>Rising Above Self-Doubt: Cultivating Confidence for Success</b> Women's Leadership Institute Patti Cook	<b>Relationship Comeback</b> Rachael Curfew Love better! Live better!	<b>The Wealthy Woman's Blueprint: Business, Money &amp; Life on Your Terms</b> Athena's Wealth Valeriane Wilson	<b>Evidence-Based Strategies for Thriving Through Peri/Menopause</b> Midlife Chrysalis Britt Vanderhoof	
3:30 PM	<b>When What You Have is Different Than What You Want</b> MOMSET Tessa Romero	<b>PlayCreate Forward: How to Thrive in Uncertainty</b> RocketTrike Studio Kirsten Gunnerud	<b>Live on Purpose: Clarifying Your Core Values</b> Jackfruit Life Meghan Jaquier	<b>Bridging Generational Differences to Improve Adolescent and Parent Relationships</b> Pack Mental Health Janene Pack	<b>Understanding Your Money: Saving On Taxes, Investing, &amp; Financial Planning Methods in 2025</b> Hudson Oaks Wealth Marissa Smith	<b>Making Meditation Easy</b> UVU Kimberly Reynolds

# 10:30 AM

## Breakout Sessions

### Breathing Through Your Overwhelm: Intentional Breathwork for Your Mind, Body, and Soul.

*Intentional Crescent: Amy Asay*

As women, overwhelm often stems from the endless lists in our heads or the many roles we juggle. Sometimes it's caused by challenging circumstances like health, finances, or family struggles. However, overwhelm can also arise when we're living out of alignment with who we truly are and what we truly want. This type of overwhelm requires us to find stillness and reflect. For me, Breathwork became the gateway to stillness, clarity, and balance. In this session, I'll introduce simple, yet powerful breathing techniques to help you navigate your personal overwhelm- whether mental, emotional, or spiritual- and find greater ease and alignment.

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### Better Vision, Brighter Future

*Shine with Light: Jayna Moser*

The eyes are the windows to the soul and direct connection to your brain. Learn how light can enhance your vision, mood, hormones, sleep, intuition, and clarity.

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### Mending Loss through Art Therapy

*Prickly Paintbrush: Jess Palu*

There are experiences in life that we pass through as women that can seem lonely, isolating, too sad or personal to share, and it can leave a dark, untouched place. Come learn how art as a therapeutic approach not only allows for peace and mending, but can offer a beautiful creation where only loss was before.

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### Amplify Your Voice: A Simple Guide to Starting Your Podcast

*Pod Savvy Guide: Steph Shoell*

Want to start a podcast but keep putting it off? This session is all about overcoming the fears and excuses that hold you back and committing to start your podcast. We'll tackle everything together as a group, so you can leave ready to get your podcast up and running in just 7 days. As a self-proclaimed podcast nerd with a passion for AI and automation, I'll show you how to streamline the process so you can spend less time on admin and more time behind the mic. By attending, you'll get FREE access to the Pod Solo Guide (a \$550 value) to walk you through every step. This offer is only available for one week, so let's get to work!

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### Your Roadmap to Career Wellness and Fulfillment

*AYM Consulting: Andrea Yacub Macek*

In this interactive workshop, I'll guide you through a transformative exploration of Career Wellness, helping you redefine your relationship with work. Through reflective exercises and group discussions, you'll gain a deeper understanding of what career wellness means to you personally and how to cultivate it in your professional life.

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# 11:30 AM

Breakout Sessions

## Stronger Together

*StayFITT: LaRee Schuenman*

Get ready for an interactive, high-energy StayFITT workout designed to educate, empower, and energize! This seminar brings our signature cardio, HIIT, mobility, and flexibility training to you. Expect expert coaching, engaging movements, and practical takeaways to improve your fitness. Wear comfortable workout gear, supportive shoes, and bring water. Whether you're a beginner or advanced, you'll experience a fun, progressive training approach that meets you where you are. StayFITT seminars blend education with movement, ensuring you leave feeling stronger, more confident, and inspired to take charge of your fitness journey—anytime, anywhere!

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## Hormones 101: Unlocking Your Body's Superpower

*Vibrant Life: Michelle Diehl*

Your hormones are the key to energy, mood, metabolism, and overall well-being—but are they working for you or against you? In this session, we'll break down the basics of hormone health, helping you understand how imbalances can impact everything from weight gain to brain fog. Learn how to optimize your hormones naturally, regain vitality, and unlock your body's true potential. Whether you're struggling with fatigue, stress, or just want to feel your best, this session will equip you with the tools to take control of your health and live a truly Vibrant Life!

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## The Tapestry of You: A Weaving Workshop in Self-Kindness

*Learning to Be: Jodi Bean*

In this immersive workshop, we will explore the art of mindful self-compassion through the ancient craft of weaving. Inspired by the Berber women of Morocco, we'll use the loom as a metaphor for life—where every thread represents our joys, struggles, and moments of self-discovery. As we create our own small woven piece, we'll learn to embrace imperfections with kindness, recognize our shared humanity, and cultivate mindfulness in each stitch. No weaving experience is necessary—just a willingness to slow down, be present, and weave a little more compassion into your life.

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## Tired, Foggy, and Struggling with Weight? Your Thyroid Might Be the Missing Link!

*Zlata Clark Wellness: Zlata Clark*

Do you constantly feel exhausted, struggle with brain fog, or find it impossible to lose weight? Your thyroid could be the hidden culprit. In this session, we'll uncover the critical role your thyroid plays in energy, metabolism, and mental clarity. Learn how to identify common imbalances, understand key lab markers, and discover practical, science-backed strategies to support your thyroid naturally. Walk away with actionable steps to reclaim your vitality and feel like yourself again!

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## Piecing It Together: A Journey of Mental Health, Creativity, and Connection

*Mountain Mermade: Kim Davis*

Discover how creativity, self-care, and meaningful connections can transform your life and help you navigate mental health challenges. Kim Davis shares her journey of prioritizing self-care and finding balance. Learn how quilting, outdoor adventures, and embracing a “powered by sunshine” mindset have become tools for resilience and empowerment.

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# 1:30 PM

## Breakout Sessions

### Sound Bath

*Vibes of Light: Jhill Seraphina*

I start with a little introduction about why/how sound baths are so healing and a little guided meditation to get grounded, relaxed, and open the heart space. Then I do crystal bowls, metal bowls, buffalo drum, ocean drum, and koshi chimes in that specific order in order to break up, release, and cleanse out anything that is no longer serving us. I end with a chakra tune-up to send light and love to our body, mind, and soul.

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### From Self to Family: Empowering Conversations About Sexuality

*Healthy Relationships: Aubrey-Dawn Palmer*

In this workshop, we'll explore how our relationship with our sexuality impacts intimacy with our partner and how we talk to our children about sex, love, and relationships. Without a healthy relationship with our own sexuality, it's challenging to help children develop a positive sense of theirs. Delivered from a research perspective, this workshop provides tools to reflect on your relationship with yourself and the values you hold around sexuality. You'll gain insights to confidently navigate conversations about love and sexuality with your children and your partner, fostering deeper connections.

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### Build it Beautiful - You are the Architect

*Hand & Stone: Clarissa Thomas*

Build it Beautiful flips the script on life's challenges. Learn how to architect hardships, setbacks, & growth moments into building blocks for an amazing life. Leave having tools of connection, confidence, & clarity to create lasting impact for you & those around you; no matter where you are now.

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### Unleashing Potential: Rewriting Your Mind's Programs

*Moore Balance Coach: DaLynn Moore*

Learn the origins and impact of limiting beliefs, often rooted in early experiences, societal norms, and family influences. These subconscious beliefs—like "I am not enough"—operate like programs shaping your actions. The fight-or-flight response can reinforce these beliefs, creating cycles of fear and avoidance. Through techniques like self-talk monitoring and The Peak State Alignment, you can rewrite these beliefs. Ready for transformation? Join us to unlock the power within.

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### Finances for LIFE

*Wealth Wave: Cimony Carter and Michelle Dean*

In the game of life, the wrong moves can set you back a few spaces and the right moves can set you up to win. Come learn about a holistic approach to your finances - from debt management to retirement planning and everything in between. You work hard for your money, learn how to make it work for you.

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## **Pelvic Health: Secrets for Everything Down There!**

*Reborn Pelvic Health & Wellness: Robin Christenson*

This session will uncover the essential secrets to maintaining a healthy pelvic floor. Learn how to strengthen and care for this often-overlooked area of your body, with practical tips on preventing incontinence, prolapse, and pelvic pain. Whether you're navigating post-pregnancy recovery, managing chronic issues, or simply curious, this session offers valuable insights to enhance your pelvic health. Join us for an informative and empowering discussion on everything "down there"!

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## **Rising Above Self-Doubt: Cultivating Confidence for Success**

*Women's Leadership Institute: Patti Cook*

In this interactive session, we'll explore practical strategies for overcoming self-doubt and building the confidence needed to thrive in your career and personal life. This presentation will reveal the power of embracing risk and taking bold steps toward your goals.. Learn how to transform fear into strength, trust your abilities, and unlock your full potential. Banish self-doubt and give yourself the benefit of the doubt so you can show up more authentically in the world. If you are a perfectionist, overachiever, dealing with imposter syndrome, burnout or looking to level up your career, this presentation might be for you!

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## **Relationship Comeback**

*Rachael Curfew: Love better! Live better!*

"Relationship Comeback" is an interactive workshop for individuals looking to strengthen their marriage and/or improve their adult key relationships. You'll learn a simple strategy you can start using right away to begin to repair past hurts and create new deeper connections. No more constant mind-racing or sleepless nights keeping you stressed, holding you back from living your best life, or what I call, your "Anxiously Engaged Life!"

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## **The Wealthy Woman's Blueprint: Business, Money & Life on Your Terms**

*Athena's Wealth: Valeriane Wilson*

Success isn't just about money—it's about building a life-first business or career that aligns with your values, family, and purpose. Many women feel torn between financial ambition and personal commitments, but what if prioritizing relationships is actually your greatest strength? In this interactive session, you'll take a self-assessment to clarify financial goals, identify growth opportunities, and learn strategies to scale your income without burnout or guilt. Walk away with a personalized action plan to build wealth, maximize impact, and confidently create success—on your terms. You can have both. Let's make it happen.

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## **Evidence-Based Strategies for Thriving Through Peri/Menopause**

*Midlife Chrysalis: Britt Vanderhoof*

This session explores science-backed habits to support women navigating peri/menopause—whether they choose to avoid pharmaceuticals, can't take hormones, or want to optimize their health alongside medication. We'll dive into evidence-based approaches for improving sleep, diet, stress management, emotional well-being, weight balance, and overall lifestyle. Learn how nutrition, movement, mindfulness, and daily routines can work with your body's natural rhythms to ease symptoms, boost energy, and promote long-term health. Join us for a supportive and empowering discussion on thriving through this transition—naturally and holistically.

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### **When What You Have is Different Than What You Want**

*MOMSET: Tessa Romero*

Are you facing a circumstance that doesn't align with what you want, like infertility, loss, waiting for a promotion, or ending a friendship or job? We all encounter situations that feel different from what we would choose for ourselves. This workshop will teach you a practical tool and mindful approach to protect your mental health, identity, and integrity during these challenging times.

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### **PlayCreate Forward: How to Thrive in Uncertainty**

*RocketTrike Studios: Kirsten Gunnerud*

Is uncertainty becoming overwhelming? Feeling stuck or lost? Facing a challenging person or situation? Or maybe you have a big opportunity ahead and want to make the most of it? Whatever flavor of uncertainty you've got, this is the workshop for you. In fact, your heart and soul have been waiting for a chance to show you all they are capable of. Give your brain a break and join us for a fun yet clarity creating experience with your heart. One that will build your confidence and take you a few steps closer to creating the life you're made for.

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### **Live on Purpose: Clarifying Your Core Values**

*Jackfruit Life: Meghan Jaquier*

Are you living in alignment with what truly matters to you? In this interactive session, Life Coach Meghan Jaquier will introduce the power of values-based living—helping you create a life of authenticity, purpose, and fulfillment. You'll explore what alignment feels like, uncover your unique core values, and define what no longer serves you. Through hands-on exercises, you'll craft a personal mission statement to guide your decisions, goals, and daily choices—so you can stop drifting and start living with intention. Walk away with clarity, confidence, and a renewed sense of direction.

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### **Bridging Generational Differences to Improve Adolescent and Parent Relationships**

*Pack Mental Health: Janene Pack*

Come to Licensed Therapist Janene Pack's "Bridging Generational Differences to Improve Adolescent and Parent Relationships" and learn about the generational disconnect, especially the rise of mental health, reliance on technology, and key differences in communication strategies. Leave the workshop with concrete data and skills you can apply right away to partner and feel more connected with the adolescents in your life.

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### **Understanding Your Money: Saving On Taxes, Investing, & Financial Planning Methods in 2025**

*Hudson Oaks Wealth: Marissa Smith*

Discover actionable strategies to optimize your finances in 2025. This session explores tax-saving opportunities, investment tactics, and personalized financial planning methods to build wealth and achieve your goals. Perfect for all financial stages, you'll gain insights into budgeting, navigating new tax regulations, and leveraging modern investing techniques. Empower yourself to make confident, informed decisions and take control of your financial future!

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### **Making Meditation Easy**

*UVU: Kimberly Reynolds*

Weaving meditation into your already busy and hectic week. We will explore the benefits of meditation, one of the most powerful tools in stress management. This session may surprise you, we will not only talk about meditation, we will practice it!

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# Event Map



**Parking is free at UVU on Saturdays except for the parking garage and metered parking.**