



SAVE  
*The*  
DATE

## ABWA's Virtual Regional Conference

MARCH 22-23, 2024 - FOR ALL DISTRICTS!



**REGISTER TODAY!**

Complete the registration form and mail (or fax 913-660-0101)  
with your credit card payment to ABWA National.

Learn great tips and strategies to help you become the leader  
you've always aspired to be. Join us for ABWA's Regional Conference  
and connect, learn and grow virtually!



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### Event Hostesses

**RENÉ STREET**, *Executive Director*

**RACHELLE JAMERSON-HOLMES**, *National President*

### Presiding Board Members

**ANNE O'NEILL**, *National Vice President*

**GENICE HALL-FOWLER**, *National Secretary-Treasurer*

**SONYA LOWE**, *District I Vice President*

**KIM STENGEL**, *District II Vice President*

**DEBRA WEILBACHER**, *District III Vice President*

**BARBARA PEDERSEN**, *District IV Vice President*

**CHERYL SCHMANDT**, *District V Vice President*

**VELMA LANDERS**, *District VI Vice President*



Event will be hosted in the **CENTRAL TIME ZONE**

## Tentative Agenda for the 2024 Virtual Regional Conference Event

### FRIDAY MARCH 22

- 9:00 a.m. to 9:30 a.m. Opening Remarks, Review of the Conference and Accolades from Executive Director and National President
- 9:30 a.m. to 10:30 a.m. Top Ten Presentation and Overview of Top Ten Award
- 10:30 a.m. to 10:45 a.m. Break
- 10:45 a.m. to 12:45 p.m. Professional Development Session
- 12:45 p.m. to 1:30 p.m. Lunch Break
- 1:30 p.m. to 3:30 p.m. Professional Development Session
- 3:30 p.m. to 3:45 p.m. Break
- 3:45 p.m. to 4:15 p.m. District Gatherings and DVP Candidate Presentations
- 4:15 p.m. to 5:30 p.m. Time to Move - Virtual Line Dancing by BE! Creative Arts

### SATURDAY MARCH 23

- 9:00 a.m. to 9:30 a.m. Opening Remarks and Review of ABWA Important Initiatives
- 9:30 a.m. to 10:45 a.m. Professional Development Session
- 10:45 a.m. to 11:00 a.m. Break
- 11:00 a.m. to noon Professional Development Session
- Noon to 12:45 p.m. Lunch
- 12:45 p.m. to 1:45 p.m. SBMEF Presentation
- 1:45 p.m. to 2:00 p.m. Break
- 2:00 p.m. to 4:00 p.m. Featured Keynote Speaker
- 4:00 p.m. to 4:15 p.m. Conference Wrap Up

REGISTER TODAY!



PROFESSIONAL DEVELOPMENT SESSIONS • FRIDAY, MARCH 22

Professional Development Session  
10:45am-12:45pm  
Presenter: SHERRY DARDEN

Session Title:  
**ARE YOU LISTENING?**

**Session Overview**

*Are You Listening: Unlocking Growth Through Effective Listening* is designed to empower your team to embrace communication differences, engage in constructive dialogue, and provide feedback that drives growth.

**The Workshop's Value:** Insightful Understanding: "Are You Listening" will empower your team members with an insightful understanding of how unconscious bias of "I already know what you are going to say" or selective listening can be a counterproductive form of communication, understand why they persist, and how they influence decision-making and team dynamics.

**Personal Growth:** This workshop will challenge participants to confront their own biases, encouraging personal growth and self-awareness, leading to a more empathetic and understanding work environment.

**Sherry Darden**

A seasoned trainer, coach, and consultant with a 21+ -year track record. Effective training translates to exceptional performance. Under Sherry's guidance, low-performing leaders have transformed themselves from frustrated executives to insightful, impactful, and inspired leaders who are driving their organizations to great success.



Professional Development Session  
1:30pm-3:30pm  
Presenter: ANNE BONNEY

Session Title:  
**LEADERSHIP PEOPLE WANT TO FOLLOW**

**Session Overview**

In this engaging (and fun!) presentation, Change Management Authority, Anne Bonney will ignite your leadership with skills that will heat up your team's motivation and performance. Teaching connection, communication and delegation to get even better output from your team; Anne will bring you rapid-fire content to reduce turnover, increase engagement and productivity directly impacting your culture so positivity and collaboration catch fire, and create an inferno of goal achievement and satisfied customers. Who doesn't want that?

**Key Takeaways**

- Connection skills that immediately impact your culture with greater engagement, collaboration and motivation, resulting in increased productivity
- Reduce "water cooler" talk that negatively influences attitudes within the workplace
- Improve individual performance and reduce unwanted behaviors



**Anne Bonney**

Anne Bonney, CSP® is a fun, energetic international keynote speaker and courage ignitor. She is an authority on Change Management, two-time author, host and creator of *Dancing in the Discomfort Zone* Podcast and an experienced virtual and in-person presenter. After 20 years in highly successful corporate and non-profit leadership positions, Anne now uses her experience, education, and expertise to ignite YOUR courage to build resilience in change, take on difficult communication and thrive with emotional intelligence.



Virtual Line Dancing by  
**BE! CREATIVE ARTS**  
Friday March 23, 4:15pm-5:30pm  
"It's not about what you can't do.  
It's about what YOU CAN do."  
—Torion Harden, Owner of BE! Creative



PROFESSIONAL DEVELOPMENT SESSIONS • SATURDAY, MARCH 23

9:30am-10:45am

Presenter: DR. TAMI WEST

**Session Title: WHAT TYPE OF COFFEE ARE YOU?**

**Session Overview**

Have you ever received an assignment from your boss without so much as a please or a thank you? Do you have a colleague who talks and talks and talks and drives you crazy? What about the "life of the party" who never seems to get anything done? The list of irritating behaviors can drag on and on because we all have different personalities. In this session you will take a simple, fun quiz to identify your predominant "Coffee" style and then learn how to communicate better with styles different from yours.

**Dr. Tami West**



Stress and Mental Health Expert Dr. Tami West uses her entertaining and compelling style to shine a new light on how to transform your life and discover solutions to life's challenges. Her passion stems from a lifelong battle with an anxiety disorder which has uniquely equipped her to teach, encourage, and motivate others. In 2013 she received her PhD in Human Development, studying the connections among stress, emotions, and identity. Dr. West has spoken in 48 states across the US, as well as the United Kingdom, Australia, and New Zealand. In any given year, Tami speaks to groups with audiences consisting of anywhere from 100 to 3,000 people. Her audiences are diverse and include Danbury Federal Prison inmates, teachers, healthcare staff, administrative assistants, food service, and senior executives. Dr. West is the author of several successful publications including three books: *The Stress Club*, *Life Without the Monsters* and *Thrive*.

11:00am-Noon

Presenter: TINA MCDERMOTT

**Session Title: THE FIVE ENERGY HABITS FOR WOMEN LEADERS TO MASTER THEIR JOYFUL LIFE**

**Session Overview**

EmpowerHer Energy: A Virtual Culinary Talk for ABWA Leaders. Chef Tina McDermott invites you to "The Five Energy Habits For Women Leaders to Master Their Joyful Life" – a unique fusion of a virtual cooking class and an insightful talk at the American Business Women's Association regional event. Join us for an engaging session where Chef Tina will not only guide you through creating a Vegetarian Virtual Menu filled with green goodness but also share the top energy habits designed for women leaders. Learn how to elevate your energy levels, achieve balance, and thrive both personally and professionally.

**Meet Chef Tina McDermott:**

*Your Health and Culinary Ally for Vibrant Wellness & Weight Loss*



Enter the world of Chef Tina McDermott, the creative force behind Tina's Joyful Kitchen, where a touch of Italy meets 23 years of wellness expertise. She warmly invites women on a journey to a healthier, more energized life. In Chef Tina's kitchen, each dish is a flavorful step in breaking free from old habits, embracing newfound food and health freedom. Her strategy centers on tailored, sustainable methods, cultivating a holistic revolution beyond mere weight loss.

• ADDITIONAL ABWA SESSIONS •

Top Ten Business Women Recognition, District Gatherings and SBMEF



**ABWA's Top Ten Business Women Class of 2024**

Friday 9:30a.m. to 10:30a.m.

The Top Ten Business Women is the highest honor bestowed on an individual member. In this session, you will have an opportunity to hear the presentations from this year's Class of 2024 recipients.



**District Gatherings**

Friday 3:45p.m. to 4:15p.m.

Vice Presidents representing each district will recognize the leagues celebrating milestone anniversaries, Top Ten Business Women, Class of 2024, and members who have earned the prestigious Inner Circle recognition. In addition, you will meet the approved candidates for District Vice President.

**Stephen Bufton Memorial Educational Fund (SBMEF)**

Saturday 12:45p.m. to 1:45p.m.

In this one-hour session, learn about the four scholarship programs offered through SBMEF, and the criteria for participating in this educational opportunity



to support the career advancement of women.

FEATURED KEYNOTE SPEAKER • SATURDAY, MARCH 23



International Photographer  
**MONICA MORGAN**

2:00 p.m - 4:00 p.m

Keynote Topic: **WHAT IF?**

“What If” is a riveting exploration that challenges attendees to expand their horizons and ponder the question “What If?” Monica Morgan, leveraging her personal experiences and an array of inspiring photographs, underscores the transformative power of possibilities when individuals dare to venture beyond their comfort zones.

**Monica Morgan**

International photojournalist Monica Morgan has spent her entire adult life “speaking” through the lens of her camera; along the way there was writing and publishing, too.

Monica Morgan has captured moments in time and history photographing events on the world-stage; world leaders, dignitaries, and heads of state; celebrities, and world citizens. Her career having spanned more than three decades, her experiences are unique and the lessons powerful. As a result, Monica Morgan -though quite humble- has a great deal to share with the world. She has messages of triumph through tragedy; information and inspiration.





MARCH 22-23, 2024

# ABWA'S VIRTUAL REGIONAL CONFERENCE EVENT REGISTRATION FORM

### Conference Registration Fee

- \$299 Before February 28
- \$350 After February 28

### Three Ways to Register

- Online: [www.abwa.org](http://www.abwa.org)
- By phone: 1-800-228-0007
- By mail: ATTN: ABWA Conference Registration  
P.O. Box 4757 Overland Park, KS 66204-0757

## PAYMENT INFORMATION

Account Holder's Name

If Paying by Credit Card, Provide Credit Card Number

Account Holder's Signature

Credit Card Expiration Date

If Paying by Check, Provide Check Number

Credit Card Security Code

### Regional Conference Cancellation Policy

If you cancel your conference registration, your entire registration fee will be FORFEITED. However, you may transfer your conference registration to another ABWA member in good standing. The member transferring their registration must notify the ABWA National Office in writing upon transfer.

By checking this box, I am acknowledging that I've read and understand ABWA's cancellation policy.

## CONFERENCE ATTENDEE CONTACT INFORMATION

First and Last Name

Email You Will Use to Login to the Virtual Event

Street Address

City, State and Zip Code

Cell Phone Number

First Time Regional Conference Attendee

Yes

No

Attending an ABWA Conference is a big investment of your time and money. Please let us know why you've registered for the 2024 Virtual Regional Conference event . Choose all that apply.

- Keep up with the latest industry trends
- Grow my value as an employee
- Make invaluable connections that can help me with brainstorming when faced with a problem
- Reduce costs in my workplace (or business)
- Meet the criteria for Best Practices in League Management for 2024
- Meet the eligibility criteria for the Top Ten Business Woman honor