



13.75 CME Credits

BRAVE ENOUGH 2021 WOMEN'S CONFERENCE IS ACCREDITED BY THE ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (ACCM) THROUGH THE METRO OMAHA MEDICAL SOCIETY.

THURSDAY, 9/10/2021

REGISTRATION
THE TABLE PRE-PARTY (MEMBERS ONLY EVENT)
NETWORKING CHAMPAGNE RECEPTION

FRIDAY, 9/11/2020

SESSION: FINDING THE COURAGE TO BE YOU

The purpose of this session to identify strategies to advance women professionally.

RISING FROM THE ASHES *Dr. Sasha Shillcutt*

NO EGO: 3 QUESTIONS THAT WILL CHANGE YOUR LIFE *Cy Wakeman*

LEADERSHIP PEARLS FROM THE TOP *Dr. Julie Frieschlag*

SESSION: LEADING AUTHENTICALLY IN TODAY'S WORLD

The purpose of this session is to identify and address unconscious biases women face in the workplace to advance women.

HOW TO GET WHAT YOU WANT *Alli Worthington*

LEADING IN THE FACE OF BIAS *Dr. Tiffany Love*

SPONSORING WOMEN INTO LEADERSHIP: HOW TO RECRUIT MALE ALLIES *Drs. Liu, Mariano, Varghese*

PIVOT TO RESILIENCE: HOW TO BUILD PHYSICAL AND MENTAL HARDINESS *Dr. Vonda Wright*

SATURDAY, 9/12/2021

SESSION: THE CONFIDENT WOMAN

The purpose of this session to identify strategies to advance women into leadership positions using self-confidence, wisdom from leaders, and public speaking education.

WHAT IS A GIRL WORTH? BREAKING THE SILENCE & EXPOSING THE TRUTH *Rachael Denhollander*

TOP LEGAL ADVICE FOR THE PROFESSIONAL WOMAN *Aimee Lowe*

LEVELING UP YOUR PUBLIC SPEAKING SKILLS *Hilary Blair*

CONFIDENCE UNDER FIRE *Dr. Sheila Nazarian*

SESSION: BREAKOUT SESSIONS & WORKSHOPS

The purpose of this sessions is to allow women to choose 2 different sessions to attend on entrepreneurship, wellbeing, resiliency, time management, legal acumen and burnout prevention.

1: RISING UP THROUGH STRESS & CONFLICT *Dr. Anahieta Kalantari*

2: AWAKENING YOU INNER ENTREPRENEUR *Dr. Sheila Nazarian, Dr. Lyndsay Harper*

3: REMOVING TOXICITY FROM YOUR LIFE *Cy Wakeman*

4: NEGOTIATION 101 *Dr. Erica Howe*

5: RESILIENCE AND RECOVERY: BECOMING YOUR OWN FIRST RESPONDER *Deborah Gilg*

6: BELIEVING IN YOUR WORTH *Mary Anne Vaccaro*

LEGAL 1-ON-1 (ELECTIVE)
HEADSHOTS (ELECTIVE)
PROFESSIONAL COACHING (ELECTIVE)
GALA

SUNDAY, 9/13/2021

SESSION: YOU FIRST: HEALTH & WELLBEING FOR THE PROFESSIONAL WOMAN

The purpose of this session is to identify ways to strength healthy behaviors and time management strategies.

WHY AM I SO TIRED? HEALTH FOR THE WORKING WOMAN *Dr. Amy Shah*
WOMEN'S SEXUAL HEALTH: HOW DID WE GET HERE? *Dr. Lyndsay Harper*
LIFE SUSTAINING BALANCE: DOES IT EXIST *Dr. Nneka Unachukwu*
Q&A
YOUR HEALTH IS YOUR WEALTH

SESSION: MOVING FROM SURVIVING TO THRIVING

The purpose of this session to recognize the importance of growth mindset, healthy boundaries, and resiliency to improve engagement and advance women's careers.

BEATING BURNOUT *Dr. Annahieta Kalantari*
SETTING BOUNDARIES FOR YOUR OWN MENTAL WELL BEING *Aimee Lowe*
WHERE DID MY TIME GO? THE PRODUCTIVITY SECRET *Dr. Sasha Shillcutt*

Brave Enough 2021 Women's Conference is accredited by the Accreditation Council for continuing Medical Education (ACCME) through the Metro Omaha Medical Society.

Joint Providership Statement:

The Metro Omaha Medical Society designates this conference for a maximum of 13.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Nebraska Medical Association (NMA) through the joint providership of the Metro Omaha Medical Society and the Brave Enough, LLC.

The Metro Omaha Medical Society is accredited by the Nebraska Medical Association to provide continuing medical education for physicians.

