

## THURSDAY, 9/30/2021

- 4:00 - 8:00PM REGISTRATION
- 6:00 - 7:00 PM VIP PRE PARTY FOR **TABLE MEMBERS ONLY** \*SPONSORED BY FREIDA ROTHMAN\*
- 7:00 - 9:00 pm NETWORKING CHAMPAGNE RECEPTION: **Just BE You! Fierce, Bold, Brave** & SILENT AUCTION \*SPONSORED BY NORTHWESTERN MUTUAL\*

## FRIDAY, 10/1/2021

- 7:00 - 7:45AM BREAKFAST
- SESSION 1: FINDING THE COURAGE TO BE YOU**  
The purpose of this session to identify strategies to advance women professionally.
- 8:15 - 9:00AM PICKING YOUR BATTLES: STRATEGIES TO GROW IN THE MIDST OF TRIALS Dr. Sasha Shillcutt
- 9:00 - 9:45AM NO EGO: 3 QUESTIONS THAT WILL CHANGE YOUR LIFE Cy Wakeman
- 9:45 - 10:30AM LEADERSHIP PEARLS FROM THE TOP Dr. Julie Frieschlag
- 10:30 - 10:45AM REFRESHMENT BREAK
- SESSION 2: 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.
- 10:45 - 11:15AM HOW TO GET WHAT YOU WANT Alli Worthington
- 11:15 - 11:45AM LEADING IN THE FACE OF BIAS Dr. Tiffany Love
- 11:45 - 12:30PM SPONSORING WOMEN INTO LEADERSHIP: HOW TO RECRUIT MALE ALLIES Drs. Liu, Mariano, Varghese
- 12:30 - 1:00PM PIVOT TO RESILIENCE: HOW TO BUILD PHYSICAL AND MENTAL HARDINESS Dr. Vonda Wright
- 1:00 - 3:00PM EXHIBITORS: POP UP SHOP (Headshots will be offered on a first come first serve basis by Sara Cheng Photography. Walk-ups only. )
- 1:00 - 5:00PM LEGAL 1-ON-1 (ELECTIVE)
- 1:00 - 5:00PM PROFESSIONAL COACHING (ELECTIVE)

## SATURDAY, 10/2/2021

- 7:00 - 7:45AM BREAKFAST
- SESSION 3: THE CONFIDENT WOMAN**  
The purpose of this session to identify strategies to advance women into leadership positions.
- 8:00 - 8:45AM WHAT IS A PERSON WORTH? HOW OUR APPROACH TO MEDICAL CARE COMMUNICATES THE VALUE OF EACH PATIENT Rachael Denhollander
- 8:45 - 9:30AM TOP LEGAL ADVICE FOR THE PROFESSIONAL WOMAN Aimee Lowe
- 9:30 - 9:45AM REFRESHMENT BREAK
- 9:45 - 10:30AM LEVELING UP YOUR PUBLIC SPEAKING SKILLS Hilary Blair
- 10:30 - 11:00AM CONFIDENCE UNDER FIRE Dr. Sheila Nazarian
- 11:00 - 11:10AM REFRESHMENT BREAK & BETWEEN GRIT AND GRACE BOOK SIGNING

**11:10AM - 1:00PM 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. Annahieta 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: LEADING IN THE C-SUITE & BEYOND: HOW TO MAKE ALLIES Dr. Tiffany Love

6: BELIEVING IN YOUR WORTH Mary Anne Vaccaro

1:00 - 5:00PM LEGAL 1 on 1 COACHING (ELECTIVE)

1:00 - 5:00PM **BRAVE SISTER SESSIONS: BOUTIQUE PROFESSIONAL HEADSHOTS (ELECTIVE)**

1:00 - 5:00PM PROFESSIONAL 1 on 1 COACHING (ELECTIVE)

6:30 - 7:30PM **COCKTAIL HOUR**

7:30 - 11:00PM **GALA \*SPONSORED BY DR. GAIL WALLING YANNEY\***

**SUNDAY, 10/3/2021**

7:00 - 7:45AM **MORNING TABLE TALK: JOIN US FOR BREAKFAST AND REAL LIFE MENTORING**

**SESSION 4: 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.

8:00 - 8:45AM WHY AM I SO TIRED? HEALTH FOR THE WORKING WOMAN Dr. Amy Shah

8:45 - 9:15AM WOMEN'S SEXUAL HEALTH: HOW DID WE GET HERE? Dr. Lyndsay Harper

9:15 - 9:45AM LIFE SUSTAINING BALANCE: DOES IT EXIST? Dr. Nneka Unachukwu

9:45 - 10:00AM Q&A

10:00 - 10:15AM REFRESHMENT BREAK

**SESSION 5: 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.

10:15 - 10:45AM BEATING BURNOUT Dr. Annahieta Kalantari

10:45 - 11:15AM SETTING BOUNDARIES FOR YOUR OWN MENTAL WELLBEING Aimee Lowe

11:15 - 11:45AM WHERE DID MY TIME GO? THE PRODUCTIVITY SECRET Dr. Sasha Shillcutt

11:45 - 12:00PM CONFERENCE WRAP UP AND CLOSING VIDEO

**CME Accreditation:**

Policies and standards of Metro Omaha Medical Society require that speakers and planners for continuing medical education activities disclose any relevant financial relationships they may have with commercial interests whose products, devices or services may be discussed in the content of a CME activity. The speaker(s) and planning committee have no relevant financial relationships to disclose.

The Metro Omaha Medical Society designates this activity for a maximum of 13.00 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

**Joint Providership Statement**

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

The Metro Omaha Medical Society designates this conference for a maximum of 13 AMA PRA Category 1 Credit(s)<sup>™</sup>. 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 Brave Enough.

# BE21 Packing List

- Makeup Bag
- Toiletries (hair care, soap, skincare)
- Sunscreen
- Sunglasses/ glasses
- Laptop
- Chargers
- Journal
- Hat
- Casual Jewelry x 2
- Bathing Suit
- Tote for pool
- Casual dress x 3
- Denim jacket, wrap or kimono
- Shoes: sandals, wedges, sneakers, flip flops, heels (gala shoes)
- Earrings
- Watch
- Jeans x 1
- Casual top x 2
- Capris or shorts
- Tanks/ Tees x 3
- Belt
- Undergarments: bra, sports bra x2, underwear and strapless bra if needed for gala dress
- Athletic or exercise outfit
- PJ's
- Robe
- A black, red or white outfit for welcome reception
- Formal dress for gala
- Dressy jewelry
- Clutch
- Face Masks (required if not vaccinated)

JUST BE YOU! **FIERCE**, **BOLD** AND **BRAVE**

☒ About the welcome reception:

When: Thursday, 9/30 at 7pm

Attire: Casual Cocktail.

Wear anything red, black or white to represent YOU.

- **Red - Fierce**
- **Black - Bold**
- **White - Brave**

