

PROGRAM

OCTOBER 6, 2022 | THE STRAND THEATRE

1:30-2:00PM

Registration

2:00-2:15PM

Welcome Remarks and Sponsor Recognition

2:15-2:45PM

Establish Your Presence & Speak with Confidence

Ever been thrown a project you didn't have time to prepare for or asked to run a meeting unexpectedly? Learn first hand from our two panelists, how to set yourself up for success, create a powerful mindset and gain the confidence needed to make an impact!

Panelists: Alice Kang, Anchor, NBC5
Liz Strzepa, Anchor/Reporter, NBC5

Moderator: Elizabeth Vicencio, VP & CFO, The Northeast Group

2:45-3:00PM

A Few Things Happening in Our Community

Lynn Reznick, Owner, Lake City Co-working
Sara Munn Wojtaszek, Founder/Executive Director, Healing Grace Center for Hope and Healing
TBD, Director of Workforce Development, Champlain Hudson Power Express

3:00-3:15PM

Break

3:15-4:00PM

Conversations & Stories about Personal Career Challenges -- Stand Up and Stand Out!

After learning more about their common challenges, let's dive into hearing about these strong professional women and how they have successfully combated career aversion.

Panelists: Deborah Cleary, President & CEO, ETS, Inc.
Hannah Fisher, Director of IT, Citizen Advocates
Jaci Kelleher, Lawyer & Partner, Stafford Owens law firm
Devi Momot, CEO, Twinstate Technologies

Moderators: Tiffany Garcia, Associate VP, Northern Insuring Agency
Deena McCullough, President & CEO, Northern Insuring Agency

4:00-4:10PM

Recognize Our Local Young Professionals

Annie Brennan, Dealer Principal, Brennan Buick GMC
Kaitlyn Tentis, Business Operations Manager, UVMHN - CVPH

4:10-4:25PM

Break

4:25-4:30PM

Stand Up Yoga Session

Reset your mind with an easy breathing exercise that can be done right at your desk!

Facilitator: Jennifer Bilow, Executive Director, Fieldstone Foundation/Citizen Advocates

4:30-4:50PM

Self-Care and Life Balance - Share YOUR Tips in this Open & Lively Discussion

Let's wrap up the afternoon with an interactive session, give us the good, the bad, the ugly! We're all in search for the infamous "work and life balance" so let's share our practices today in this open discussion.

Moderator: Bonnie Rook, Director of Human Resources, Norsk Titanium

4:50-5:00PM

Closing Remarks

5:00-6:00PM

Reception

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Women IN BUSINESS

REGISTRATION FORM

OCTOBER 6, 2022 | THE STRAND THEATRE

CONTACT INFORMATION

Company: _____

Main Contact: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

REGISTRATION FEES

Individual Fee - Registration includes event, reception, a drink and snacks! (and more!)

\$75 Member and Partner Chamber Member \$150 Non-Member

Nb. of people: _____

PAYMENT OPTIONS

Invoice me

Pay by check: Return completed form with payment payable to North Country Chamber of Commerce and mail to NCCC, PO Box 310, Plattsburgh, New York, 12901

Pay by credit card: Return completed form to Adriana's attention Fax to 518.563.1028 or email adriana@northcountrychamber.com

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