

2025 NATIONAL CONFERENCE FOR WOMEN
Wednesday, March 5, 2025 | Virtual
External Program Grid
“Power In Unity”

SCHEDULE-AT-A-GLANCE *(times listed are ET)*

10:00 - 10:45 am	Networking
11:00 - 12:15 pm	Keynote Program I
12:20 - 1:10 pm	Breakout Session I
1:15 - 2:30 pm	Keynote Program II
2:45 - 3:35 pm	Breakout Session II
3:40 - 4:55 pm	Keynote Program III
5:00 - 5:45 pm	Networking



KEYNOTE PROGRAM

Emcee: [Celeste Headlee](#), Host, *Women Amplified* podcast, award-winning Journalist & Author, *Speaking of Race*

11:00 AM - 12:15 PM

- [Nedra Glover Tawwab](#), Therapist, *New York Times* best-selling Author and Relationship Expert
- [Kem Danner](#), Executive Vice President & Chief Talent Officer, State Street Corporation
- [Isabel Allende](#), Author, social activist, and feminist icon *in Conversation with* [Mandalit del Barco](#), NPR Arts Correspondent
- [Cate Stevenson](#), SVP and Managing Director, Global Office of Purpose & Diversity, Equity & Inclusion, Liberty Mutual
- [Caitlin Clark](#), Professional Basketball Player *in Conversation with* [Robin Roberts](#), Co-Anchor, *Good Morning America* & President, Rock'n Robin Productions

1:15 - 2:30 PM

- [Sujata Kosalge](#), VP Engineering, Google
- [Padma Lakshmi](#), *New York Times* best-selling Author and Emmy Nominated Television Host *in Conversation with* [Michal Lev-Ram](#), Journalist & Contributing Writer, Fortune
- [Gloria Steinem](#), Writer, Activist & Feminist Organizer *in Conversation with* [Lisa Ling](#), Award-Winning Journalist and Producer
- [Sara Blakely](#), Founder of Spanx *in Conversation with* [Lulu Garcia-Navarro](#), Host of *The Interview* at *The New York Times Magazine*

3:40 - 4:55 PM

- [Robin Arzón](#), VP, Fitness Programming & Head Instructor, Peloton, 2x *New York Times* best-selling Author, *GMA* Correspondent & Founder, Swagger Society
- [Celeste Warren](#), VP, Global Diversity and Inclusion Center of Excellence, Merck
- [Julia Louis-Dreyfus](#), Actor, Producer, Host & Activist *in Conversation with* [Ellen McGirt](#), Editor-in-Chief, *Design Observer*
- [Kiera Fernandez](#), EVP and Chief Community & Equity Officer, Target
- [Oprah Winfrey](#), Global Media Leader *in Conversation with* [Gayle King](#), Co-host, *CBS Mornings*, Editor-at-Large, *Oprah Daily*

National Board Member Remarks: Regional Board Presidents

BREAKOUT SESSION 1**12:20 - 1:10 p.m. ET****LEADERSHIP TRACK****Human-Centered Leadership in Rapidly Evolving Workplaces**

In today's rapidly changing world, leaders face constant disruption and profound challenges. In this session, Christie Smith will guide you on how to redefine and reinvent your leadership approach. Learn to lead with conviction, emotional maturity, and humanity for greater impact. Christie will explore how modern leaders must embrace insatiable curiosity and put humans at the center of progress—both at work and in our communities. Attendees will gain a greater understanding of adapting to the evolving business landscape, addressing changing workforce demands, and incorporating emerging technologies like AI while preserving your organization's talent and skills. Join us and gain realistic strategies and actionable techniques for immediate, impactful change.

Speaker: **Christie Smith**, PhD, Leadership Expert and Author

Host: **Savitri Basavaiah**, VP, Marketing & Franchise Strategy Neuroscience, Johnson & Johnson

Executive Spotlight: **Janelle Edem**, SVP, Global Risk Solutions, Liberty Mutual Insurance

BREAKOUT SESSION 2**2:45 - 3:35 p.m. ET****LEADERSHIP TRACK****Leading with Intention: Redefining Success for Yourself and Others**

What does it mean to truly lead—yourself and others? In this session, discover how to move beyond the grind of workaholism and burnout to embrace a more intentional, fulfilling approach to leadership. Through candid stories of transformation, you'll explore how redefining success, reclaiming the power of "no," and fostering trust-based connections can create lasting impact. Learn how small, purposeful steps—whether in life, work, or even scaling Kilimanjaro—can lead to meaningful growth. This session will inspire you to lead with clarity, nurture authentic team collaboration, and build a culture where everyone feels valued, seen, and heard.

Speaker: **Sheela Subramanian**, Co-Founder, Future Forum, and best-selling Author

Host: **Warner Santiago**, Global Director, DE&I Learning, Takeda Pharmaceuticals

Executive Spotlight: **Maria Scott**, Director, Operations, Chief Operations Office (Product & Engineering), Juniper

CAREER ADVANCEMENT TRACK**Practical Optimism: How to Create a Healthier Relationship with Work**

In a world where digital connection is constant, work/life boundaries are blurred and employer expectations are off the charts, Dr. Sue Varma offers tools to reframe your mindset to identify and recalibrate areas of balance and create an ongoing positive outlook. In this session, Dr. Varma will demonstrate how this strategy can be applied to have a healthier relationship with work. She will share her eight pillars to create a work-life balance filled with joy and purpose for a more successful and fulfilling career.

Speaker: **Sue Varma, MD**, board-certified Psychiatrist & Author, *Practical Optimism*

Host: **Dr. Mecide Gharibo**, VP, US Medical Affairs, Hematology & Oncology, Bristol Myers Squibb

Executive Spotlight: Hold for Google

LEADERSHIP TRACK**Allyship: Accelerating Advancement For All**

Twenty years ago, Rosalind Wiseman wrote a book about teen-girl dynamics, which became the basis for the cult-classic movie, Mean Girls. In her latest research, she has turned her lens on how women can leave behind the social conditioning from adolescence and instead nurture and support each other in the workplace and beyond - from the lunchroom to the boardroom. This session will explore how allyship can level the playing field and accelerate women's advancement, allowing you and others to go further faster. Learn practical tools for seizing leadership moments, resetting challenging relationships with female coworkers, and collaborative ways to stop competing and instead foster a community of support based on celebrating and advocating for each other.

Speaker: **Rosalind Wiseman**, Author & Cultural Expert Inspiring Courageous Leadership in Others

Host: **Brooke Murray-Etnyre**, VP Global Operations, NI/Emerson

Executive Spotlight: **Brooke Murray-Etnyre**, VP Global Operations, NI/Emerson

BREAKOUT SESSION 1
12:20 - 1:10 p.m. ET

CAREER ADVANCEMENT TRACK

Negotiate What You Need For Career Success

Advocating for yourself, whether you're seeking a promotion, a raise, or new opportunities, is difficult. In this session, Ashleigh Shelby Rosette, PhD, will provide the essential strategies for negotiating career success. She will share insights to help you understand your value, prepare for negotiations, and leverage techniques to achieve your goals. Discover how to overcome common barriers, build confidence, and communicate persuasively to ensure your career growth. With real-world examples and actionable advice, this session will equip you with the tools to successfully navigate professional negotiations.

Speaker: [Ashleigh Shelby Rosette](#), PhD, James L. Vincent Distinguished Professor of Leadership, Duke University's Fuqua School of Business

Host: [Robin Carney-Britt](#), Senior Consulting Sales Director, Oracle

Executive Spotlight: Soft HOLD for Anna Papalia

BREAKOUT SESSION 2
2:45 - 3:35 p.m. ET

CAREER ADVANCEMENT TRACK

Tackling Menopause to Boost Your Career Progression

Menopause represents a pivotal phase in a woman's life that can influence both personal well-being and professional performance. Taking charge of the impacts of menopause can help you navigate at work while experiencing symptoms such as brain fog, hormonal fluctuations and exhaustion, which affect not only how you react and are perceived by others but can directly affect career progression. In this session, renowned expert Dr. Mary Claire Haver, provides valuable tools and resources such as evidence-based lifestyle adjustments, medication options and self-advocacy techniques designed to help women manage symptoms and enhance their career progression. Tailored for women navigating menopause while striving to excel professionally, attendees will leave with actionable insights on how to not only survive but thrive during a crucial period that often coincides with peak career advancement.

Speaker: [Dr. Mary Claire Haver](#), MD, FACOG, CMP & best-selling Author

Host: [Valerie Wright](#), Director, Global DWIB People Talent & Retention, MilliporeSigma

Executive Spotlight: Julie Castro Abrams, Founder & Managing Partner, How Women Invest

JEI TRACK

Unlocking Success: The Transformative Power of Compassion in the Workplace

Forging connections and common ground with colleagues in today's divisive landscape is complicated, and they are key in your ability to problem solve and achieve business goals. In this session, inclusion strategist and cultural innovator Vernā Myers will explore the importance of compassion and offer tools to help you become a bridge builder in this new world of work even when you have differing viewpoints. Learn how kind discourse and compassion can increase connectedness, enhance teamwork, productivity and engagement and transform your culture. Whether you are an individual contributor seeking ways to increase your effectiveness or a leader managing teams, this session will offer inspiration and practical tips to help you and your organization thrive.

Speaker: [Vernā Myers](#), DEI Pioneer and Inclusion Strategist

Host and Executive Spotlight: [Fereshtah Thornberg](#), EVP & Head, Sales and Client Management North America, State Street Corporation

JEI TRACK

Owning Your Authentic Career Voice

When you show up fully in the workplace, your career trajectory has no limits. How do you show up at work? Attend this session to create a deeper understanding of what makes you YOU and gain clarity around your core values and beliefs. Leadership expert and community architect Cyndie Spiegel will offer practical tools and no-nonsense strategies, to help you turn authenticity into your greatest asset, build a powerful sense of your personal and professional purpose, boost your relationships with your colleagues, and advance your career with confidence.

Speaker: [Cyndie Spiegel](#), Author, Personal Leadership & Well-Being Expert

Host: [Nellie Borrero](#), Senior Strategic Advisor, Global Inclusion & Diversity, Accenture

Executive Spotlight: [Piya Sircar](#), US Franchise Head, Gastroenterology, Allergy & Rhinology, Sanofi

BREAKOUT SESSION 1
12:20 - 1:10 p.m. ET

JEI TRACK

Belonging: How to be Engaged, Productive and Happier at Work

One of the most crucial factors influencing whether people stay or leave a job is the company's culture and where they fit in. At the same time, there has been a shift for individuals where wellness, balance, and meaningful connections are top priorities beyond just the work itself. So how do you navigate all of this with so many unpredictable variables and when feeling and emotion are at play? In this session, Belonging expert Denise Soler Cox will explore success beyond job scope and tangible shifts to achieve a fulfilling work experience where everyone feels like they belong. Learn strategies to navigate complicated dynamics that can negatively impact your performance and satisfaction. Attendees will leave empowered, inspired and armed with practical tips to find a sense of belonging that ultimately leaves you engaged, productive and happier at work.

Speaker: **Denise Soler Cox**, Filmmaker, Author; Founder, High Quality Human

Host: **Andrea Robertson**, Managing Director, United Airlines

Executive Spotlight: **Mandy Scipione**, Head, Global Diversity & Inclusion, Fidelity Investments

BREAKOUT SESSION 2
2:45 - 3:35 p.m. ET

PERSONAL DEVELOPMENT TRACK

Essential Boundaries: The Key to Real Self-Care and Burnout Prevention

Self-care is often promoted as bubble baths and massages, but true self-care runs much deeper and involves making the tough decisions that align with our values. Embracing and practicing authentic self-care is vital—for your personal well-being and as a powerful model for your family, friends, and colleagues. In this session, psychiatrist Dr. Pooja Lakshmin will demonstrate how you can transform relationships, workplaces, and systems by providing a roadmap for setting boundaries and fostering a culture of burnout prevention. We will explore strategies to help you prioritize self-care to boost individual resilience, model the importance of health and balance, and create a culture that encourages others in your life to do the same. Learn how to implement small changes that will redefine success.

Speaker: **Dr. Pooja Lakshmin**, Psychiatrist, best-selling Author, and Clinical Assistant Professor, George Washington University

Host: Reserved for Hologic

Executive Spotlight: **Monisha Dabek**, Ocean Spray

PERSONAL DEVELOPMENT TRACK

Beyond Expectations: Break Free and Rediscover Yourself

We congratulate ourselves when we resist the office breakroom donut, celebrate our restraint when we avoid sending an angry email, and feel virtuous when we wake up at dawn to get a jump on the day. We often put others' needs ahead of our own, believing it makes us exemplary. Like many women, journalist Elise Loehnen spent most of her life trying to be "good" by adhering to the cultural norms imposed on women. This session will explore how women have internalized and reinforced these ancient rules. By sharing her own story, Loehnen will reveal ways to break free, rediscover integrity, prioritize yourself, and achieve balance and wholeness.

Speaker: **Elise Loehnen**, *New York Times* best-selling Author & Host, *Pulling the Thread*

Host: **Carol Lee Mitchell**, Diverse Business Segments Executive, Bank of America

Executive Spotlight: **Emily Waldorf**, SVP, Consumer Products and Services, COMCAST

PERSONAL DEVELOPMENT TRACK

Eliminating Toxic Productivity

For decades, societal pressures have had us scrambling to do more, achieve more, overcome more - all with the promise that we'll feel accomplished, fulfilled, worthy . . . even happy. But it comes at a price: our mental and physical health. In a world obsessed with getting more done, Israa Nasir will dismantle the hustle culture myth and offer us research-backed insight on the patterns and dynamics that keep us always busy but never satisfied. This session will help you recognize the emotional patterns that drive toxic productivity habits and cultivate a healthier perspective on achievement. Join this session to untangle yourself from the web of toxic productivity and embark on a transformative journey to reclaim your time, energy, and joy.

Speaker: **Israa Nasir**, Psychotherapist; Founder, Wellguide

Host: **Allison Montgomery**, VP, Environmental Health & Safety, Applied Materials

Executive Spotlight: Reserved for Flagship Pioneering

THE LEARNING STAGE

Mini career and wellness masterclasses to support your professional and personal growth.

Five minutes are reserved at the end for audience Q&A.

CAREER SESSIONS

WELLNESS SESSIONS

Making a Career Pivot

A career pivot is more than just changing job titles—it's a strategic opportunity for personal growth, professional renewal, and redefining your career path. In this insightful session, Carolina DiGiorgio will guide you through the essential steps to successfully navigate career transitions. Learn how to evaluate and align your core values with your next career move, effectively leverage your network for support and opportunities, and commit to continuous learning to remain agile in a constantly evolving job market. Carolina will also share practical tips on how to stay open to new possibilities, helping you embrace the unknown and turn your career pivot into a powerful step forward.

Speaker: [Carolina DiGiorgio](#), VP, Governmental & External Affairs, PECO

Why Sleep Matters

Sleep isn't just a luxury—it's the key to better health, focus, and recovery. Yet, 1 in 3 Americans struggle to get enough. Join Dr. Rachele Reed, exercise physiologist and Therabody's Head of Scientific Research, to uncover the transformative impact of quality sleep on your mental and physical well-being. Discover the innovative SleepMask, proven to enhance rest, and learn three simple, science-backed tips to improve your sleep starting tonight. Whether it's boosting energy, reducing stress, or feeling your best, this session will inspire small changes that lead to big health benefits.

Speaker: [Dr. Rachele Reed](#), Head, Scientific Research & Science Communication, Therabody

WAIT...Why Am I Talking? Tips for Listening as a Fundamental Part of Leading Like You Mean It

With increasing competing interests for your time and so many team members looking to you for the answers, taking the time to stop and listen, REALLY listen, is a common challenge for leaders. Join this session with veteran leader Laysha Ward as she walks you through her best practices for listening better. She'll share three different types of listening, how to identify at the outset what type of listener you'd like to be in a situation and how we benefit from pausing before we offer our own ideas. Then, with her four simple strategies, you will learn how to make sure everyone has time to speak, create space for considering alternative perspectives and ultimately strengthen the dynamics of your team or group.

Speaker: [Laysha Ward](#), Author, C-Suite Leader, Board Member, Speaker

Money on My Mind: 5 Steps for Financial Wellness

Building financial confidence is just like building confidence in life—it grows with practice. In this session, Kristin Kanders will guide you through five key steps to take control of your financial future. You'll learn how to start with a solid foundation by educating yourself, understanding your risk tolerance, and ensuring your money works for you. Discover strategies for investing that fit your comfort level and learn how to negotiate job offers and advocate for your worth. Finally, you'll learn the importance of goal setting and the power of practice—it's the repetition that builds true financial confidence. Leave this session ready to take actionable steps toward mastering your money.

Speaker: [Kristin Kanders](#), Head, Marketing & Engagement, Plynk

Business Lift-Off: Launching Your Company and Scaling It Up

This is your gateway to mastering the entrepreneurial game. An attorney with seven thriving companies, Diana Kahn shares the strategies that have fueled her success and can do the same for you. From discovering your golden niche to building a brand that dominates, she'll unlock the secrets to crafting a business foundation that not only withstands the test of time but scales with ease. You'll learn how to attract top talent, leverage innovative funding, and use cutting-edge technology to automate your way to the top. This session will empower you to overcome any hurdle, captivate your audience, and lead with the confidence and resilience needed to thrive in today's fast-paced market. Get ready to launch your business into the stratosphere.

Speaker: [Diana Khan](#), Attorney & Founder, DK Law Group

Taking Your Health To The Next Level With Metabolic Self-Care

Metabolic health is crucial for our body's ability to efficiently process energy from food. Although we can't observe our cells at work, we can adopt daily habits to support and optimize their function. In this engaging session, Dr. Juneja will introduce six simple yet powerful practices that can make a lasting impact on cellular metabolism. Learn how to incorporate daily movement, shift from stress to relaxation, align with your circadian rhythm, consume a colorful array of produce, simplify food choices through planning, and reflect on setbacks with curiosity. Join us to gain practical insights into creating a strong foundation for metabolic wellness.

Speaker: [Kavita Juneja](#), MD, Head, Metabolics, Corcept

<p>Leading Through Change Change is inevitable, but great leaders turn challenges into opportunities. In this session, discover how to adopt a growth mindset to inspire resilience, lead with empathy and transparency to build trust, and stay agile to navigate transitions effectively. Walk away ready to empower your team and turn uncertainty into a catalyst for success. Speaker: Leticia Trevino, COO, Heffernan</p>	<p>The Art and Emotion of Negotiating for Women Take the stress out of negotiation with this quick-hit session. Start by focusing on your big career goals, get crystal clear on what you're negotiating for, and tackle the what, how, and who with ease. Plus, learn how building strong relationships can give you the edge. Walk away with smart, practical tips to nail your next negotiation with confidence! Speaker: Xiomara Arroyo, SVP, Market Manager, PNC Bank</p>
<p>The Neuroscience of Leadership—A Recipe for Longevity In this session, Dr. Yaro Fong-Olivares delves into the brain science behind leadership, offering insights into how neuroscience shapes decision-making, learning, energy, and leadership styles. Through thoughtful storytelling and science-backed data, attendees will gain strategies to prevent burnout and enhance leadership stamina. This talk will empower leaders with tools and brain-based practices that increase energy at work and home and ensure they remain resilient and effective over the long term. Speaker: Dr. Yaro Fong-Olivares, Executive Director, Gloria Cordes Larson Center for Women and Business, Bentley University</p>	<p>Effective Team Leadership: One Size Doesn't Fit All Great leadership starts with understanding your team's unique strengths and needs. In this session, you'll learn how to embrace your baseline management style and adapt it to bring out the best in each team member. Discover how to create a supportive environment where everyone can thrive, communicate with clarity and impact, and provide balanced feedback that fuels growth. Leave with actionable strategies to elevate your leadership and empower your team to succeed. Speaker: Jennifer Coleman, Partner, Spencer Fane LLP</p>
<p>Powering Forward the Power Middle If you're part of the 80% of the workforce known as the Power Middle, you play a vital role in driving impact and shaping the future of your career—regardless of your title. In this session, you'll uncover strategies to build influence across your organization by connecting with leaders, peers, and stakeholders. Learn how to reframe the narrative around ambition and growth, and discover purpose and fulfillment in your work. Remember, you hold the compass—this session will empower you to define success on your terms and continue to navigate your unique path forward. Speaker: Cate Luzio, Founder & CEO, Luminary</p>	<p>Session Title [session description TBD] Speaker: Ramona Persaud, Portfolio Manager, Fidelity Investments</p>