



Empower & Thrive

Women's Leadership & Wellness Summit

Presented by  A R R M



WEDNESDAY, MARCH 4



8:00AM - 4:30PM



HILTON MPLS-ST PAUL AIRPORT, 3800 AMERICAN BLVD E, BLOOMINGTON

8:00AM - 9:15 AM	Registration Check-In and Attendee Breakfast	Coffee Cart Provided by: Christensen Group Insurance
9:30AM - 10:30AM	Opening Keynote: From Competition to Community	
10:45AM - 11:30AM	Breakout - Thriving Through the Change: Reclaiming Energy, Confidence, and Clarity in Midlife	Breakout - Speak with Strength: Using Breath to Command the Room
12:00PM - 1:00PM	Lunch	
1:15 PM - 2:00 PM	Breakout - You're Not Doing It Wrong: Leading Yourself Well in a System That Hasn't Kept Up	Breakout - Handlettering, Self Care, and Mindfulness
2:15PM - 3:00 PM	Beyond the Title: Real Talk with Women in HCBS	
3:15PM - 3:30PM	Afternoon Sweet Treat	
3:30PM - 4:30PM	Closing Keynote: Women Leading Change	

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From Competition to Community

Speaker and Emcee: Tina Vansteenbergen

In many industries, women are often led to believe that only a few can succeed, creating unnecessary competition and isolation. This session explores how shifting from competition to community leads to stronger workplaces, healthier cultures, and greater collective success. Drawing on research and real world experience, Tina highlights the power of women supporting one another and creating spaces for honest conversation around shared challenges. Participants will be encouraged to rethink leadership, connection, and what it means to truly make room for one another.

Thriving Through the Change: Reclaiming Energy, Confidence, and Clarity in Midlife

Speaker: Karen Cerezo

This session helps women understand what is really happening in their bodies during perimenopause and menopause without medical jargon or overwhelm. Participants will explore the real reasons behind fatigue, brain fog, and mood changes and learn practical strategies to feel more balanced and confident. Attendees will leave reassured, informed, and empowered with simple tools to support their wellbeing during midlife transitions.

Speak with Strength: Using Breath to Command the Room

Speaker: Stephanie Esser

This hands on workshop explores how stress and breathing patterns directly affect your voice, posture, and presence. Participants will learn practical techniques to shift from anxiety to steadiness and access calm before speaking. Through guided practice, attendees will experience the difference between tense and grounded breathing and learn how to reset the nervous system in moments. Participants will leave with science based tools to speak with clarity, confidence, and authority in high pressure situations.

You're Not Doing It Wrong: Leading Yourself Well in a System That Hasn't Kept Up

Speaker: Molly Asplin

Today's pace of work and life often exceeds the systems we are expected to function within, leading to exhaustion and overwhelm. This session offers a validating and practical reframe, focusing on releasing self blame and leading yourself well through energy awareness and sustainable rhythms. Participants will explore how to care for themselves without guilt while continuing to show up with purpose. Attendees will leave feeling seen, supported, and equipped with simple shifts they can apply immediately at work and at home.

Handlettering, Self Care, and Mindfulness

Speaker: Jessica Chung

Handlettering is more than pretty writing—it's a mindful, creative practice. In this hands-on workshop, you'll learn simple handlettering techniques while slowing down, paying attention to each mark you make, and crafting a meaningful phrase that supports reflection and calm. I'll provide chalkboard surfaces and chalk pens (yours to keep) and guide you step-by-step on a large board or screen. You'll leave with a framed, handlettered affirmation and a renewed sense of presence and creativity.

Beyond the Title: Real Talk with Women in HCBS

Panel of Industry Leaders

Leadership isn't just about strategy; it's about people, perseverance, and purpose. Through shared experiences and practical insights, panelists will discuss how they lead with empathy, tackle systemic challenges, and continue to grow as both professionals and individuals. The session will close with an interactive Q&A, inviting reflection and dialogue around leadership, wellness, and the future of women in human services.

Women Leading Change

Speaker: Artika Tyner

As leadership continues to evolve, women are emerging as powerful drivers of change across organizations and communities. This session is designed to inspire and equip participants to step confidently into their leadership potential. Through storytelling and practical strategies, attendees will explore how to build influence, navigate challenges, and lead with purpose. Participants will be encouraged to move beyond self doubt, embrace their leadership voice, and create meaningful impact both personally and professionally.