

2025 MASSACHUSETTS CONFERENCE FOR WOMEN

December 3, 2025 | In-Person Conference

External Program Grid

| KEYNOTE SPEAKERS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <p>Hall B</p> <p>KEYNOTE PROGRAM   10:10 AM - 1:25 PM</p> <p>Lunch Intermission 11:45 AM - 12:00 PM</p> <p>Emcee: <a href="#">Maria Stephanos</a>, Co-anchor, NewsCenter, WCVB Channel 5</p> <p>Introduction and/or Remarks: <a href="#">Michelle Janisch</a>, VP, Marketing, Diagnostic Solutions, Hologic</p> <p>Keynote Speaker: <a href="#">Diana Nyad</a>, World Champion Athlete and Author</p> <p>Introduction and/or Remarks: <a href="#">Kristine Gatesman</a>, SVP, Domain Leader, FI Wealth Management Technology, Fidelity Investments</p> <p>Keynote Speaker: <a href="#">Jesse Israel</a>, Human Performance &amp; Wellbeing Expert, 5X Audible, Worldwide Best-Seller, Founder of The Big Quiet</p> <p>In Conversation With: <a href="#">Gabrielle Bernstein</a>, New York Times Best-Selling Author, Spiritual Teacher</p> <p>Introduction and/or Remarks: <a href="#">Renee Connolly</a>, Chief Belonging &amp; Inclusion Officer; SVP, Life Science Communication &amp; Branding, Merck KGaA, Darmstadt, Germany; Board President, MA CFW</p> <p>Keynote Speaker: <a href="#">Martha Stewart</a>, Author, Entrepreneur, Emmy Award-Winning Television Host</p> <p>In Conversation With: <a href="#">Kelly Choi</a>, Multi-Emmy-Winning Producer, Writer &amp; Author</p> <p>Remarks: <a href="#">Liz Glotch</a>, Group Vice President, Target</p> <p>Introduction and/or Remarks: <a href="#">Nereyda Garcia</a>, Vice President, Head of Ethics &amp; Compliance, Takeda Pharmaceuticals</p> <p>Keynote Speaker: <a href="#">Simone Biles</a>, Athlete and Advocate</p> <p>In Conversation With: <a href="#">MJ Acosta-Ruiz</a>, Television Host and Sportscaster</p> <p>Introduction and/or Remarks: <a href="#">Kathy Horgan</a>, CHRO, State Street Corporation; Board Member, MA CFW</p> <p>Keynote Speaker: <a href="#">Mel Robbins</a>, Creator &amp; Host of Award-Winning <i>The Mel Robbins Podcast</i> &amp; #1 New York Times Best-Selling Author</p> <p><i>*Speakers not listed in order of appearance and lineup is subject to change.</i></p> |

| SESSION I: 8:45 - 9:45 AM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | SESSION II: 1:45 - 2:45 PM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | SESSION III: 3:15 - 4:15 PM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <p><b>LEADERSHIP TRACK</b></p> <p><b>EXECUTIVE INSIGHTS</b></p> <p>Ballroom West</p> <p><b>Ladder Up: Fast-Track Your Leadership Ascent</b></p> <p>Ready to elevate your career to new heights and dive deep into the strategic moves and mindset shifts that propel you toward top-tier leadership? Whether you're eyeing a C-suite role or aiming for a senior position, this dynamic session gives YOU the chance to drive the conversation. Executive Mentors including Conference board members, senior professionals and community leaders will</p> | <p><b>LEADERSHIP TRACK</b></p> <p><b>WORKSHOP</b></p> <p>MR 205</p> <p><b>The Win-Win Workplace: Thriving Through Change Together</b></p> <p>Both employees and employers are navigating a delicate balance of economic uncertainty and shifting expectations. Individuals might feel it's the worst time to ask for more at work, while managers may feel it's the worst time to push harder—or risk losing top talent. But what if it's actually the best time? In this session, Dr. Angela Jackson shows how today's</p> | <p><b>LEADERSHIP TRACK</b></p> <p><b>WORKSHOP</b></p> <p>MR 205</p> <p><b>The Win-Win Workplace: Thriving Through Change Together</b></p> <p>Both employees and employers are navigating a delicate balance of economic uncertainty and shifting expectations. Individuals might feel it's the worst time to ask for more at work, while managers may feel it's the worst time to push harder—or risk losing top talent. But what if it's actually the best time? In this session, Dr. Angela Jackson shows how today's</p> |

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| <p>respond to LIVE attendee questions about the modern leadership landscape, common career roadblocks, and how to supercharge your leadership skillset. Learn from mentors that illustrate success at every level of the ladder and unlock the secrets to accelerating your leadership journey with purpose and precision.</p> <p><b>Moderator:</b> <a href="#">Nancy Barnes</a>, Editor, The Boston Globe</p> <p><b>Executive Mentors:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Heidi Durflinger</a>, Chief Executive Officer, Education First World Journeys</li> <li>• <a href="#">Piya Sircar</a>, US GM - Allergy/ENT &amp; Gastroenterology, Sanofi</li> <li>• <a href="#">Emma Thibault</a>, Sr. Director, Curriculum &amp; Strategy Technical Enablement, PTC</li> </ul>                                                                                                                                                                                                                                                                                              | <p>challenges can become opportunities to build a workplace where everyone wins. Whether you're a practitioner, leading a team, or simply looking to grow in your role, you'll walk away with the tools to turn requests into partnerships— not ultimatums. Learn her nine essential principles for building environments where both employees and employers flourish, equipping you with practical, research-driven strategies to advocate with confidence, negotiate with clarity, and thrive—even in the most uncertain times.</p> <p><b>Speaker:</b> <a href="#">Dr. Angela Jackson</a>, Founder &amp; Managing Partner, Future Forward Institute</p> <p><b>Host:</b> <a href="#">Christina Crowley</a>, Sr. VP, Global Services Operations, Dell Technologies</p>                                                                                                                                                                                                                                                       | <p>challenges can become opportunities to build a workplace where everyone wins. Whether you're a practitioner, leading a team, or simply looking to grow in your role, you'll walk away with the tools to turn requests into partnerships— not ultimatums. Learn her nine essential principles for building environments where both employees and employers flourish, equipping you with practical, research-driven strategies to advocate with confidence, negotiate with clarity, and thrive—even in the most uncertain times.</p> <p><b>Speaker:</b> <a href="#">Dr. Angela Jackson</a>, Founder &amp; Managing Partner, Future Forward Institute</p> <p><b>Host:</b> <a href="#">Jennifer Briere</a>, VP, Chief People Officer New England, National Grid</p>                                                                                                                                                                                                                                                           |
| <p><b>PREP CALL:</b> 11/3 9:00 AM MT</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p><b>PREP CALL:</b> 10/21 10:30 AM MT</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p><b>LEADERSHIP TRACK</b><br/><b>EXECUTIVE INSIGHTS</b></p> <p><b>MR 253</b></p> <p><b>Success Strategies in Healthcare and Life Sciences</b></p> <p>Health and life sciences are at the forefront of innovation and transformational change, offering exciting opportunities—and unique challenges—for professionals across the field. Building a career in this space requires not only technical expertise but also strategic thinking, adaptability, and a commitment to collaboration and mentorship. This dynamic session gives YOU the chance to drive the conversation. Executive Mentors including Conference board members, senior professionals and community leaders will respond to LIVE attendee questions about navigating leadership pathways, fostering inclusive and resilient teams, leveraging networks, and positioning yourself for long-term growth and impact. Whether you're advancing scientific discovery, improving patient outcomes, or mentoring future leaders, this session will offer actionable strategies to grow your influence and thrive in the field.</p> | <p><b>LEADERSHIP TRACK</b><br/><b>WORKSHOP</b></p> <p><b>MR 258</b></p> <p><b>Uncompete: Rejecting Competition to Unlock Success</b></p> <p>Traditional work environments—where every interaction feels like a contest—can undermine innovation, stall collaboration, and leave teams fractured. In this session, Ruchika Malhotra introduces a revolutionary framework that transforms competition into mutual elevation, emphasizing how women in the workplace can break free from internal rivalries to achieve more together. Drawing on cutting-edge research and real-world case studies, Malhotra reveals how organizations that embrace cooperation, mutual benefit, and a new definition of winning unlock greater creativity, drive sustainable growth, and foster cultures where every individual thrives. You'll leave ready to challenge entrenched mindsets, champion your colleagues' achievements, and build a professional environment where collaboration becomes the ultimate competitive advantage.</p> | <p><b>LEADERSHIP TRACK</b><br/><b>WORKSHOP</b></p> <p><b>MR 258</b></p> <p><b>Uncompete: Rejecting Competition to Unlock Success</b></p> <p>Traditional work environments—where every interaction feels like a contest—can undermine innovation, stall collaboration, and leave teams fractured. In this session, Ruchika Malhotra introduces a revolutionary framework that transforms competition into mutual elevation, emphasizing how women in the workplace can break free from internal rivalries to achieve more together. Drawing on cutting-edge research and real-world case studies, Malhotra reveals how organizations that embrace cooperation, mutual benefit, and a new definition of winning unlock greater creativity, drive sustainable growth, and foster cultures where every individual thrives. You'll leave ready to challenge entrenched mindsets, champion your colleagues' achievements, and build a professional environment where collaboration becomes the ultimate competitive advantage.</p> |

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| <p><b>Moderator:</b> <a href="#">Liz Paulson</a>, Associate Vice President, Life Sciences Market Sales Leader, LexisNexis Risk Solutions</p> <p><b>Executive Mentors:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Heather Connor</a>, Global Communications, Healthcare, EMD Serono, MilliporeSigma, EMD Electronics</li> <li>• <a href="#">Dr. Shiva Malek</a>, Global Head, Oncology Disease Area, Novartis Biomedical Research</li> <li>• <a href="#">Dr. Jennifer Schneiders</a>, President, Diagnostic Solutions, Hologic</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p><b>Speaker:</b> <a href="#">Ruchika Malhotra</a>, CEO &amp; Founder, Candour</p> <p><b>Host:</b> <a href="#">Erin Bentz</a>, Sr. Director, Global Talent Center of Excellence, New Balance</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p><b>Speaker:</b> <a href="#">Ruchika Malhotra</a>, CEO &amp; Founder, Candour</p> <p><b>Host:</b> <a href="#">Ana Docampo</a>, Digital Innovation Lead, Werfen</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <p><b>PREP CALL:</b> 11/4 9:00 AM MT</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <p><b>PREP CALL:</b> 10/23 12:00 PM MT</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p><b>CAREER TRACK</b><br/><b>EXECUTIVE INSIGHTS</b></p> <p><b>MR 258</b></p> <p><b>On the Radar: Workplace Strategies for Getting Recognized</b></p> <p>You're doing the work—but how do you make sure the right people <i>see</i> it so you gain the visibility and recognition you deserve? Whether you're aiming for a promotion, seeking new challenges, or simply want to be seen as a valuable contributor, this dynamic session gives YOU the chance to drive the conversation. Executive Mentors including Conference board members, senior professionals and community leaders will respond to LIVE attendee questions about navigating career advancement opportunities, leveraging volunteering, internal networking, and strategic exposure. Learn how to carve your path with confidence and clarity so you stand out and get noticed in your organization.</p> <p><b>Moderator:</b> <a href="#">Sue Tabb</a>, Media Personality &amp; Author, Magic 106.7, Audacy</p> <p><b>Executive Mentors:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Monisha Dabek</a>, Chief Operating Officer, Ocean Spray; Board Member, MA CFW</li> <li>• <a href="#">Mika Clark Tupy</a>, Managing Director-Alliances, United Airlines</li> <li>• <a href="#">Amy Atwood</a>, VP, U.S. and Global Corporate Communications, Takeda Pharmaceuticals</li> </ul> | <p><b>CAREER TRACK</b><br/><b>PANEL</b></p> <p><b>MR 210</b></p> <p><b>The Focus Factor: Attention, Anxiety &amp; Wellbeing at Work</b></p> <p>In a world of constant pings, pressure, and productivity demands, sustaining focus and mental clarity has become a wellness challenge for everyone. In this session, Thought Leader Dr. Romie Mushtaq will give initial remarks to explore the intersection of attention, anxiety, and performance—through the lens of both mental health and neurodiversity. She will then be joined by a panel of professionals who will share strategies to support focus and emotional wellbeing at work, address the stigma around cognitive and emotional differences, and offer approaches that benefit both individuals and the whole team. Whether you're navigating distraction, burnout, or seeking to create a more supportive workplace culture, this session offers real insights to help you and your colleagues thrive.</p> <p><b>Thought Leader:</b> <a href="#">Dr. Romie Mushtaq</a>, Neurologist; Founder, brainSHIFT</p> <p><b>Panelists:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Yolanda Friend</a>, Americas Inclusion &amp; Diversity Lead, Accenture</li> <li>• <a href="#">Kathy Irvine</a>, Sr. Manager, Customer Experience, Johnson &amp; Johnson</li> </ul> | <p><b>CAREER TRACK</b><br/><b>PANEL</b></p> <p><b>MR 210</b></p> <p><b>Power Circles: How to Build Your Personal Board of Advisors</b></p> <p>Behind every powerful woman is a powerful circle. In this session, Thought Leader Dr. Alison Fragale will give initial remarks to explore how to build your own personal board of advisors—mentors, peers, sponsors, and allies—who challenge you, champion your growth, and help you navigate what's next. She will then be joined by a panel of professionals who will share actionable strategies to help you cultivate intentional relationships that fuel both professional and personal success so you gain a clear sense of who belongs in your circle—and how to find them. Whether you're looking to expand your network or deepen the connections you already have, this session offers real talk, real strategies, and the inspiration to build your most powerful community yet.</p> <p><b>Thought Leader:</b> <a href="#">Dr. Alison Fragale</a>, Organizational Psychologist &amp; Professor, UNC Kenan-Flagler Business School</p> <p><b>Panelists:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Kem Danner</a>, EVP, Chief Talent Officer, State Street</li> <li>• <a href="#">Kelli Kirwin</a>, Sr. Director, Cisco Sales, Cisco &amp; Board Member, MA CFW</li> </ul> |

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| <b>PREP CALL:</b> 11/5 9:00 AM MT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>PREP CALL:</b> 10/28 2:00 PM MT<br>11/4 11:00 AM MT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>PREP CALL:</b> 10/29 9:30 AM MT<br>11/5 9:30 AM MT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p><b>CAREER TRACK</b><br/><b>EXECUTIVE INSIGHTS</b></p> <p><b>MR 205</b></p> <p><b>Cultivating Culture, Collaboration &amp; Connection</b></p> <p>Workplace culture impacts performance, innovation and success. Whether you're a manager or practitioner driving organizational change, or an individual seeking ways to enhance your engagement, this dynamic session gives YOU the chance to drive the conversation. Executive Mentors including Conference board members, senior professionals and community leaders will respond to LIVE attendee questions about team dynamics, collaboration, navigating diverse multi-generational teams, allyship, and employee resource groups (ERGs). Learn actionable ways you can foster a culture that drives employee satisfaction and organizational success.</p> <p><b>Moderator:</b> <a href="#">Zeninjor Enwemeka</a>, Senior Business Reporter, WBUR</p> <p><b>Executive Mentors:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Michele Matthai</a>, Director, Culture, Diversity &amp; Inclusion, Dell Technologies</li> <li>• <a href="#">Christine Roberts</a>, EVP, Chief Operating Officer, Needham Bank</li> <li>• <a href="#">Lily Wray</a>, EVP &amp; Chief Experience &amp; Strategy Officer, USRM, Liberty Mutual Insurance</li> </ul> | <p><b>CAREER TRACK</b><br/><b>WORKSHOP</b></p> <p><b>Ballroom East</b></p> <p><b>How to Talk Gooder: Forging Better Communication at Work</b></p> <p>Ever leave a meeting thinking “<i>Why did I say that?</i>” or avoid speaking up because it just feels awkward? You’re not alone—and it doesn’t have to be that way. In this refreshingly real session, Harvard Business School professor Alison Wood Brooks—creator of the popular TALK course and author of <i>TALK: The Science of Conversation and the Art of Being Ourselves</i>—shares how to navigate everyday conversations in the workplace with more confidence, clarity, and connection. Whether you're pitching an idea, giving feedback, brainstorming, or just trying to make small talk less painful, she blends science and humor to help you improve how you show up in conversations—without pretending to be someone you're not. You'll walk away with tools to communicate more effectively, build trust faster, and feel more comfortable in your own voice—at work and beyond.</p> <p><b>Speaker:</b> <a href="#">Alison Wood Brooks</a>, Author &amp; Professor, Harvard Business School</p> <p><b>Host:</b> <a href="#">Heather P. Campion</a>, Managing Director, Diversified Search Group &amp; Board Member, MA CFW</p> | <p><b>CAREER TRACK</b><br/><b>WORKSHOP</b></p> <p><b>Ballroom East</b></p> <p><b>How to Talk Gooder: Forging Better Communication at Work</b></p> <p>Ever leave a meeting thinking “<i>Why did I say that?</i>” or avoid speaking up because it just feels awkward? You’re not alone—and it doesn’t have to be that way. In this refreshingly real session, Harvard Business School professor Alison Wood Brooks—creator of the popular TALK course and author of <i>TALK: The Science of Conversation and the Art of Being Ourselves</i>—shares how to navigate everyday conversations in the workplace with more confidence, clarity, and connection. Whether you're pitching an idea, giving feedback, brainstorming, or just trying to make small talk less painful, she blends science and humor to help you improve how you show up in conversations—without pretending to be someone you're not. You'll walk away with tools to communicate more effectively, build trust faster, and feel more comfortable in your own voice—at work and beyond.</p> <p><b>Speaker:</b> <a href="#">Alison Wood Brooks</a>, Author &amp; Professor, Harvard Business School</p> <p><b>Host:</b> <a href="#">Taryn Smith-O'Neil</a>, Corporate Communications Manager, United Airlines</p> |

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| <b>PREP CALL: 11/6 9:00 AM MT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>PREP CALL: 10/20 2:00 PM MT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <p><b>BELONGING TRACK</b><br/><b>BELONGING   SPEECH &amp; FIRESIDE CHAT</b></p> <p>Ballroom East</p> <p><b>From Disconnection to Understanding: Reclaiming Human Connection</b></p> <p>In an age of growing division, <i>New York Times</i> commentator David Brooks offers a powerful case for reviving the art of truly knowing one another Drawing from his book <i>How to Know a Person</i>, Brooks explores how cultivating curiosity, respect, and attentiveness in our everyday conversations can restore the human bonds that so often feel fractured. This isn't about agreement—it's about seeing others clearly and deeply, even across differences. Following his remarks, a fireside chat will offer concrete strategies for creating cultures—at work and beyond—where people listen more generously, and feel recognized, not reduced. You will learn how to move past labels and assumptions and embrace a blueprint for connection that can transform our relationships, communities and organizations.</p> <p><b>Speaker:</b> <a href="#">David Brooks</a>, Author, <i>New York Times</i> Columnist</p> <p><b>Host:</b> <a href="#">Sarah Salih</a>, Executive Vice President, State Street</p> <p><b>Brought to you by MA Conference for Women and State Street</b></p> | <p><b>BELONGING TRACK</b><br/><b>WORKSHOP</b></p> <p>MR 052</p> <p><b>3 Essentials for Building High-Trust Resilient Relationships</b></p> <p>This session explores how high-trust, resilient relationships are the foundation for meaningful connection, sustainable success, and lasting change—both at work and in life. Led by relationship expert Shasta Nelson, you'll learn the three essential practices that every strong relationship relies on—and how to apply them to deepen connection, increase collaboration, and build cultures of empathy and belonging. You'll walk away with research-backed strategies to move beyond transactional interactions and develop the kind of bonds that not only enhance performance but also support well-being through times of uncertainty.</p> <p><b>Speaker:</b> <a href="#">Shasta Nelson</a>, Author, <i>The Business of Friendship</i>; Friendship Expert</p> <p><b>Host:</b> <a href="#">Danielle Macklin</a>, Global Talent Communities Program Manager, Teradyne</p> | <p><b>BELONGING TRACK</b><br/><b>WORKSHOP</b></p> <p>MR 052</p> <p><b>3 Essentials for Building High-Trust Resilient Relationships</b></p> <p>This session explores how high-trust, resilient relationships are the foundation for meaningful connection, sustainable success, and lasting change—both at work and in life. Led by relationship expert Shasta Nelson, you'll learn the three essential practices that every strong relationship relies on—and how to apply them to deepen connection, increase collaboration, and build cultures of empathy and belonging. You'll walk away with research-backed strategies to move beyond transactional interactions and develop the kind of bonds that not only enhance performance but also support well-being through times of uncertainty.</p> <p><b>Speaker:</b> <a href="#">Shasta Nelson</a>, Author, <i>The Business of Friendship</i>; Friendship Expert</p> <p><b>Host:</b> <a href="#">Carmen Arce</a>, Chief Operating Officer, The Partnership, Inc. &amp; Board Member, MA CFW</p> |
| <b>PREP CALL: 10/24 1:00 PM MT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>PREP CALL: 10/6 2:00 PM MT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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|  | <p><b>WELLBEING TRACK</b><br/><b>WORKSHOP</b></p> <p>Ballroom West</p> <p><b>From Paychecks to Piña Coladas: Mastering Money Throughout Your Life</b></p> <p>When Vivian Tu left Wall Street, she started sharing her financial savvy on social media to help friends build wealth and save for retirement with easy and digestible “healthy money habits”. In this session, <i>NYT bestseller and Forbes 30 Under 30</i> honoree Vivian Tu shares tips and tools to help you build a successful financial strategy, from your first paycheck to Piña Coladas in retirement. Discover how to maximize your earnings, understand where to keep your money, identify tax strategies for retirement, and overcome investing fears to secure generational wealth. Attend this session to develop a Winning Money Mindset and create smart money habits that will grow your wealth for future generations to come.</p> <p><b>Speaker:</b> <a href="#">Vivian Tu</a>, Founder &amp; CEO, Your Rich BFF, and <i>NYT</i> Best-Selling Author</p> <p><b>Host:</b> <a href="#">Kathleen Auth</a>, Managing Director, PWM Market Executive, Bank of America Private Bank</p> | <p><b>WELLBEING TRACK</b><br/><b>WORKSHOP</b></p> <p>Ballroom West</p> <p><b>From Paychecks to Piña Coladas: Mastering Money Throughout Your Life</b></p> <p>When Vivian Tu left Wall Street, she started sharing her financial savvy on social media to help friends build wealth and save for retirement with easy and digestible “healthy money habits”. In this session, <i>NYT bestseller and Forbes 30 Under 30</i> honoree Vivian Tu shares tips and tools to help you build a successful financial strategy, from your first paycheck to Piña Coladas in retirement. Discover how to maximize your earnings, understand where to keep your money, identify tax strategies for retirement, and overcome investing fears to secure generational wealth. Attend this session to develop a Winning Money Mindset and create smart money habits that will grow your wealth for future generations to come.</p> <p><b>Speaker:</b> <a href="#">Vivian Tu</a>, Founder &amp; CEO, Your Rich BFF, and <i>NYT</i> Best-Selling Author</p> <p><b>Host:</b> <a href="#">Nora Yousif</a>, CFP®, CDFA®, MBA, Financial Advisor, Senior Vice President, EmpowHER House Financial Group at RBC Wealth Management</p> |
|  | <b>PREP CALL: 10/20 11:00 AM MT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|  | <p><b>WELLBEING TRACK</b><br/><b>WORKSHOP</b></p> <p>MR 253</p> <p><b>The Longevity Shift: Women’s Health Reclaimed</b></p> <p>Women are living longer than ever—but are we living well? Too often, critical conversations about health, hormones, mental wellbeing, and menopause are delayed, dismissed, or deprioritized. In this dynamic session, Dr. Jessica Shepherd, OB/GYN and Chief Medical Officer of Hers, breaks down what women need to know <i>now</i> to take control of their long-term health. Walk away with actionable insights to navigate hormone shifts (yes, including perimenopause and menopause), stress and</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p><b>WELLBEING TRACK</b><br/><b>WORKSHOP</b></p> <p>MR 253</p> <p><b>The Longevity Shift: Women’s Health Reclaimed</b></p> <p>Women are living longer than ever—but are we living well? Too often, critical conversations about health, hormones, mental wellbeing, and menopause are delayed, dismissed, or deprioritized. In this dynamic session, Dr. Jessica Shepherd, OB/GYN and Chief Medical Officer of Hers, breaks down what women need to know <i>now</i> to take control of their long-term health. Walk away with actionable insights to navigate hormone shifts (yes, including perimenopause and menopause), stress and</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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|  | <p>brain health, preventative screenings, and the power of daily habits that build long-term resilience. Because longevity isn't just about adding years—it's about owning every stage with clarity, confidence, and intention.</p> <p><b>Speaker:</b> <a href="#">Dr. Jessica Shepherd</a>, MD, MBA, Women's Wellness &amp; Longevity Expert, Chief Medical Officer - Hers and Author, <i>Generation M</i></p> <p><b>Host:</b> <a href="#">Dr. Erica Normandin</a>, Associate Director, Corporate Partnerships, Flagship Pioneering</p> | <p>brain health, preventative screenings, and the power of daily habits that build long-term resilience. Because longevity isn't just about adding years—it's about owning every stage with clarity, confidence, and intention.</p> <p><b>Speaker:</b> <a href="#">Dr. Jessica Shepherd</a>, MD, MBA, Women's Wellness &amp; Longevity Expert, Chief Medical Officer - Hers and Author, <i>Generation M</i></p> <p><b>Host:</b> <a href="#">Kimberly Vaughan</a>, Founder and Principal, Summit &amp; Board Member, MA CFW</p> |
|  | <b>PREP CALL:</b> 10/27 9:00 AM MT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

| <b>LEARNING STAGE</b><br>Interactive Hall   Hall A                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <i>Mini masterclass offering attendees bite-sized actionable takeaways on leadership, career, or personal development topics. Remarks are 10 minutes and audience Q&amp;A is 5 minutes.</i> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>8:30 - 8:45 AM</b>                                                                                                                                                                       | <p><b>Generations at Work — Building Inclusive Cultures Across Ages</b></p> <p>The modern workplace now houses multiple generations—Gen Z through Baby Boomers—each shaped by different histories, technologies, and values. Drawing on the Center for Women &amp; Business's <i>Generational Impacts in the Workplace</i> report, Dr. Susan Vroman shows how identity and lived experience shape work expectations and inclusion. In this interactive session she gives practical, research-backed strategies for closing generational divides and using authentic leadership to create more inclusive cultures that drive better business results.</p> <p><b>Speaker:</b> <a href="#">Susan Vroman</a>, Senior Lecturer, Management, Bentley University</p>                                                                             |
| <b>8:50 - 9:05 AM</b>                                                                                                                                                                       | <p><b>Finding Momentum When Life Doesn't Go According to Plan</b></p> <p>Life rarely unfolds the way we expect—and that's not always a bad thing. When we hold too tightly to a perfect plan, we can miss the clarity and purpose that come from unexpected turns. This session will help you release the pressure of rigid expectations, focus on what you can control, and develop simple practices to stay grounded during uncertainty. You'll walk away with a mindset shift and practical tools to navigate change with confidence, no matter what comes your way.</p> <p><b>Speaker:</b> <a href="#">Yolanda McLean</a>, Sr. Director, Quality Business Operations &amp; Planning, Alnylam Pharmaceuticals</p>                                                                                                                      |
| <b>9:10 - 9:25 AM</b>                                                                                                                                                                       | <p><b>Claim the Seat: Why Every Leader Should Consider Board Service</b></p> <p>You may be more board-ready than you think. Leaders often-overlook the value of their operational experience, and how it translates directly into board impact. With practical mindset shifts and tactical steps, executive Melanie Foley will demystify the board service journey, showing why it's not just a career milestone, but a path to extend your leadership and contribute at a strategic level. You'll leave with actionable takeaways to help you get noticed, prepared, and appointed, and a clearer sense of how your everyday leadership can shape the future of organizations.</p> <p><b>Speaker:</b> <a href="#">Melanie Foley</a>, EVP and Chief People, Purpose and Brand Officer, Liberty Mutual Insurance; Board Member, MA CFW</p> |



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| 9:30 - 9:45 AM | <p><b>The Power of Investing: Building Confidence and Wealth on Your Terms</b></p> <p>Investing isn't just about returns—it's about aligning your money with your values and the life you want to build. This session will explain why starting early and staying invested through career, family, and market transitions matters, how to craft a simple investment strategy rooted in confidence (not fear), and which common barriers women face when investing. Through frank, real-life examples you'll see practical ways to overcome gaps in pay, time, or knowledge—and you'll leave with a short, actionable roadmap of steps you can take right away to own your investing journey.</p> <p><b>Speaker:</b> <a href="#">Leanna Devinney</a>, Market Leader, Fidelity Investments</p>                                                                       |
| 1:45 - 2:00 PM | <p><b>Bridge the Gap: Turning Opportunity into Career Advancement</b></p> <p>In this energizing session, learn how to “bridge the gap” by spotting where needs or opportunities are being overlooked—and stepping in to create value that propels your career forward. With examples for early, mid, and senior-level roles, learn how to identify and fill gaps within teams, across business lines, and through external networks to help raise your profile and open new doors. Attendees will leave with a simple framework to uncover gaps, build smart solutions, and translate those wins into lasting career momentum.</p> <p><b>Speaker:</b> <a href="#">Violet Wittig</a>, Director, Sales, Healthcare &amp; Life Sciences, Cloudera</p>                                                                                                                 |
| 2:15 - 2:30 PM | <p><b>From Self-Doubt to Self-Confidence: Turning Imposter Syndrome into Inner Strength</b></p> <p>We've all had that moment—walking into a room, certain someone will realize we don't belong. But those imposter feelings aren't proof of inadequacy; they're signs of growth. In this empowering session, Executive and General Counsel Diana Catalano shares her personal journey from self-doubt to self-assurance, offering practical tools to quiet the inner critic, reframe uncertainty as learning, and replace perfectionism with self-compassion. You'll leave with strategies to own your accomplishments, trust your voice, and step fully into the confidence that you <i>do</i> belong—because you've earned it.</p> <p><b>Speaker:</b> <a href="#">Diana Catalano</a>, Vice President and General Counsel, Werfen</p>                             |
| 2:45 - 3:00 PM | <p><b>Owning Your Career Development</b></p> <p>Instead of waiting to be noticed, the most successful professionals actively shape their own career paths. In this session, you'll learn how to leverage mentors and sponsors, pursue stretch opportunities, and strategically choose roles that build toward your next move. From pitching a job swap to exploring international assignments, you'll leave with practical strategies to create opportunities, take bold risks, and keep your development plan fresh and forward-looking.</p> <p><b>Speaker:</b> <a href="#">Colleen Proctor</a>, Chief Financial Officer, North America, Sanofi</p>                                                                                                                                                                                                               |
| 3:10 - 3:25 PM | <p><b>Access to Capital: From Vision to Venture</b></p> <p>Accessing capital is one of the greatest challenges—and opportunities—for early-stage women founders. This session covers securing the funding your business deserves, from understanding internal and external funding sources to exploring traditional and alternative lending options. Learn how to master the “6 Cs of Credit” to turn your loan application into an approval, discover why business credit matters, and get practical strategies to build and strengthen it. Whether you're just starting out or scaling your enterprise, you'll leave with the insight, confidence, and tools to take control of your financial future and open new doors to growth.</p> <p><b>Speaker:</b> <a href="#">Nancy Rosedale</a>, Vice-President Business Banking Relationship Mgr, Bank of America</p> |
| 3:35 - 3:50 PM | <p><b>The Art of Human Connection: Using Storytelling and AI to Make Every Interaction Matter</b></p> <p>A simple conversation at a COVID vaccine clinic revealed a timeless truth for Nupur Patel: genuine connection is what people crave most. This session explores how to make every interaction—virtual or in-person—more memorable through storytelling, presence, and mindful use of AI. Learn practical ways to craft “sticky” moments by pairing emotional awareness and body language with AI tools that help you personalize, prepare, and follow up with empathy. Discover how technology can enhance, not replace, the art of human connection.</p> <p><b>Speaker:</b> <a href="#">Nupur Patel</a>, Customer Relationship Manager, Cognizant</p>                                                                                                     |



**WELLBEING STAGE**  
Interactive Hall | Hall A

*Mini masterclass offering attendees bite-sized actionable takeaways on well-being topics.  
Remarks are 10 minutes and audience Q&A is 5 minutes.*

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| <b>8:30 - 8:45 AM</b> | <p><b>Unhappily Ever After: Why Women are Leading the Way Out of Marriages</b></p> <p>Divorce is reshaping modern family life, with nearly 70% initiated by women and gray divorce on the rise. Therapist Oona Metz draws on clinical experience, research, and cultural trends to explore why women are leaving at higher rates, from unequal household labor to the different health impacts of marriage on men and women. She reframes divorce as restructuring, not failure, and shows how language, community, and support can reduce stigma and help women move forward with strength.</p> <p><b>Speaker:</b> <a href="#">Oona Metz</a>, Psychotherapist &amp; Author, <i>Unhitched: The Essential Divorce Guide for Women</i></p>                                                                                                               |
| <b>8:50 - 9:05 AM</b> | <p><b>Designing the Life You Want: Lessons From a Sports Leader On and Off the Field</b></p> <p>Former NBA Executive Jen Van Dijk shares an inspiring and practical perspective on how to build a meaningful, creative life on your own terms. With candor and energy and drawing on her journey from sports and media to emerging technology, she'll explore how curiosity can serve as your compass, why bold ideas are your greatest career currency, and how the simple act of showing up can open doors to growth, reinvention, and purpose. You'll be challenged to meet uncertainty with imagination, to keep evolving even when the path isn't clear, and to design a life that reflects not others' expectations—but your own.</p> <p><b>Speaker:</b> <a href="#">Jennifer van Dijk</a>, Team President, Boston Legacy FC</p>                 |
| <b>9:10 - 9:25 AM</b> | <p><b>Ask for It All: Overcoming the Fear of Expressing Your Needs at Work</b></p> <p>Why do so many women feel compelled to downplay their needs to preserve others' comfort? In this transformative session, Communications Leader Katie Lawson dives into the cultural, historical, and deeply personal factors that keep women from asking for what they deserve. Through candid insights and actionable strategies, participants will confront their fear of asking, learn to navigate anxiety and shame, and master the art of the "Empowered Ask." By reframing needs as sacred and reclaiming your value, you will leave with the confidence and tools to unlock enduring self-belief and take bold steps toward the careers you desire.</p> <p><b>Speaker:</b> <a href="#">Katie Lawson</a>, Head of Communications, North America, ZEISS</p> |
| <b>9:30 - 9:45 AM</b> | <p><b>The Purpose Dividend: How Giving Back Fuels Balance, Belonging, and Better Work</b></p> <p>When employees are empowered to give back through company-supported volunteering and philanthropy, everyone benefits — communities thrive, and employees find renewed balance, connection, and purpose at work. This session explores how corporate giving programs that engage employees don't just create social impact; they also boost engagement, reduce burnout, and strengthen culture. Attendees will learn practical ways to design flexible, meaningful programs that fit modern work life, measure real business impact, and turn giving into a source of both personal and organizational growth.</p> <p><b>Speaker:</b> <a href="#">Kelli Kirwin</a>, Sr. Director, Cisco Sales, Cisco &amp; Board Member, MA CFW</p>                    |

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| <b>1:50 - 2:05 PM</b>                            | <p><b>He for She: Power, Privilege &amp; Purpose in Allyship</b></p> <p>In this urgent, action-forward session, Warner Santiago—drawing on a global career in Human Rights and DE&amp;I, and his lived experience as a Latino, gay, first-generation professional—reframes male allyship as strategic, accountable leadership: how men can consciously leverage privilege to challenge systemic bias, sponsor and amplify women’s careers, and redistribute the heavy labor of equity so it no longer falls on the shoulders of those already marginalized. Combining hard lessons from the costs of male absence with practical examples of sponsorship and bystander intervention, Warner issues a clarion call: move past performative awareness into deliberate, measurable actions that dismantle barriers and build workplaces where everyone can thrive.</p> <p><b>Speaker:</b> <a href="#">Warner Santiago</a>, Global DE&amp;I Director, Talent, Takeda Pharmaceuticals</p> |
| <b>2:20 - 2:55 PM</b><br><b>(35 min session)</b> | <p><b>Stronger Than You Think</b></p> <p>In this powerful and thought-provoking session, Ali Truwit will discuss resilience, grit, and leadership in the face of unwanted change. Reflecting on her own journey of overcoming trauma, she will offer authentic, inspiring insights on how to embrace change with courage and determination and how to turn hardship into hope.</p> <p><b>Speaker:</b> <a href="#">Ali Truwit</a>, Paralympic silver medalist; Founder, <a href="#">strongerthanyouthink.org</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>3:10 - 3:25 PM</b>                            | <p><b>Scale and Thrive: The New Blueprint for Sustainable Success</b></p> <p>The Founders of Good Sports explore how leaders can grow their impact without sacrificing well-being, beginning with a clear look at what it truly means to scale—and why doing so matters—while distinguishing real burnout from the common pressures that often get mistaken for it. You’ll learn core strategies for sustainable success, from surrounding yourself with a trusted inner circle and focusing on the right priorities to building strong processes across systems and teams. Gain the practical, tactical habits that keep leaders grounded, including effective compartmentalization, protecting capacity, and intentionally feeding the parts of life that restore energy and purpose.</p> <p><b>Speakers:</b> <a href="#">Christy Keswick</a>, Co-founder &amp; President, Good Sports; <a href="#">Melissa Harper</a>, Co-founder &amp; CEO, Good Sports</p>                      |
| <b>3:35 - 3:55 PM</b>                            | <p><b>Rebalancing the Busy Brain: The Science of Stress, Hormones, and Focus</b></p> <p>If you’ve felt anxious, unfocused, or trapped in brain fog, you’re not broken — your brain is busy. Holistic This session reveals how what we often call burnout is really a hormonal and neurochemical imbalance. Drawing on science and storytelling from her best-selling book <i>The Busy Brain Cure</i>, Dr. Romie explains how cortisol, estrogen, and other hormonal shifts can quietly hijack focus, mood, and confidence. Learn practical, evidence-based tools to calm your cortisol, balance your hormones, and bring your brilliance back into rhythm—through every phase of life.</p> <p><b>Speaker:</b> <a href="#">Dr. Romie Mushtaq</a>, Neurologist; Founder, brainSHIFT</p>                                                                                                                                                                                                |

| AUTHOR SIGNINGS<br>Interactive Hall Bookstore   Hall A<br><i>(timing &amp; titles subject to change)</i> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| 1:30 - 2:00 PM                                                                                           | <ul style="list-style-type: none"> <li>• <b>Gabrielle Bernstein</b>, <i>Self Help</i></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 1:30 - 2:30 PM                                                                                           | <ul style="list-style-type: none"> <li>• <b>Diana Nyad</b>, <i>Find a Way</i></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 4:30 - 5:00 PM                                                                                           | <ul style="list-style-type: none"> <li>• <b>Dr. Alison Fragale</b>, <i>Likeable Badass: How Women Get the Success They Deserve</i></li> <li>• <b>Dr. Angela Jackson</b>, <i>The Win-Win Workplace: How Thriving Employees Drive Bottom-Line Success</i></li> <li>• <b>Ruchika Malhotra</b>, <i>Uncompete: Rejecting Competition to Unlock Success</i></li> <li>• <b>Dr. Romie Mushtaq</b>, <i>The Busy Brain Cure: The Eight-Week Plan to Find Focus, Tame Anxiety, and Sleep Again</i></li> <li>• <b>Shasta Nelson</b>, <i>The Business of Friendship: Making the Most of Our Relationships Where We Spend Most of Our Time</i></li> <li>• <b>Dr. Jessica Shepherd</b>, <i>Generation M: Living Well in Perimenopause and Menopause</i></li> <li>• <b>Vivian Tu</b>, <i>Rich AF: The Money Mindset That Will Change Your Life</i></li> <li>• <b>Alison Wood Brooks</b>, <i>Talk: The Science of Conversation and the Art of Being Ourselves</i></li> </ul> |

| SMALL GROUP PEER NETWORKING<br>Interactive Hall   Hall A |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| 9:00 - 9:45 AM                                           | <b>Small Group Peer Networking Meetup</b><br><br>Effective networking is a mix of give and take and these peer-to-peer Meetups are designed to do just that (and also take the intimidation out of networking). The Meetup is led by a facilitator who will guide participants through a series of prompts that will foster conversation and idea exchange. Everyone has the chance to “give” and to walk away with new insights, perspectives, and connections.<br><br><b>Facilitator:</b> <a href="#">Thea Charles</a> , Professional Certified Coach |
| 2:00 - 2:45 PM                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 3:15 - 4:00 PM                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

| Complimentary Virtual Workshop for Speaking Tools |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <b>Nov 20, 2025</b><br><b>11:00am ET</b>          | <p>While speaking is exciting, we also realize it can be intimidating and overwhelming. Preparation is key and we are here to help. You are invited to join us for a special complimentary virtual workshop led by award-winning actress, presence and communications expert, and corporate trainer <a href="#">Naeemah Ellas</a>:</p> <p><b><i>And Introducing: You</i></b></p> <p>Designed for corporate professionals from an actor's perspective, this workshop will help you maximize your speaking opportunity and exposure onsite. Learn practical and easy tips to enhance your presence and speaking style with a focus on preparation, voice, body language, and practice. Participants will confront their fears, gain confidence and upgrade their communication before taking the stage in Philadelphia.</p> <p>The workshop will be held on Zoom <b>November 20<sup>th</sup> from 11:00 am - 12:00 pm ET</b>. The format is a 20-minute presentation followed by 40 minutes of interactive exercises and audience Q&amp;A. We hope you are able to join us live so that you benefit from the dialogue, however if you have a conflict we will be recording the session and will share a link for viewing after.</p> |