

# **AGENDA** – Subject to change

- 830am-9:00am           **REGISTRATION & NETWORKING**
- 9:00am – 9:25am       **WELCOMING REMARKS – Laurie Silvey, VP, Business Services, IL Chamber of Commerce**
- 9:25am – 10:20 am     **BOUNCING FORWARD: HOW TO PROPEL FORWARD THROUGH FAILURE – *Morning Session* - Jessica Tepas, Speaker, Writer, Entrepreneur, Semi-Sweet Tooth**  
Recent research has shown that 31% MORE people believe the future won't be as bright as the present compared to just one decade ago. We are losing our ability to grow through failures to design a brighter future. It's time to make a change and learn how to bounce forward with resilience.  
Jessica Tepas knows the remarkable power of resilience well. A self-proclaimed "expert at being a beginner," she thrives on practicing the skill of learning through failure and growing and adapting through life's vulnerable moments of transition
- 10:20 am – 10:30 am   **NETWORKING BREAK**
- 10:30am- 11:15 am     **Panel Discussion – tba**  
**Moderator – Kim Godden**  
**Panelist – invited**  
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- 11:15 – 11:45 am      **Brittany Hizer, Co-Founder and COO, Pluie**  
**MY Journey To Here**
- 11:45am – 12:30 pm    **NETWORKING BREAK and LUNCH**
- 12:30pm – 1:05 pm     **Taking the Key Role in Your Health Decisions**  
**Dr. Dakisha Lewis, Obstetrics & Gynecology, Chairperson/Medical Director, Advocate Health Care**  
The importance of women's health, the key role women play in making health decisions and more
- 1:05 pm – 2:00 pm     **NO REGRETS, NO LIMITS: HOW TO ACHIEVE THE BIG GOALS (THAT REALLY MATTER) – Featured Speaker**  
**LeeAnn Marie Webster, host, Full Self Expression Forum**  
As a leader, you're always reaching for more, in both your career and personal life. Yet you often get so caught up in the day-to-day that you don't focus on the BIG goals – the ones you really want to achieve. You think if you only had more resources (time, money, etc) you'd be able to achieve more.  
Yet you always have resources for others when they need you. But what about when YOU need you? We often treat others better than we treat ourselves.  
In this fascinating session, recovering attorney and Ironman® Finisher LeeAnn Marie Webster will share how you can use her No Regrets Formula to stop putting off the BIG goals and achieve the results you truly desire.  
After this session you'll be able to:  
  1. Self-motivate in any situation
  2. Release regret from past actions (or inactions)
  3. Accomplish goals more effectively and efficiently
  4. Choose a powerful crew
- 2:00 – 2:15 pm         Drawings for door prizes, closing remarks – **Laurie Silvey, VP, Business Services**
- 2:15 pm                 Adjourn