



# Schedule Overview | October 12-13, 2022

## DAY 1:

### WEDNESDAY, OCTOBER 12

10:00-10:45 am



**WELCOME + OPENING KEYNOTE WITH THE SCOTT BROTHERS**

10:45-11:00 am

**BREAK**

11:00 am-Noon

**BREAK-OUT SESSIONS**

Session 1: Understanding the Four Purposes of Income with Julien and Kiersten Saunders

Session 2: Perfectly You: Embracing the Power of Being Real with Mariana Atencio

Noon-1:00 pm

**BREAK**

1:00-1:45 pm

**KEYNOTE: BETTER TOGETHER: CREATING A SYSTEM OF SUPPORT TO PROPEL YOUR DREAM PURSUIT**

with Lena West

1:45-2:00 pm

**BREAK**

2:00-2:45 pm

**BREAK-OUT SESSIONS**

Session 3: Don't Let Guilt Get in the Way with Amy Kiefer

Session 4: Transformational Leadership: You Can't Stop the Waves, but You Can Learn to Surf with Rondale Dunn

2:45-3:00 pm

**BREAK**

3:00-4:00 pm



**CLOSING KEYNOTE Q&A with Karamo: Know Thyself — Finding Power & Purpose In Your Identity**

4:00 pm

**CLOSING DAY ONE**

## DAY 2:

### THURSDAY, OCTOBER 13

10:00-10:45 am



**OPENING KEYNOTE WITH RENEE MONTGOMERY**  
**Cultivating Diversity: How to Turn Moments into Momentum**

10:45-11:00 am

**BREAK**

11:00 am-Noon

**BREAK-OUT SESSIONS**

Session 5: Self-Care RX: Optimizing Your Potential Through Mindful Self-Management with Janet Taylor, MD, MPH

Session 6: It's All in the Details: Tiny Steps, Big Leaps with Mike Guggemos

Noon-1:00 pm

**BREAK**

1:00-1:45 pm

**KEYNOTE: JUST GETTING STARTED: HOW TO AGE WELL — AND FEEL WELL ABOUT AGING**

with Carl Honoré

1:45-2:00 pm

**BREAK**

2:00-3:00 pm



**CLOSING KEYNOTE Q&A with Abby Wambach: Finding Your Pack & Fueling Your Passions**

3:00 pm

**CLOSING DAY TWO**

Note: All event sessions will be hosted in Central Time.