



M.I.A.M.I. WOMEN

Leadership Symposium

*Your Awakened Self: Mindful
Leadership and Empowerment*

APRIL 12, 2018 • OXFORD, OH



WELCOME TO A DAY OF INVESTING IN YOU



We invest ourselves in our families, loved ones, nonprofit boards, passion projects and our careers. Many times we find ourselves depleted or overwhelmed.

I believe this is the reason our society is becoming more and more attracted to meditation, yoga, holistic health, nutrition and self-help. Our fast-paced lives demand balance. Our bodies demand attention and gentleness. Our heart and minds demand rest, reflection and authentic expression. The most powerful relationship you

will ever have is with yourself. If we don't foster this relationship, in time, we will lose our authentic voice. We will forget what we need, what brings us joy. We will forget to treat our bodies and minds with compassion.

Many of us have dabbled in the above healing arts and self-care methods, and I hope this day provides you with more insight – or the courage to try something new. I am honored to present the exceptional individuals as speakers whom I have met throughout this past year, who have already inspired me with their knowledge and wisdom. Many are alumni who are thrilled to be back at their 'second home,' and excited to spend time with all of you.

I hope you meet new friends and reunite with old friends. We are all here to support, encourage and learn from one another. Enjoy your day, and welcome back to Miami University!

Love and Honor,

Heidi Bortel '99
Director of Development, Women's Initiatives

SYMPOSIUM PROGRAM

All symposium events take place in Armstrong Student Center. Breaks may be shortened as needed to stay on schedule.

Bathrooms are located on the Pavilion level (third floor) just past sections A and B. There are additional restrooms off the main staircase on the first floor. The elevator is located on the third floor outside of Pavilion C.

8-8:30 a.m.
Registration and breakfast

8:30 a.m.
Welcome and symposium opening

8:45 a.m.
Qi gong with Katie Harrington

9 a.m.
Remarks from Renate Crawford

9:10-10 a.m.
"The Secret to Resilience: Strengthening Personal Courage" keynote presentation by Donna Rae Smith

10 a.m.
"Change your routine to change your health" by Dean Smith

10:20-11 a.m.
Mary Brock and Megan Duffy panel facilitated by Liz Mullenix

11:05-11:45 a.m.
Carol Seymour presentation

11:45 a.m.-12:30 p.m.
Lunch

12:30-1 p.m.
Hawk Tank awards and recap

1:15-2:30 p.m.
"Women's health and self-care" by Dr. Amy Brenner and Caryn Sullivan, facilitated by Rachel Rudwall
WILKS THEATER

2:45-3:25 p.m.
"Movement and meditation" by Lauren Plagens and Suzanne Klatt

3:30-4:15 p.m.
"Why do art? Promoting well-being by tapping into creativity throughout the lifespan" by Like Lokon

4:30-5:30 p.m.
Wine and chocolate reception with Julie Nygard

NOTE

All symposium events are at capacity. Please fill all seats and place your personal items under your chair or on the coat racks.

KEYNOTE SPEAKER

Donna Rae Smith

Founder, Bright Side

Donna Rae Smith has forged a career and an enterprise by applying the practice of teaching leaders to master change. A barrier-shattering change leader herself, Ms. Smith has pioneered a highly sought after approach for preparing leaders, teams and entire organizations to thrive in an ever-evolving business world. For Ms. Smith, it is never enough to react to change; today's leaders must embody the habits necessary to embrace and lead change.



Bright Side's track record of measurable results has been nothing shy of extraordinary. Today, this highly specialized, woman-owned company is playing a pivotal role in the strategic development of some of the most influential corporations in the world. Among organizations of all sizes, the roster includes Procter & Gamble, Gillette, Rockwell Automation, BASF, Coty, Inc., The Dow Chemical Company, Jamba Juice, IBM, PNC and many other dynamic businesses. Bright Side has prepared these companies and many others to solve unprecedented tasks and challenges relative to a new way of doing business.

Bright Side's clients are better prepared for changes, as they are more nimble and agile in the economic landscape as well as more dimensionally competitive as an outcome of its approach.

FEATURED SPEAKERS

Caryn Sullivan '95

Former Media Professional and Founder, PrettyWellness.com

As a two-time breast cancer survivor, Caryn Fine Sullivan spent nearly 20 years working in the world of sports and entertainment largely at Disney and ESPN and the Minnesota Timberwolves/Lynx. She performed well in an intense environment fueled by Diet Dr. Peppers and endless bags of baked chips. It wasn't until her wake-up call with stage IV cancer that she changed her focus from looking good to being well. She launched PrettyWellness.com to chronicle her journey toward wellness by sharing stories and lessons learned through her own hardship.



Caryn loves to motivate people to thrive in their lives. Caryn has been seen on "The Doctor Oz Show" and is a regular wellness contributor to WTNH-TV and HuffPost. Caryn has inspired thousands to embrace wellness through her motivational speeches throughout the country.

Carol Seymour '79

Author and Founder, Signature Leaders

Carol Seymour - global executive, founder of Signature Leaders and author of the newly released book, "Wisdom Warriors: Women with the Courage to be True to Themselves" - draws upon real-life experiences from more than 1,000 accomplished leaders to demonstrate how critical it is for women to define and own their distinct signature. Bringing your A-game requires the ability to share vulnerabilities, drop the need for perfectionism and demonstrate your unique gifts to drastically improve your outcomes and your life.



Amy G. Brenner '92

Board-Certified OB-GYN Physician

Amy Brenner graduated from Miami University in 1992 with a bachelor's degree in zoology. She went on to earn her Doctor of Medicine degree from the Medical College of Ohio. During medical school, Amy found that she loved to be in the operating room but also desired to have relationships with her patients. After careful consideration, Amy found that obstetrics and gynecology afforded her the ability to combine her love of procedures and taking care of women throughout their lifetime.



Amy was board certified by the American Board of Obstetrics and Gynecology in 2003. She is also a member of the American Association of Gynecologic Laparoscopists (AAGL). In 2011, Amy decided to go for her dream and open her own practice. She created her practice to be a reflection of who she is. It is a place to feel safe and comfortable, be open and honest and receive information and exceptional women's care.

Mary Brock '73, M.Ed. '75

Co-Owner, WNBA's Atlanta Dream

Mary Rockett Brock, a native of Moss Point, Mississippi, graduated summa cum laude from Miami University, earning her Bachelor of Science in science and math education and her Master of Education in curriculum development.



Mary, co-owner of the WNBA's Atlanta Dream, is an active community leader. She serves on the boards of trustees of New Look Foundation and Spelman College, the boards of directors of the Atlanta Symphony Orchestra, Metro Atlanta Chamber and Horizons National, a program for underserved youth that focuses on the learning achievement gap with 36 affiliates across the country, and the board of advisers of the Winship Cancer Institute.

Megan Duffy

Head Coach, Miami University Women's Basketball

Megan Duffy became the ninth head coach in Miami University women's basketball history on April 3, 2017.

A native of Dayton, Ohio, Duffy spent the previous three seasons as an assistant coach at the University of Michigan. She worked with the Wolverines' point guards and wing players during her time in Ann Arbor and worked closely with the strength and conditioning staff to implement team conditioning, strength and nutrition regimens. Duffy also spent two years (2012-2014) as the associate head coach and recruiting coordinator at George Washington.

Prior to joining the Colonials, Duffy spent three seasons (2009-2012) as an assistant coach at St. John's. She joined the college coaching ranks after a successful collegiate playing career at Notre Dame, spending time with USA Basketball and a professional career both in the U.S. and overseas. A four-year letter winner at Notre Dame, Duffy was the 31st pick in the 2006 WNBA draft and played three seasons with the Minnesota Lynx and New York Liberty.



Katie Harrington

Research Associate, Scripps Gerontology Center

Katie has been practicing qi gong since 2007 to manage a college injury. Following the start of her graduate work in 2009, she also began practicing yoga and meditation as a method of balancing academic stresses, and she continues to practice one to two times per week. She was introduced to qi gong in 2016. Qi gong, which focuses on balancing energies as a holistic approach to health, is something she continues to practice on a daily basis.

In her work as a gerontologist, she has seen the benefits of holistic, balance-focused practices, particularly for community based older adults, as such practices can be continued across the lifespan. While this is her first experience as a solo instructor of qi gong, she has previously assisted with demonstration of forms and assistance in her work with the SAGE Lifelong Learning Community in Hudson, Ohio.



Dr. Suzanne Klatt Ph.D. '13

Director, Miami University Mindfulness and Contemplative Inquiry Center

Dr. Suzanne Klatt is a therapist, senior clinical faculty and director of the Miami University Mindfulness and Contemplative Inquiry Center. She has a bachelor's degree in business from Indiana University, a Master of Social Work from the Ohio State University and a Ph.D. in educational leadership from Miami University. Suzanne began using mindfulness in her therapy practice 20 years ago while in Columbus, Ohio, working in community mental health. She deepened her own mindfulness training and practice as a clinical fellow serving children and adolescents at the University of New Mexico Children's Psychiatric Hospital. In 2003, she began training with Jon Kabat-Zinn in order to teach mindfulness-based stress reduction. Dr. Klatt has presented nationally and internationally on mindfulness and other contemplative practices. She recently participated in a Mind and Life Institute think tank focused on the emergence of contemplative studies in higher education. Her research indicated decreased anxiety among after-school youth participating in brief mindfulness programming.

The Mindfulness and Contemplative Inquiry Center envisions a diverse and holistic community committed to embodied teaching, learning and inquiry and engaged in transformative contemplative practices focused on heart, mind, body and spirit.



Dr. Like Lokon M.A.T. '93, Ph.D '97, M.G.S. '08

Founder and director, Opening Minds Through Art

Elizabeth "Like" Lokon, M.G.S., Ph.D. is the founder and director of Opening Minds through Art (OMA), an intergenerational art program for people with dementia. She works for Scripps Gerontology Center at Miami University. As an artist, gerontologist and educator, she frequently speaks on the intersection of the arts, dementia and intergenerational service learning.



Lauren Plagens '04

Co-Owner, 3Sisters Yoga + Fitness

Lauren came to yoga looking for physical fitness in 2009. Soon, she found it to be a respite from corporate America and a way to unwind after a long, competitive day of insurance sales. She studied yoga at Bhumi's Yoga in 2012, completing her 200-hour teaching program as well as beginning a journey toward Yoga nidra certification. In May 2014, she left corporate America with hopes to never return! She manifested her dream of opening a yoga studio with her family in August 2014 and is now co-owner of 3Sisters Yoga + Fitness.



Dr. Dean Smith M.S. '99, Ph.D. '04

Chiropractor, Essence of Wellness Chiropractic Center

Dr. Dean Smith is a chiropractor at Essence of Wellness Chiropractic Center and a researcher and clinical professor at Miami University. He incorporates lifestyle intervention (exercise, nutrition, other non-drug methods) with chiropractic adjustments and other manual methods to encourage optimal wellness. He recently earned the George B. McClelland 2018 Researcher of the Year Award by the American Chiropractic Association. The award honors individuals for developing, refining and/or expanding the body of knowledge in chiropractic.



MODERATOR

Elizabeth Reitz Mullenix

Dean, College of Creative Arts

Liz Mullenix is the dean of the College of Creative Arts and a professor of theater. She earned her Ph.D. from the University of Illinois at Urbana-Champaign and taught theater history, dramatic literature and theory for 11 years at Illinois State University, where she also served as the associate chair of the School of Theatre, director of graduate studies, director of the master's program in theater and associate dean for the College of Fine Arts.



EMCEE

Rachel Rudwall '08

TV Host and Producer

If you want to know what it's like to climb Kilimanjaro, paraglide with a hawk (a.k.a. "parahawk"), ice climb while simultaneously shooting a PBS show or scuba dive cage-free with bull sharks, Rachel's the woman to ask.

As an Emmy-nominated on-camera host, producer, camera operator, speaker, writer and social influencer, Rachel has traveled all seven continents, lived in three countries and journeyed through over 60 nations. She has worked in every stage of TV production, from development and pre-pro to field and post, and she is skilled with varied editing systems, digital cameras and gear.

Rachel has had countless global adventures, ranging from TV hosting for HLN's "Vacation Chasers" and ABC's "FABLife" to producing shows like "Ice Road Truckers" and "Ax Men." Rachel shares global inspiration through speaking, keynote addresses and conference workshops.



ADDITIONAL INFO

Shuttle service for guests staying at The Marcum

There will be shuttle service between The Marcum and Armstrong Student Center on Thursday from 7:30-9:30 a.m. and 3:30-6:30 p.m. Shuttles will depart from the front entrance of The Marcum and the front of Armstrong Student Center (Spring Street). Please note, we cannot make special runs outside of the scheduled breaks or to other locations on campus.

Contact info

The Marcum

951 E. Withrow St.
513-529-6911

Armstrong Student Center

550 E. Spring St.
513-529-2310

Miami University

Office of Development

Murstein Alumni Center

725 E. Chestnut St.

Oxford, OH 45056

513-529-1230

MUDevelopment@MiamiOH.edu

Surveys

A full post-symposium survey will be emailed to all attendees the week of April 16 with a chance to win a \$50 Amazon.com gift certificate for those who complete the online survey.

Thank you to the following partners for making this event a success:

**Miami Catering, The Marcum, Armstrong Student Center staff,
Two Little Buds, All Occasions**

INAUGURAL GIVING CIRCLE MEMBERS

Jane Rogge Anderson '79	Stephanie Moore Joslin '58	Karen Shurmer Ridenour '82
Susan Shelly Anthony '74	Anne Naus Kelley '93	Susanne Brower Sadler '84
Laura Ridella Baerenklau '98	Cynthia Brower Kenny '75	Janet Walker Sarran '77
Sarah Burns Barden '78	Ann Mackey Kling '90	Mary Schell '87
Stephanie Bartos '05	Kristin Kuehn '97	Jean Schmidt '66
Kimberly Hamm Beach '85	Jennifer French Kutty '95	Deborah Howard Scott '70, M.Ed. '75
Kathleen McClung Beran '74	Susan Keating Lame '80	Catherine Scruggs '88
Theresa Hering Bevis '73	Peggy Hamman Landes '74	Robin Sibcy Sheakley '95
Amy Brenner '92	Lynn Pulsfort Larson '79	Lee Ann Shoker '96
Theresa Minogue Bridge '92	Molly Lucien	Julie Moloney Shuffelton '78
Phyllis Rhodes Brower '54	Sarah Sloneker Marcum	Constance Kendall Sidley '72
Marsha Brown '73	Jeneen Springer Marziani '93	Barbara Anderson Smith '59
Stephany Browne '74	Pamela Mascio '75	Constance Swank '73
Tamara Bundy '09	Judith Matsko '76	Carrie Swerbenski
Phyllis Callahan	Debra Colvin McDonald '92	Kimberly Tavares MBA '12
Darci Congrove '90, M.A. '91	Erin Mills '10	Sara Ruble Tieke '90
Kendra Larrick Cook '93	Sharon Janosik Mitchell '73	Sharon Touchton '68
Kathleen Crawford '94	Louise Morman '75	Dionn Tron '73
Renate Crawford	Kristin Jaeger Mullin '83	Ann Vyas '03
Janice Culver '73	Cherre Myers	G. Kay Walla '65
Mary Curran '85	Lynne Naus '95	Carolyn Stewart Walters '74
Beth Holmgren Danker '76	Susan Engel Naus '67	Andrea Stoner Weaver '84
Christal Wikoff Davis '83	Elizabeth Baker Niehaus '86	Barbara Derickson Weinrich '68
Courtney Cole Dietrich '05	Robin Groner Nielsen '77	Patricia Brooksbank Welti '60
Chelsi Day Ghiorzi '07	Jackie Raisch Parrish '64	Michael Whan '87
Janet Donahue '70	Ellen Paxton	Mary Kay Whiston
Andrea Rothfelder	Jayme Pendergast '06	Nancy Wiese '67
Finnerty '93	Diane Perlmutter '67	Bonnie Bank Wilkinson '61
Meghan Shultz Foley '99	Emily Piper '88	Marcia Rossio Wilson '65
Cheryl Gabe '69, M.Ed. '72, Ph.D. '88	Linda Pistell '70	Frances Wright '75
Mary Ellen Giffels '82	Douglas Pontsler '79	Phyllis Wykoff '93
Suzanne Drake Harkey '84	Portia Schuler Quiello '73	Cheryl Young '79
Victoria Sheridan Hart '83	Sandra Owings Rabe '75	Michelle Calkins Zimmermann '04
Sue Henry '73	Laurie Winans Reiser '79	Kathleen Maher Zouhary '73
Megen Kuhn Hilmer '79	Louise Betz Rhodenbaugh '83	
Valerie Hodge	Jean Czyzycki Richardson '81	
Joanne Hoffman Wilson '67	Lindsay Richey '05	

JOIN THE M.I.A.M.I. WOMEN GIVING CIRCLE

Lead the charge with other Miami Women to harness the power of collective giving. Support students and meaningful programs to further the goals of inspiring young women.

For more information, visit GivetoMiamiOH.org/GivingCircle

THE M.I.A.M.I. WOMEN STEERING COMMITTEE

Renate Crawford

Co-Chair
University Ambassador and
Adjunct Professor of Physics

Sharon Mitchell '73

Co-Chair
Trustee, Miami University
Board of Trustees

Susan Naus '67

President, Miami University
Foundation Board of Directors

Diane Perlmutter '67

National Trustee, Miami
University Board of Trustees

Sue Henry '73

Director, Miami University
Foundation Board of Directors

THE M.I.A.M.I. WOMEN GRANTS COMMITTEE

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Chagrin Falls, OH

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Monica Schneider

Montgomery, OH

**Cheryl Gabe '69,
M.Ed '72, Ph.D. '88**

Fort Myers, FL

Judith Matsko '76

North Royalton, OH

**Deborah Howard Scott '70,
M.Ed. '75**

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Megan Gerhardt

Oxford, OH

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Laurie Winans Reiser '79

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Camden, OH

Peggy Hamman

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Cincinnati, OH

Karen Shurmer

Ridenour '82
Sylvania, OH

M.I.A.M.I. WOMEN

The Miami Initiative for Advancing, Mentoring and Investing in Women is a university-wide initiative that works with alumni, campus offices and student groups in its efforts to encourage and support opportunities for women in leadership.

For more information, contact Heidi Bortel '99, director of development, at 513-529-4635 or Heidi.Bortel@MiamiOH.edu.



MIAMI UNIVERSITY

OXFORD, OH • EST. 1809

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Mindful Leadership and Empowerment*

APRIL 12, 2018 • OXFORD, OH



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M.I.A.M.I. WOMEN
Hawk Tank
APRIL 11, 2018 • CLEVELAND, OH





M.I.A.M.I. UNIVERSITY
Miami Women's Hockey - 2018
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Days To Be

PECK

PECK
John Peck III & Jane Ann
1998

MITCHELL

MITCHELL
Sharon Mitchell & Christopher T.J.
Christopher E. & Rose T.J. Mitchell
1998

OXLEY

Days To Be

The Great Seal

ILLINOIS STATE UNIVERSITY
M.A. in Leadership
"I will not be afraid of
hardship and
I will not be afraid of
failure"

ILLINOIS STATE UNIVERSITY
MARCH THROUGH
"March through
and five hundred
UNIVERSITY
ILLINOIS STATE UNIVERSITY

ILLINOIS STATE UNIVERSITY
MARCH THROUGH
"March through
and five hundred
UNIVERSITY
ILLINOIS STATE UNIVERSITY

DECEMBER

ARRESTED

MAY-FORD
"I will not be afraid of
hardship and
I will not be afraid of
failure"

ARRESTED
"I will not be afraid of
hardship and
I will not be afraid of
failure"

