



GATEWAY OF HOPE PRESENTS

# *Rebuilding* RESILIENCE

**VIRTUAL 3-DAY WOMEN'S SYMPOSIUM**

APRIL 22-24, 2021



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## EVENT SPONSORS:



## OUR SERVICES

### **COUNSELING SERVICES:**

Mental Health, Personal Growth, Spiritual Formation.

### **LIFE COACHING:**

Life-Line to Hope: Getting the Job you Want, iTango Parenting, and Building Unshakeable Confidence.

### **SUPPORT GROUPS:**

Journey through Grief to Hope, Hermanas en la Esperanza (Sisters of Hope), Treasures in the Valley, Praying for Adult Children, and More!

## ABOUT US

### **VISION:**

The premier place where women transform their lives and create new legacies.

### **MISSION:**

We lead women to discover hope, pursue healing, and live in wholeness through counseling, coaching, and support groups.



## WORKSHOP PRESENTERS- DAY ONE



### **Dr. Nancy Spangler**

Nancy Spangler, PhD, OTR/L, is a consultant, trainer, speaker, executive coach, and writer. President of Spangler Associates since 1994, she has helped organizations look broadly at the multiple systems that support individual and organizational health and resilience. Her diverse clients have included employers, managed care organizations, benefit consultants, professional organizations, governmental agencies, and research organizations. Nancy has worked as consultant to the American Psychiatric Association Foundation and Greenleaf Integrative, both in the Washington, D.C. area, and she is senior advisor to X2ai, a digital emotional support and behavior change program in San Francisco.



### **Cyndi Swall**

Cyndi Swall is a transformational speaker, published author, executive coach, Human Resources professional and entrepreneur. Cyndi is highly requested for her insightful application of life principles and her tactical, yet light-hearted approach to leadership. Cyndi's courses are taught from a place of real world, kinda' messy, super caffeinated problem solving in the wild! Her client base includes many Fortune 500 companies, as well as small to mid-size and the non-profit segment. She serves on the Board of Directors for Women's Employment Network.



### **Rachel Keck**

Rachel Keck has over 20 years of leading through change, experiential workshops, and developing people into their best selves. She continues to be a learner, intentionally seeking ways to grow and expand herself, her business, her clients and their businesses. Rachel brings a strong curiosity and the ability to listen in a way that deepens understanding and grows awareness. She has spent her life observing the way leaders interact with their people. She has always been drawn to what connects people both to themselves and to others and what leads to disconnection.

# WORKSHOP DESCRIPTIONS- DAY ONE

## **9AM — Dr. Nancy Spangler - Building Resilience Skills Sets**

Workshop Highlights:

- Exploring and contrasting examples of automatic versus intentional brain circuits and the effects on our lives
- Experiencing and practicing skillsets, such as mindful awareness, extended exhale breathing as a calming tool, reframing thoughts, setting if/then intentions, and resilience-building postures and movements
- Planning to rebuild a personal connection with someone who might help you turn your resilience practices into resilience habits

## **12PM — Cyndi Swall - Living at the Speed of Insanity**

### **"How to Reduce Unnecessary Stress and Focus on What's Important"**

Workshop Highlights:

- Being introduced to the 5 primary choices that you make daily that have greatest impact on productivity and quality of life
- Recognizing how "multi-tasking" is reducing your effectiveness and stressing you out
- Seeing where women tend to be their own worst enemy when it comes to scheduling
- Becoming aware of habits and triggers that move you into counter-productive activities
- Remembering how to "chill" and why it's essential to your mental and physical health

## **7PM — Rachel Keck - Breathing Space for Women**

Workshop Highlights:

- Tapping into your inner voice
- Gaining awareness on where you are and what you need next
- Connecting to yourself and others



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## WORKSHOP PRESENTERS- DAY TWO



### **Dr. Michelle Robin**

Dr. Michelle Robin believes you cannot heal the body without healing the heart—that may be the history you can't release, that broken relationship, or other emotions that hold you captive from discovering the best version of yourself. As a chiropractor, author, teacher, holistic healer, podcast host, unshakable optimist, international speaker, and founder of Your Wellness Connection, Small Changes Big Shift®, and Big Shift Foundation®, Dr. Robin has left an impression on thousands of lives by helping them find a way to live a vibrant, happy, and healthy life.



### **Leon Bauman**

Leon Bauman is a Financial Associate at Thrivent Financial. He is certified in Long-Term Care (CLTC), a designation granted by the Corporation for Long-Term Care Certification. Additionally, Leon is an FIC (Fraternal Insurance Counselor), a designation granted by the Fraternal Field Managers' Association. His Education and Experiences include: FINRA Series 63 Uniform Securities Agent State Law Exam; FINRA Series 6 Investment Company/Variable Products Limited Representative; FINRA Series 7 General Securities Representative; FINRA Series 65 Uniform Investment Advisor; FINRA Series 66 Uniform Combined State Law; Life and Health Insurance License in KS,MO,IA, AZ, TX.



### **Robin Todd**

Robin Todd received her B.A. in Psychology and certification in Elementary Education, from Western State College in Gunnison, Colorado. In 1990 she began her career as an educator, working with children and adults in a variety of settings. While attending graduate school, Robin found her passion for mindfulness. She spent two years working with the Mindfulness Research Lab on the campus of Avila University mastering a curriculum that embodies positive psychology and neuroscience.

# WORKSHOP DESCRIPTIONS- DAY TWO

## **9AM — Dr. Michelle Robin - Building Rhythm and Resilience**

Our world has been turned upside down. There's a lot of change and uncertainty for our health, livelihood, and daily life. We can get through this together, but we need to focus on building rhythm and resilience in our day-to-day life by living the Quadrants of Wellbeing: Mechanical, Chemical, Energetic, and Psychospiritual. We will focus on motivation, health, and wellbeing, in addition to wisdom for these times. We hope participants will walk away with small steps they can start incorporating into their daily life that will improve their physical and mental health during these times.

## **12PM — Leon Bauman - Financial Preparedness**

Workshop Highlights:

- Living the life you want
- Protecting your most valuable asset
- Learning to pay it forward

## **7PM — Robin Todd - Mindfulness: Our Anchor to Cultivating Emotional Wellbeing**

Workshop Highlights:

- Participants will understand the importance of emotional wellbeing
- Participants will recognize the science behind mindful practices and how they lead to personal change
- Participants will experience two simple mindful practices that can be implemented immediately





## WORKSHOP PRESENTERS- DAY THREE



### **Dr. Thia Crawford and Lea Satterfield**

You'll love the energy and spirited banter of this dynamic mother-daughter duo. Dr. Thia Crawford and Lea Satterfield are trailblazers in combining personal financial planning with positive psychology. This presentation will reveal the research and evidence-based practices that are proven to dial up your well-being and strengthen your financial life at the same time. Have a cup of coffee and be prepared for this presentation, so you can dial up your happiness immediately!



### **Debra Kunz**

Debra Kunz is the Executive Coach that experienced leaders turn to for balancing competing priorities, focusing their limited time, and effectively leading their teams. With over 25 years of experience, Debra founded the Center for Deliberate Growth where she guides clients through her proven system that energizes and educates leaders to think differently about how they create results. Debra was named Women Business Advocate of the Year by the Kansas Department of Commerce, and an Inspirational Influencer by the International Association of Women.



### **Caroline Hammond**

The 2020 Boston Scientific Global Volunteer Award Winner, Caroline has spent 30 years as a results-driven Sales and Training Professional promoting billion-dollar brands for Fortune 500 companies; thriving within sales, human resources, training and development. Caroline serves as the Founder and CEO of Safe in Harm's Way; built by abuse survivors for survivors. Safe in Harm's Way is an online bridge for survivors, giving a voice to the truth and connecting resources to leave perpetrators, plus thrive in the "after." Safe In Harm's Way's founding pillar is inclusive of the unique perspective needed by people of color, men, LGBTQ community, and abuse survivors.



### **Denise Mills**

Denise Mills respectfully challenges individual's perspectives while coaching, facilitating Strategy Sessions, Board Meetings, Leadership Development Programs, and Executive and Small Business Round Tables. Participants are challenged to think about how and why they think the way they do which affects their outcomes.



## WORKSHOP DESCRIPTIONS- DAY THREE

### **9AM — Lea & Dr. Cynthia - How to Live a Richer Life Without Being Rich**

Workshop Highlights:

- Shifting our mindset from focusing on the past to living in the present and managing money for the present and future can help minimize negative self talk
- Focusing on gratitude for what we have can positively impact our bottom line and reduce toxic emotions such as resentment and envy
- Focusing on a few small wins first can set us up for huge wins down the road. Small wins equal a feeling of accomplishment, which increases our enthusiasm and confidence for tackling bigger challenges
- Choosing relationships that are supportive are critical to happiness. You will apply the strategies we provide for building close relationships and finding financial professionals that will support what attendees want most

### **10AM — Debra Kunz - Unlock Your Inner Leader: Reveal and Redesign Your Resilient Power**

Workshop Highlights:

- The #1 decision that optimizes how you spend your time
- How to manage the obstacles that interfere with your growth
- Recalibrate how you use your energy, and what to give your mental time and focus to
- The most critical question that creates productive breakthroughs
- What you must do first

### **11AM — Caroline Hammond - Ladies Who Launch: Living a Platinum Platter Life**

Workshop Highlights:

- How to become your own soulmate, so you can realize how incredibly beautiful, talented, intelligent, and fabulous YOU are
- How to infuse gratitude into every single moment of your day, so you can shift focus in your external world
- How to pause and be present when life is flashing by at 65mph, so you can engage with the people you love the most

### **12PM — Denise Mills - Happies & Crappies**

Life is full of Happies and Crappies. How do you bounce back from those difficult times and find true joy in the little things in life? Denise Mills will share a Mills family tradition that will soon become one of your own that will change the dynamics of the conversations around your family dinner table.

Discover simple tools that will become new habits in turning life's Crappies into lifelong Happies.



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## SPECIAL GUEST APPEARANCE



### **Sheila A. Ohrenberg**

Sheila Ohrenberg is the President/CEO of Sorella Group, Inc. She is responsible for providing the vision and strategic direction of the company, maintaining and reinforcing the company culture, leading the team, and overseeing decisions regarding the organization's future growth.

Since starting Sorella Group, Ms. Ohrenberg has led her team in ensuring on-time delivery of high-quality construction projects. She has done so while working collaboratively with team leaders to build lasting relationships with clients, partners, and the community. Under Ms. Ohrenberg's leadership, Sorella Group Inc. has diversified its portfolio of work to include specialty and interior finishes for high-profile projects in the commercial, education, healthcare, military and science and technology sectors.

With her leadership and hands-on management style, Sorella Group Inc. has earned recognitions and awards, including the American Subcontractor 2012 "Associate Member of the Year", US Army Corps of Engineers/JE Dunn "Building Achievement" and Kansas Women-Owned Construction Company of the year 2018.

Ms. Ohrenberg has also served on many boards and executive committees to support important community and social organizations. These include the Workforce Development City of Kansas City, Missouri. Gillis Center Ambassadors, Minority Coalition, National President Women Construction Owners and Executives and Kansas City American Subcontractors Association.



### **Raven Vincent**

Raven Vincent is the founder of "The Making Of" Creative Community and a widely respected spoken word artist. Raven has been a social media content creator/influencer for 8+ years and has used her spoken word, writing, and heart to see social media utilized as a mission field for the kingdom of God to develop an online community of 18K+ – a community of young men and women who long to live their lives in the wholeness and fullness that God originally intended for them!

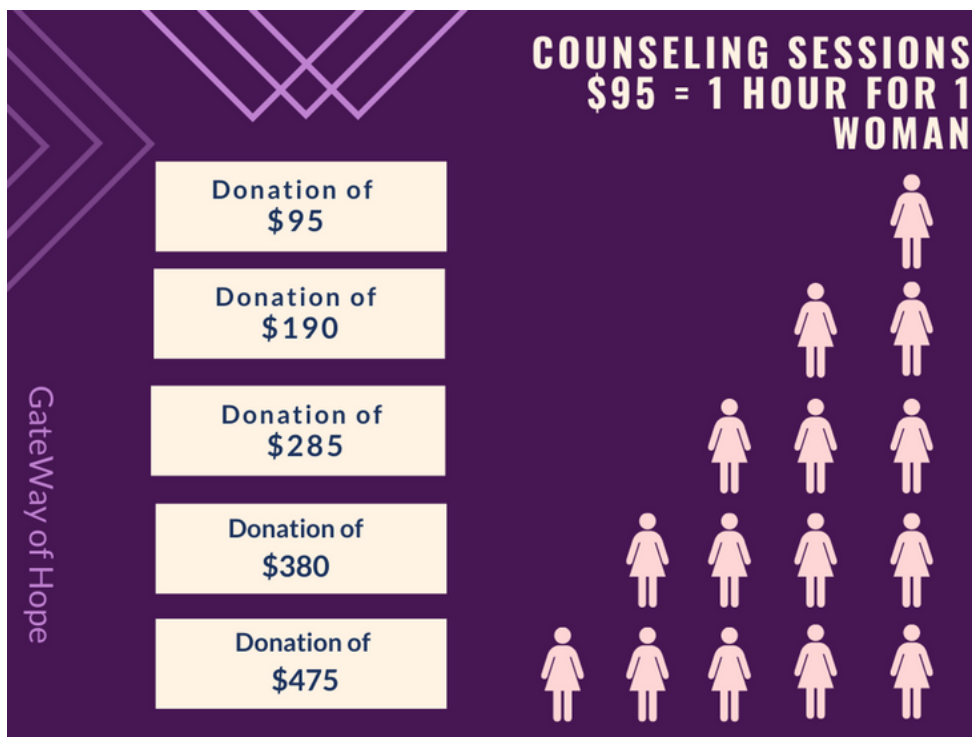


## SUPPORT GATEWAY OF HOPE

### Champion Partner - \$3,000

- Specific mention as Champion Partner in 2 media advisories and 2 press releases promoting the event
- Company name and logo on digital event program disseminated to all guests
- Opportunity to show company promotional video (up to 3 min) during symposium opening session and during Well Women Wednesday weekly zoom calls in April, May and June 2021
- Opportunity to distribute virtual business cards to guests
- Opportunity to distribute virtual swag bags to guests with promotional codes and business information
- Complimentary tickets for 6 guests to attend our next major event
- Recognition in GateWay of Hope's communications, including 4 e-newsletters and 4 social media posts
- Complimentary "Building Resilience" gifts for 6 guests
- Company logo and link to company website on GateWay's website for 1 full year

Impact: Underwrites individual counseling for 10 women for up to 6 weeks each, or individual coaching for 10 women for up to 8 weeks each, or 7 support groups for 8 women for up to 8 weeks per session





## SUPPORT GATEWAY OF HOPE

### **Thriving Partner - \$2,000**

- Mention as an event sponsor in 2 media advisories and 2 press releases promoting the event
- Company name and logo on digital event program disseminated to all guests
- Opportunity to distribute virtual company business cards
- Complimentary tickets for 4 guests to attend our next major event
- Recognition in GateWay of Hope's communications, including 3 e-newsletters and 3 social media posts
- Complimentary "Building Resilience" gifts for 4 guests
- Company logo and link to company website on GateWay's website for 9 months

Impact: Underwrites individual counseling for 7 women for up to 6 weeks each, or individual coaching for 10 women for up to 6 weeks each, or 5 support groups for 8 women for up to 8 weeks per group session

### **Life Saver Partner - \$1,000**

- Mention as an event sponsor in 2 media advisories and 2 press releases promoting the event
- Company name on digital event program disseminated to all guests
- Complimentary tickets for 2 guests to attend our next major event
- Recognition in GateWay of Hope communications, including 2 e-newsletters and 2 social media posts
- Link to company website on GateWay's website for 6 months

Impact: Underwrites individual counseling for 5 women for up to 6 weeks each, or individual coaching for 7 women for up to 6 weeks each, or 3 support groups for 8 women for up to 8 weeks per group session

### **\$500 Per Month**

#### **01**

Underwrites individual counseling for **10 women** for up to 6 weeks each

#### **02**

Underwrites individual coaching for **10 women** up to 6 weeks each

#### **03**

5 support groups of **8 women** for up to 8 weeks

### **\$100 Per Month**

#### **01**

Underwrites individual counseling for **3 women** for up to 6 weeks each

#### **02**

Underwrites individual coaching for **4 women** up to 6 weeks each

#### **03**

1 support group of **8 women** for up to 8 weeks