

JENNIFER ALLYN

Campaign Lead, ClimateVoice

MY CLIMATE JOURNEY - FROM ANXIETY TO ACTION

THE UNINHABITABLE EARTH BY DAVID WALLACE-WELLS

<https://www.amazon.com/Uninhabitable-Earth-Life-After-Warming/dp/0525576703>

WE ARE THE WEATHER BY JONATHAN SAFRON FOER

<https://www.amazon.com/We-Are-Weather-Saving-Breakfast/dp/0374280002>

WEBSITE

<https://climatevoice.org/>



DR. WENDY BORLABI

Performance Coach, Chicago Bulls

THE IMPERFECT PERFECT WORLD OF KEEPING IT ALL TOGETHER

WORKSHOP TAKEAWAYS

1. It's ok to fail
2. Ask "What do I need to be successful?"
3. Have a plan, but be flexible
4. Compare yourself to yourself
5. Set small but achievable goals
6. Accept who you are
7. Accept other's for who they are
8. Find or start a SUPPORT, ACCEPT, and ENCOURAGEMENT group
9. Give yourself grace



DR. EDITH EGER

Psychologist and Author of *The Choice, Embrace the Possible*

WHAT DOES SEEING REALLY MEAN?

THE CHOICE

<https://dreditheger.com/purchase/>

THE GIFT

<https://dreditheger.com/>



DR. RICHARD LAPCHICK

World Renowned Human Rights Activist

FACING UNCOMFORTABLE TRUTHS

HALF THE SKY: TURNING OPPRESSION INTO OPPORTUNITY FOR WOMEN WORLDWIDE BY NICHOLAS D. KRISTOF AND SHERYL WUDUNN

<https://amzn.to/3iirHkD>

A CALL TO ACTION BY PRESIDENT JIMMY CARTER

https://www.cartercenter.org/news/features/p/human_rights/a-call-to-action.html

WHAT CAN YOU DO TO ADVOCATE FOR SOCIAL JUSTICE?

- Protest
- Volunteer
- Support Financially
- VOTE

WEBSITE

www.tidesport.org

TWITTER

@richardlapchick



DR. STEPHANIE FAUBION

Mayo Clinic

DR. JACKIE THIELEN

Mayo Clinic

LIVING YOUR HEALTHIEST LIFE

HEALTH CONSIDERATIONS FOR EVERY STAGE OF LIFE

IN YOUR 20'S PLAY CLOSE ATTENTION TO:

- Lifestyle (establish healthy eating habits now, strive for 6-8 hours of sleep)
- Substance use and abuse (avoiding excess is key, limit to one alcoholic beverage daily)
- Sex and relationships (find the right contraception method for you and your health/beliefs)
- Pregnancy (no alcohol or drugs, exercise, healthy lifestyle habits)
- Mental Health (remember: not all stress is bad, but chronic stress can take a negative toll resulting in headaches, high blood pressure, GI upset) Find your stress relievers and use them!

Remember the choices you make today will have long lasting effects into the later stages of life

IN YOUR 30'S PLAY CLOSE ATTENTION TO:

- Lifestyle (Be OK with not being perfect and ask for help)
- Sex and relationships (Be safe in all aspects)
- Fertility and pregnancy (Engage a specialist if needed)
- Mental Health (Closely monitor warning signs of depression, PMS, mood swings)

IN OUR 40'S AND 50'S PLAY CLOSE ATTENTION TO:

- Lifestyle
- Sex and relationships
- Menopause transition (share with healthcare provider any changes in body, mood, libido)
- Mental Health
- Caregiver Stress (Ask for help)
- Preventative Screenings
 - Know your Blood Pressure numbers, Body Mass Index, Cholesterol, Sugar levels,
 - Breast Cancer screenings starting at age 40
 - Colon Cancer screenings at age 50 (45 for black women)
 - Continue PAP screenings until mid 60's

Remember Heart Disease is the number one cause of death of women in the U.S.

Continued...

FOR MORE INFO ABOUT THE HPV VACCINE – FOR CHILDREN AND YOUNG ADULTS

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/hpv-immunization-who-can-benefit>

FOR MORE INFO ABOUT THE SHINGLES VACCINE

<https://www.mayoclinic.org/diseases-conditions/shingles/symptoms-causes/syc-20353054>

IN OUR 60'S PLAY CLOSE ATTENTION TO:

- Healthy aging/lifestyle (Make necessary lifestyle and health changes, try something new, exercise and eat a well-balanced diet)
- Sex and relationships (monitor body changes and consult with health-care professionals, STI's are still a risk, guard against abusive relationships)
- Post menopause
- Mental Health (cultivate resilience and happiness in a mindful way)
- Caregiver Stress
- Preventative Screenings



DEEPA GANDHI

Co-Founder & COO, Dagne Dover

JOURNEY TO FOUNDER: HARNESSING YOUR PASSION TO BECOME AN ENTREPRENEUR

RULES TO GUIDE YOUR JOURNEY

1. Know your why
2. Develop and focus on your long-term goals
 - Make sure there is founder alignment
 - Evaluate decision based on long term goals
3. Grit and resilience are key
4. Be flexible
5. Build your personal board of advisors
6. Culture is everything

WEBSITE

www.dagnedover.com



PAT GERAGHTY

President and CEO, GuideWell
Mutual Holding Corporation

MARGO GEORGIADIS

President and CEO, Ancestry

WHAT WE'RE SEEING TODAY

WINNIE LERNER

Mng. Partner, Finsbury's North American Operations

DR. OLEND A JOHNSON

Professor of Strategic Leadership and Leader
Development, U.S. Naval War College



ELIZABETH LEWIS

Founder and CEO, Brand, Style & Bloom

IT TAKES 3 WORDS: HOW TO DEFINE YOUR PERSONAL BRAND AND PERSONAL STYLE

WHY HAVE A PERSONAL BRAND?

1. To control your own narrative
2. To stand Out
3. To help you reach your goals

DISCOVERING YOUR 3 WORDS FOR SUCCESS

1. Start with a prompt- Your dream life!
2. Get inspired with imagery
3. Understand your "whys"
4. Shape them into 3 words

DISCOVER YOUR 3 WORD GUIDE AT

www.brandstylebloom.com/3wordsguide

YOUR PERSONAL STYLE

1. Consistently express your words through clothing
2. Consciously edit your wardrobe
3. Consider Color
4. Strategic Applications (wfh editor)

BUILD TRUST THROUGH YOUR STYLE

- Wear blue- conveying trust, dependability
- Wear green- conveying balance, harmony
- Incorporate soft fabrics for approachability and comfort
- Avoid harsh angles
- Consider wearing a conversation/statement piece

SHOW ENERGY THROUGH YOUR STYLE

- Wear red- conveying passion, energy
- Wear orange- conveying motivation, positivity, enthusiasm
- Wear breathable fabrics (cotton, rayon, wool) that help improve positive airflow and keep you cool and alert when you are feeling tired

DEMONSTRATE EXPERTISE THROUGH YOUR STYLE

- Wear purple- conveying power, imagination
- Wear black- conveying authority. Sophistication
- Wear well-tailored clothing, classic fabrics and silhouettes
- This look connotated authority and confidence but is not distracting
- Use choice accessories and details to inject your unique personality

Continued...

USE SOCIAL MEDIA TO BUILD YOUR BRAND

1. Use it as a tool to express yourself
2. Purposefully choose your content
3. Consider your tone

PARTING TIPS

1. Be consistent
2. Allow for change
3. Be true to yourself

Style Wellness is the concept that your personal style can actually give you confidence and joy!

LEARN MORE ABOUT ADAM GALINSKY'S STUDY HERE

<https://www8.gsb.columbia.edu/articles/ideas-work/symbolism-workplace-attire-0>

WEBSITE

brandstylebloom.com

FREE EBOOK

DM "I want one" to @brand_style_bloom on Instagram



AKILA RAMAN-VASEGHI

Partner, Goldman Sachs

MELINDA WOLFE

Former Chief People Officer / HR Consultant / Executive Coach

TIPS FOR DIFFICULT CONVERSATIONS (YES, YOU HAVE TO HAVE THEM!)

BEFORE CONVERSATION

- Be prepared
- Be clear about your purpose & intended outcome
- Focus on performance-related feedback
- Set the stage

DURING THE CONVERSATION

- Ensure you are giving full focus
- Don't skip the hard truths & real feedback, but balance with positive
- Listen (really!)
- Separate intent from impact & reinforce the importance of perception
- Seek solutions, not blame
- Check your own accountability & how you can support change
- Clarify common understanding, possible solutions and expectations
- Reinforce confidentiality
- Keep your emotions in check
- Know when to pause or end the meeting



DEB LEVY

Certified Business and Life Coach, Coaching Is Good

FINDING HAPPINESS IN CHAOS

1. THREE GOOD THINGS

- "Three Good Things" - Happiness Exercise Shortest Guide by Sandip Roy, Happiness India Project
<https://happyproject.in/three-good-things/>
- Positive psychology progress: empirical validation of interventions. by Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). American Psychologist, 60(5), 410.
<http://www-personal.umich.edu/~daneis/symposium/2012/readings/Seligman2005.pdf>

2. POST TRAUMATIC GROWTH

- Post Traumatic Growth from the Corona Virus - Finding Hope, by Beth Tyson
- The Coronavirus and Post Traumatic Growth, by Steve Taylor

3. THE SCIENCE OF HAPPINESS

- The How of Happiness: A scientific approach to getting the life you want, by Sonja Lyubomirsky . (2008). New York: Penguin Press.
- Is it Possible to Become Lastingly Happier? Answers from the Modern Science of Well-Being, in Vancouver Dialogues, 2006.
- You don't need to be successful to be happy, by Lisa C. Walsh, Julia K. Boehm and Sonja Lyubormirsky - Fast Company, May 27, 2019
<https://www.fastcompany.com/90355340/the-link-between-success-and-happiness>

4. THE SCIENCE OF WELL-BEING

- Perma Theory Of Well-Being, from Positive Psychology Center
- Flourish: A Visionary New Understanding of Happiness and Well Being by Martin E.P. Seligman. (2011). Free Press

Continued...

5. POSITIVE EMOTIONS

- Positivity - Top Notch Research Reveals the 3 to 1 Ratio That Will Change Your Life, by Barbara Fredrickson. (2009). Free Rivers Press
<https://www.positivityratio.com/>
- Are you Getting Enough Positivity in Your Diet, by Barbara Fredrickson, June 21, 2011, Greater Good Magazine

6. GRATITUDE

- How Gratitude Can Get You Through Hard Times, by Robert Emmons, May 13, 2013, Greater Good Magazine
- Gratitude Works!: A 21 Day Program for Creating Emotional Prosperity, (2013), Jossey-Bass

7. STRENGTHS

- Via Character Strengths Assessment - viame.org
Strengths in the Time of the Coronavirus, by Mary Judd, VIA Institute on Character

8. USING POSITIVE PSYCHOLOGY TO FIND HAPPINESS DURING THE CORONAVIRUS

- On Coronavirus Lockdown? Look for Meaning Not Happiness, by Emily



JENNIFER ROSENTHAL

Associate Director, Finsbury

A LENS ON FUTURE YOU

WORKPLACE TRENDS

Time Magazine Article

<https://time.com/5876604/machines-jobs-coronavirus/>

NY TIMES ARTICLE

<https://www.nytimes.com/2020/07/13/business/coronavirus-retraining-workers.html>

<https://www.nytimes.com/2020/06/06/business/corporate-america-has-failed-black-america.html>

HARVARD BUSINESS REVIEW ARTICLE

<https://hbr.org/2020/08/8-ways-managers-can-support-employees-mental-health>

WASHINGTON POST ARTICLE

National security and workplace flexibility aren't compatible

FORBES

Employee engagement demands corporate and social responsibility

B-R-A-N-D ACRONYM:

BE YOURSELF

- Write your personal elevator pitch or personal mission/vision statement
- Do a trusted group survey "What is my superpower?"
- Take the Gallup 2.0 Strength Finder Assessment

RESILIENCY

- Prioritize recharge moments
- Reframe reflections
- Set SMART goals

ADVOCATE

- Start with your vision
- Make a plan
- Ask for what you want
- Then, ask again!

NETWORK

- Find a community
- Read Pat Hedley's Meet 100 people <https://meet100people.com>
- Identify your personal Board of Directors
- Cleverly manage your social media

Continued...

DISRUPT(OR)

- Listen and learn – and align to your interests/purpose
- Take a solutions-oriented problem-solving approach
- Own the solution, if possible
- Drive execution using thoughtful strategy

TWITTER

@Jenn_Rosenthal

LINKEDIN

<https://www.linkedin.com/in/jenniferrosenthal1/>

EMAIL

Jennifer.Rosenthal@Finsbury.com



JOYCE RUSSELL

President, Adecco Group US Foundation

GENEROSITY IN LIFE AND LEADERSHIP

<https://www.acherryontopbook.com/>



SUSAN WALKER

Managing Director & Market Executive,
Bank of America Private Bank

SABEEN VILLANI

Director and Market Executive,
Merrill Lynch Wealth Management

TAKING STEPS TO ACHIEVE FINANCIAL WELLNESS

CREATING FINANCIAL GOALS

1. CONSIDER YOUR GOALS

2. DEFINE YOUR GOALS

- Why the goal important?
- What's the purpose?
- When do I want to achieve this goal?
- What's the finite monetary amount for this goal?
- What actions are needed to achieve this goal?

3. PRIORITIZE YOUR GOALS

- Remember Less is MORE!
- Pick your top 3 and determine if long or short term

4. MOTIVATE YOURSELF TO ACHIEVE

- Write them down
- Breaking into smaller goals with defined deadlines
- Use a visual reminder
- Share your goals with valued network
- Consider roadblocks, plan for solutions
- Create accountability process

CREATING A SPENDING PLAN

[Go.ML.com/budget](https://www.ml.com/budget)

1. SPEND TIME (AT LEAST A MONTH) TRACKING SPENDING

- Include every expense
- Record take home pay for the same time frame

2. CATEGORIZE EXPENSES

- Consider essential and non-essential categories
- Note spending patterns
- Subtract expenses from take home and
- Assess if earnings match expenses and goals

ALWAYS REVIEW PLANS AND GOALS EVERY COUPLE OF MONTHS TO ASSESS PROGRESS AND IF ANYTHING NEEDS TO BE RECONSIDERED.

Transaction decoupling: disassociating the costs and benefits of a purchase, therefore, separating the pain of paying from the pleasure of buying.

Continued...

BEFORE PAYING WITH CREDIT

1. Ask is this a want or need?
2. Is it accounted for in your spending plan?

THE AVERAGE CREDIT CARD RATE IS 17%

<https://www.experian.com/blogs/ask-experian/state-of-credit-cards/>

<https://www.experian.com>

<https://www.transunion.com>

<https://www.equifax.com/personal/annualcreditreport.com>

THE AVERAGE CREDIT SCORE IS 675, BETWEEN AVERAGE AND GOOD

Credit score = 35% payment history, 30% amount owed, 15% length of credit history, 10% types of credit used, 10% new credit

WAYS TO IMPROVE YOUR CREDIT SCORE

1. Make payments on time
2. Reduce the amount of debt you hold against the credit limit

WAYS TO PAY DOWN DEBT

1. Look at your whole debt picture
2. Use cash for future purchases
3. Save for big ticket items
4. Keep only 1-2 cards with no annual fee, and lower the credit limits on them
5. Transfer high interest balances to low interests cards
6. Pay more than the minimum amount due
7. Use SNOWBALL METHOD or HIGH INTEREST BALANCE METHOD to pay off debt

CREATING A SAVINGS PLAN

1. Assess financial goals by amount and end date
2. Break down goal by month or pay period for savings goal
3. Consider the benefit of compounding interest against the timeline of the goal
4. Make sacrifices!
5. Can you put tax refunds or other extra money in savings?
6. Can you live on previous income and put raise bump into savings?
7. Create Emergency Fund (3-6 months of take home pay a gauge to start)
 - Keep in liquid account separate from other savings and replenish when used
8. Create a Retirement Savings Fund
 - Consider IRAs, 401 (k), Health Savings Accounts
 - Consult with professionals for guidance
 - Check your contribution rate and align with goals
 - Try to increase contribution rate (even by 1% makes a difference)
 - If an employer's 401 K matches, maximize it!
 - 55 plus allows for catch up on Health Savings Accounts

Continued...

LET'S RECAP FINANCIAL FUNDAMENTALS

1. Prioritize your goals
2. Track your expenses / income
3. Create a spending plan
4. Understand your debt
5. Create a debt management plan
6. Review your credit score
7. Create savings plan
8. Regularly evaluate savings plans



KELLY WATSON

CEO, MarKel Consultants

REIMAGINING YOU

KEY QUESTIONS TO ASK YOURSELF ON YOUR JOURNEY TO REIMAGINING:

- What did you want to be when you were a kid?
- What section of the newspaper do you read first?
- What gives you energy?
- What saps your energy?

ARE YOU LIVING IN A STATE OF GRATITUDE OR DO YOU SPEND TIME COMPARING YOURSELF TO OTHERS?

