

# 5<sup>Th</sup> ANNUAL Women's EMPOWHERMENT CONFERENCE



2023 | APRIL 22<sup>nd</sup>

**Cordelia Calderon**  
Keynote Speaker



<https://WEC2023.eventbrite.com>

**Finding the power of your VOICE.**



WEC@MORTON.EDU



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**MORTON COLLEGE**

3801 S Central Ave, Cicero, IL 60804

# Welcome

## Women's EmpowHERment Conference Committee

Welcome to our 5th Annual Women's EmpowHERment Conference! We are excited to welcome you to Morton College to celebrate another year of WEC. We are honored that you chose to spend your day with us!

WEC celebrates the power of YOUR voice and the impact we've had on our community over the years. This conference was created in 2019 to highlight women in our community. In its inaugural year, we welcomed Cicero-native, Erika L. Sanchez, author of "I Am Not Your Perfect Mexican Daughter" to kick off what would eventually become the Women's EmpowHERment Conference. Since then, our conference has featured speakers from across the Chicagoland area - our sisters, friends, colleagues, and neighbors. We hope that with every story you hear today, you will walk out feeling inspired and motivated to implement new skills, strengthen new connections, and go for what you wish to accomplish next in your life!

This year we encourage all participants to support our fundraising efforts to raise \$10,000 for scholarships that will help our students reach their academic goals. All proceeds from the T-shirt and sweatshirt sales will go towards scholarships for students in need. While keeping the conference fee at no cost to the participant, we decided to include a fundraiser this year to support our student community.

Thank you to our supporters and sponsors - Especially to Wendy's and Bloomingdales - Chanel for their generous contributions. Thank you to our MC Music Club Ladies for providing music, MC students, Natalia Saraceno for custom stickers and Alexa Duran for her coloring book illustrations.

We encourage you to step out of your comfort zone, to speak up and connect with other conference participants. Have a great conference and remember to tag us on your social media posts! We also welcome your feedback - [wec@morton.edu](mailto:wec@morton.edu) or [https://bit.ly/WEC23\\_Survey](https://bit.ly/WEC23_Survey)

Interested in presenting next year? Email [wec@morton.edu](mailto:wec@morton.edu)

### Morton College Women's EmpowHERment Committee

Maria Anderson  
Myeisha Grady  
Dr. Sara Helmus  
Dr. Shannon Martino

Gabriela Mata  
Elizabeth Melgoza  
Rebecca Primm  
Perla Santoyo

Veronica Tinajero  
Ana Valdez

**8:30 AM**      **Doors Open**

**Registration Check-In**

JPAC Theatre Lobby

**9:30 AM**      **Welcome | JPAC Theatre**

Speaker Ileana

**10:00 AM**      **Workshop Cycle I**

**Awareness of Your Voice: Identify the strength behind the ownership of your voice | Room 278C**

Being equipped with the knowledge behind our feelings, choices, experiences and emotions helps us to gain power in our ability to express ourselves healthy and with strength and full understanding. In utilizing the awareness cycle you will be able to become aware of the triggers in your environment; acknowledge the importance of your feelings; allow time for mindfulness; attend to the deeper meaning of the trigger itself; and finally learning how to take action helps you to own. Please join me in identifying the strength behind the ownership of your voice.

**Failing to Find Purpose | Room 277C**

Through story-telling, Rise and Thrive Latinas will share their origin journey and how it took failing to be able to come back to purpose. Guests will be invited to participate in a reflective exercise to identify how external messages make a home in our lives, drowning out our truths, and making it harder walk a path of purpose.

# Conference Agenda

## **Finding the Confidence in Your Voice I Room 275C**

Building your confidence through your voice and empowering other women to be themselves without becoming someone else.

## **From College to Corporate I Room 178C**

Engage in an candid discussion about the corporate leadership journey. This session encourages participants to ask the hard questions for real, honest answers. LeAna will share the good, the bad, and the ugly about her experiences from college to corporate.

## **Latinas in Finances - Finding the power of your voice Panel I Room 176C**

We are not seeing ourselves represented in the important financial conversations. Per the Economic Policy Institute, in 2020 only 10% of Latinas are represented under management, business and finances versus 18% of white women.

Discrimination and bias-based on race, ethnicity, sex, and migration status have intersected to funnel Latinas into lower-paying occupation and to deny them fair wages for their work. Latinas in Finances is a collaboration of women that share their personal stories of success and their falls in relationship with finances. Hear from Latinas in the financial field, enthusiastic to motivate our community and generations to come. This is not just a book but a movement aiming to build generational wealth and to increase the percentage of Latinas in Finances. With Latinas in Finances, the best is yet to come!

## **Leadership Through Service: Joining A Non-Profit Board I Room 177C**

Your personal and professional skills can be a force for good! Discover the benefits of taking on board service at a nonprofit

# Conference Agenda

organization. Learn about board member roles and responsibilities, identify which board positions best match your personal experience, and discover the causes most meaningful to you.

## **Simple Tips and Tricks to Optimize Your Day and Life I Room 175C**

This interactive session will cover strategies to elevate energy level, mood and health and bring more joy to everyday life.

## **There is POWER in your Voice: Women in Leadership I Room 276C**

At this session you will learn the power in your voice with the Director of Human Resources at Morton College!

**11:15 AM**

## **Workshop Cycle II**

### **Awareness of Your Voice: Identify the strength behind the ownership of your voice I Room 278C**

Being equipped with the knowledge behind our feelings, choices, experiences and emotions helps us to gain power in our ability to express ourselves healthy and with strength and full understanding. In utilizing the awareness cycle you will be able to become aware of the triggers in your environment; acknowledge the importance of your feelings; allow time for mindfulness; attend to the deeper meaning of the trigger itself; and finally learning how to take action helps you to own. Please join me in identifying the strength behind the ownership of your voice.

### **Expressing your voice through Entrepreneurship I Room 175C**

Entrepreneurship can seem intimidating and challenging but when you follow your passion and purpose you are able to navigate the process much more effortlessly. The process allows

# Conference Agenda

you to explore your unique voice and the power you hold within you to make an impact in your own way. Becoming an entrepreneur will allow you to express your authentic self and provides you with a platform to showcase the power in your voice. During this workshop I will share my personal experiences as an entrepreneur developing my own law firm after graduating law school and how as a Latina attorney, I have been able to explore the power in my voice to make an impact in our communities through Entrepreneurship. Through my personal experiences I will provide helpful tips of how you can explore if Entrepreneurship is a right fit for you.

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## **Soy Mujer Poderosa | Room 176C**

No experience needed to bring your creativity out! Decorate your very own canvas. During this workshop you will have all the supplies you need to paint a masterpiece. Canvases and paint

# Conference Agenda

will be provided for you. If you need a little help, an art instructor will be available during this workshop.

## **Vision Board: Think it, say it and see it I Room 276C**

During this time each participant will receive a vision board workbook, magazines and each section is timed. If time allows I would like to select some to present somethings.

## **Women promoting Healthy and Safe Communities: Secure Family Attachment I Room 177C**

In this conference, attendees will have the opportunity to reflect about how their own upbringing might be impacting the way they relate to their children –whether biological, adoptive or in school settings. The group will also go over strategies that can help promote a safe attachment, so kids can grow up to be healthy, confident, and emotionally attuned individuals.

**12:30 PM**

## **Keynote Speaker & Lunch**

Gymnasium

Cordelia Calderon

**2:15 PM**

## **Workshop Cycle III**

### **Calm during the pandemic: Stress management during times of crisis and change. I Room 277C**

The pandemic has had a great impact on people's mental health. For many, it has affected their stress levels and exacerbated or triggered anxiety or depression, among other mental health challenges. This workshop will examine how the pandemic has impacted people's mental health and stress levels, along with ways to better cope with change and crisis when it occurs in our environment.

### **Crystal Wire Wrapping Workshop I Room 275C**

Join us as we learn about crystals and create a beautiful one of a kind pendant.

## **Finding your voice with a leadership philosophy statement | Room 175C**

Many of us are leaders in different capacities. Whether you're the leader of a team or your family, a leadership philosophy statement can set the guidelines of your leadership style. This workshop will help you set the foundations for writing your personal leadership philosophy.

## **Keep it, strengthen it, use it for good | Room 176C**

Finding and holding onto the power in your voice is not an easy or linear task. Come learn about how Chicago native, Melissa McGlynn, developed her voice, the obstacles she overcame within herself and her surroundings and what she is doing now to keep it, strengthen it and use it for good.

## **Soy Mujer Poderosa | Room 178C**

No experience needed to bring your creativity out! Decorate your very own canvas. During this workshop you will have all the supplies you need to paint a masterpiece. Canvases and paint will be provided for you. If you need a little help, an art instructor will be available during this workshop.

## **The Power of Your Identity | Room 105C**

This workshop will aim to create a safe space and sense of belonging for participants. There will be an interactive activity where participants will be able to dig deep in thinking about all of the different components that shape one's identity. We will ask for participants to actively engage, ask questions, and share examples to promote a sense of empowerment within one another.





**Cordelia  
Calderon**

## The Power of Your Identity

Cordelia started with Medix in October of 2016 after 4 years in retail management and 1 year in IT staffing. She was an IT Recruiter for the first year and a half of her Medix career. She then was promoted to Regional Recruitment Director. For her 3+ years in this role, she worked in operations to hire, develop, and promote several employees. In November of 2021, Cordelia was promoted into her role as Medix's Director of Diversity, Equity, Inclusion & Employee Experience. Outside of Medix, Cordelia has her degree from University of Iowa in International Studies and Spanish. She has served as the President of the Associate Board for a Chicago Non Profit: Cara Collective. Cordelia got married in 2022 to her now husband, Greg Calderon, and they live in the West Loop neighborhood with their dogs, Domingo & Donatello. They enjoy traveling and trying out new restaurants in their free time.

# Keynote Speaker

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**Twitter:** cordeliaseidel

**Facebook:** Cordelia Calderon

**Linkedin:** Cordelia Calderon

**Email:** cseidel@medixteam.com



**LeAna  
Flores**

## **From College to Corporate**

LeAna Flores is the Director of Diversity, Inclusion and Belonging at H&R Block. LeAna has been with H&R Block for 6 years and over the course of her tenure has spent many years within the Global Consumer Tax organization leading districts in Chicago Illinois and the Greater Atlanta Region in Georgia. In her current role LeAna is able to serve the business as an activist, educator and leader in all things DEIB. LeAna is a graduate of the University of Illinois at Urbana-Champaign and currently resides in Kansas City, Missouri

**Workshop Description:** Engage in an candid discussion about the corporate leadership journey. This session encourages participants to ask the hard questions for real, honest answers. LeAna will share the good, the bad, and the ugly about her experiences from college to corporate.



## Soy Mujer Poderosa

### Kira Arguirre

Kira Aguirre, who also goes by the artist name VampKira, is a Chicago based multidisciplinary artist who loves everything Tiki, Geeky and Strange. Her surrealist style has both a dark and whimsical touch. She teaches affordable bi-lingual art classes in Chicago

**Workshop Description:** No experience needed to bring your creativity out! Decorate your very own canvas. During this workshop you will have all the supplies you need to paint a masterpiece. Canvases and paint will be provided for you. If you need a little help, an art instructor will be available during this workshop.

**Instagram:** vampkira\_art

**Workshop Cycle II,  
Workshop Cycle III**

# Featured Speakers



## Women promoting Healthy and Safe Communities: Thriving despite Trauma

### Mauricio Cifuentes

Mauricio received his J.D. from Pontificia Universidad Javeriana in Colombia, an MSW and a Ph. D. both from Loyola University Chicago. Currently, he is the Clinical Director at Cicero Family Services. He has worked as a clinician, supervisor, administrator, and professor for organizations such as Saint Anthony Hospital in Chicago, Augsburg University in Minneapolis, Comunidades Latinas Unidas En Servicio (CLUES) in Minneapolis/St Paul, and Loyola University Chicago where he coordinated the first-in-the-country online, bilingual Master's in Social Work.

**Workshop Description:** At the end of this presentation, attendees will have a better understanding of the ways in which trauma affects women and a greater appreciation of the ways in which despite its negative consequences women are well equipped to overcome it and thrive.

**Facebook:** Family Service & Mental Health Care of Cicero

**Email:** mcifuentes@cicerofs.org

**Workshop Cycle III**



## Simple Tips and Tricks to Optimize Your Day and Life

### Irina Cline

Irina Cline, Director of Community & Continuing Education at Morton College Irina has been with Morton College for 9 years, starting as an Adult Education tutoring program coordinator. In her current role, she oversees non-credit career programs, collaborative partnerships and special community projects. She previously worked as an English Adjunct Instructor at Columbia College and Writing Tutor at the University of Illinois at Chicago. Irina's academic interests include innovative career pathways, human optimization, and institutional effectiveness. She made presentations at the state and national conferences such as Coalition on Adult Basic Education Conference, Forum for Excellence and Colorado State University Society for the Interdisciplinary Studies Conference. Irina holds a B.A. in English from Roosevelt University and an M.A. in English from the University of Illinois at Chicago.

**Workshop Description:** This interactive session will cover strategies to elevate energy level, mood and health and bring more joy to everyday life.

**Email:** [irina.cine@morton.edu](mailto:irina.cine@morton.edu)

**Workshop Cycle I**

# Featured Speakers



## There is POWER in your Voice: Women in Leadership

### Murneka Davis

Murneka Davis is a HR Professional with over 25 years of HR experience in private, non for profit, healthcare and higher education institutions.

Murneka currently serves as Director of Human Resources at Morton College. Prior to Morton, she served as Senior HR Manager at Oakton and an HR Manager at Loyola University Chicago. Murneka is the proud mother of Cameron Natasha. She is an active member of Alpha Kappa Alpha, Tau Gamma Omega Chapter, she has been a member for 31 years! Murneka has a passion for public speaking, training/development and helping inner city youth grow to meet their full potential. Murneka grew up on the westside of Chicago, attended Whitney Young High School and Northeastern Illinois University where she obtained her Bachelor's Degree. She attended Keller Graduate School and completed her Master's Degree in Human Resources Management. Murneka believe whole heartedly that education is key! She has a passion for hiking, jazz, dance and providing service to all mankind.

**Workshop Description:** At this session you will learn the power in your voice with the Director of Human Resources at Morton College!

**Workshop Cycle I**

# Featured Speakers



## Expressing your voice through Entrepreneurship

### Daissy Dominguez

In 2010, Ms. Dominguez received her Bachelor of Arts in Liberal Arts and Science with a major in Political Science from The University of Illinois at Urbana-Champaign. In 2013, Ms. Dominguez received her Juris Doctor from UIC Law School. Ms. 'Dominguez founded Dominguez Legal Justice Center, LLC (DLJC) with a focus on immigration. DLJC was founded under the mission to build a socially conscious law practice that provides affordable legal services to low and moderate-income people. DLJC provides educational legal workshops in communities to educate residents about their legal rights and collaborates with community organizations to host legal consultations and staff trainings at their local centers. Additionally, Ms. Dominguez is currently an Adjunct Law Professor at UIC Law School and a Fitness Trainer at Hustle Fitness.

**Workshop Description:** Entrepreneurship can seem intimidating and challenging but when you follow your passion and purpose you are able to navigate the process much more effortlessly. The process allows you to explore your unique voice and the power you hold within you to make an impact in your own way. Becoming an entrepreneur will allow you to express your authentic self and provides you with a platform to showcase the power in your voice.

During this workshop I will share my personal experiences as an entrepreneur developing my own law firm after graduating law school and how as a Latina attorney, I have been able to explore the power in my voice to make an impact in our communities through Entrepreneurship. Through my personal experiences I will provide helpful tips of how you can explore if Entrepreneurship is a right fit for you.

**Instagram:** Abogadadaissy

**Tiktok:** Abogadadaissy

**Facebook:** Dominguez Legal Justice Center, LLC

**Website:** [www.daissydominguez.com](http://www.daissydominguez.com)

**Email:** [daissy.dominguez@gmail.com](mailto:daissy.dominguez@gmail.com)

## Workshop Cycle II



## Failing to Find Purpose

**Stephanie Gomez,  
Erica Gardunio,  
Jazmine Del Angel**

### & Adriana Galvan

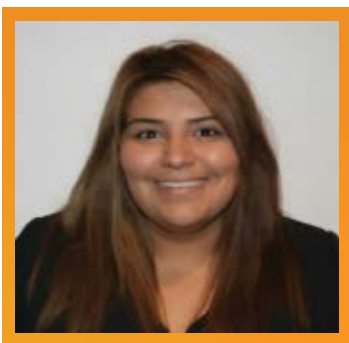
Stephanie Gomez is the Founder and Jefa at Rise and Thrive Latinas. Launched in Fall 2021, Rise and Thrive Latinas is a convener and curator of experiences and spaces for Latinas to connect, build community, and work toward collective healing. RTL is guided by our three pillars of self, joy, and community. Most popularly known for the RTL Book Club, Rise and Thrive Latinas continues

to evolve as a response to the desire many of us have to be in community and feel fully seen and heard.

**Workshop Description:** Through story-telling, Rise and Thrive Latinas will share their origin journey and how it took failing to be able to come back to purpose. Guests will be invited to participate in a reflective exercise to identify how external messages make a home in our lives, drowning out our truths, and making it harder walk a path of purpose.

**Email:** gomezsteph16@gmail.com

**Workshop Cycle I**  
**Workshop Cycle II**



**Vision Board:  
Think it, say it  
and see it**  
**Arcelia  
Gonzales**

My name is Arcelia Gonzales, MBA. The sweetest entrepreneur, and owner & operator of Sister Sweets. My background in the event and corporate world has inspired me to strategically develop the best customer experience and creative creations for any occasion. We are passionate to help other entrepreneurs thrive and succeed. In January 2022, Sister Sweets launched their business coaching and Balloon academy program. The goal is to put the power of confidence, accountability, drive, creativity, and strategy to align your business vision with your personal vision.

# Featured Speakers

**Workshop Description:** During this time each participant will receive a vision board workbook, magazines and each section is timed. If time allows I would like to select some to present somethings.

**Instagram:** sistersweetsandmore  
**Facebook:** Sister Sweets And More  
**Email:** sistersweetsandmore@gmail.com

**Workshop Cycle III**



**Crystal Wire  
Wrapping  
Workshop**  
**Angela  
Hernandez**

Angie is a xicana mixed media artist & owner of AngMir Hecho con Cariño. Her art & jewelry are fun statement pieces promoting positivity & self love with a Lil Bruja flair. These creations include wearable art & collectibles all charmed with crystals & dried florals.

**Workshop Description:** Join us as we learn about crystals and create a beautiful one of a kind pendant.

**Instagram:** angmir\_hechoconcarino  
**Tiktok:** angmirhechoconcarino  
**Facebook:** AngMir Hecho con Cariño  
**Website:** angmir.com

**Workshop Cycle III**



## Finding the Confidence in Your Voice

**Alex Jones**

Leader and Coach in the QSR industry for over 20 years.

**Workshop Description:** Building your confidence through your voice and empowering other women to be themselves without becoming someone else.

**Instagram:** alex.jones.1004

**Facebook:** alex.jones.1004

**Email:** alex.jones@wendys.com

**Workshop Cycle I**

**Workshop Cycle II**



## Finding your voice with a leadership philosophy statement.

**Bonnie Lozada**

Bonnie is a successful HR practitioner, dedicated mom and wife. With over a decade of experience in the field of human resources. After working in Finance and Durable Medical Equipment industries, she currently serves as the HR Specialist for Custom Data Processing, where she leads the HR function for a workforce of 150 employees. Her responsibilities include leadership training and development, managing

# Featured Speakers

employee relations, and developing and implementing HR strategies. When she's not working, Bonnie enjoys spending time with her daughter, husband, and dog. They spend a lot of time outdoors hiking, biking, swimming and admiring plants. Her favorite way of relaxing after a mentally exhausting day at the office is tending to her 30+ house plants. Bonnie says that "The actions of watering, removing spent blossoms/faded leaves, observing signs of growth and/ or disease, transplanting, repotting, and propagating, are a great way to manage the stressors of a working mom."

**Workshop Description:** Many of us are leaders in different capacities. Whether you're the leader of a team or your family, a leadership philosophy statement can set the guidelines of your leadership style. This workshop will help you set the foundations for writing your personal leadership philosophy.

**Instagram:** tellob1752

**Email:** bonnie.lozada@cdpehs.com

**Workshop Cycle III**



**Keep it, strengthen it, use it for good.**

**Melissa J. McGlynn**

Melissa was born and raised in Belmont Cragin in Chicago and still lives not too far from her childhood home. She loves the comfort of a familiar space but the diversity her neighborhood has attracted over the last 30 years. She earned both her Bachelor's and Master's degrees from Northeastern Illinois University and is currently the Associate Dean of Enrollment

Management at Harold Washington College. Most of her life she felt as though her voice was less important than the adults around her or peers throughout her education. It took her into her twenties to realize that what she thought, said and experienced had value. She often finds herself speaking in support of those who, like her, do not know how or where to speak up for themselves, or have not been given a space to do so. When she spoke up, it was brave, powerful and she was trusted. What do we do when we find our voice? How do we use it to fulfill our purpose?

**Workshop Description:** Finding and holding onto the power in your voice is not an easy or linear task. Come learn about how Chicago native, Melissa McGlynn, developed her voice, the obstacles she overcame within herself and her surroundings and what she is doing now to keep it, strengthen it and use it for good.

**Instagram:** mmcglynn1986  
**Facebook:** Melissa McGlynn  
**Email:** mmcglynn@ccc.edu

### Workshop Cycle III



## Leadership Through Service: Joining A Board

**Jessi Moon**

Jessi Moon serves as the Chief Development Officer for Chicago Foundation for Women. Her career in nonprofit leadership spans 15 years with service at community organizations, foundations, and universities. At CFW, she leads a team focused on

# Featured Speakers

securing resources to invest in women and girls as catalysts, building strong communities for all.

**Workshop Description:** Your personal and professional skills can be a force for good! Discover the benefits of taking on board service at a nonprofit organization. Learn about board member roles and responsibilities, identify which board positions best match your personal experience, and discover the causes most meaningful to you.

**Email:** jmoon@cfw.org

### Workshop Cycle I



## Women promoting Healthy and Safe Communities: Secure Family Attachment

### Daniela A. Barrios Morello

Daniela offers therapy services to individuals and families and is responsible for the coordination of communication and community projects at Cicero Family Services. One of her goals is to support the well-being of immigrant and refugee communities and those who have experienced any form of marginalization. Daniela obtained a BS in Communications from the Universidad Católica Andrés Bello in Venezuela, and immigrated to the United States as an adult. After over 20 years in the communications and marketing field, and inspired by volunteer experiences, she went back to school to get her Masters in Social Work from Loyola University Chicago with a specialization in Mental Health and sub-specializations in Migration Studies



and Group Work. She has also been certified as an Infant/Early Childhood Mental Health Consultant in Illinois. For Daniela, it is an honor to offer compassionate and culturally sensitive counseling and psychoeducation to the community.

**Workshop Description:** In this conference, attendees will have the opportunity to reflect about how their own upbringing might be impacting the way they relate to their children –whether biological, adoptive or in school settings. The group will also go over strategies that can help promote a safe attachment, so kids can grow up to be healthy, confident, and emotionally attuned individuals.

**Facebook:** Family Service & Mental Health Care of Cicero

**Email:** dbarrios@cicerofs.org

**Workshop Cycle II**



**Calm during the pandemic: Stress management during times of crisis and change.**

**Carmen Ochoa-Galindo**

Dr. Ochoa-Galindo is a senior lecturer at UIC and received her doctorate degree in counseling psychology from Argosy University. In addition, she has her LCPC (licensed clinical professional counselor) and provides individual and family counseling at a private practice. Dr. Ochoa-Galindo has over 15 years of undergraduate teaching experience, having taught at different quality liberal

**Featured Speakers**

arts colleges and universities in the Chicago area including St. Xavier, Morton College, and National Louis University. She also taught English as a Second Language at a university in Mexico for two years. As a licensed counselor, Dr. Ochoa-Galindo has over 15 years of experience providing individual, family, and group counseling to children, adolescents, and adults both in outpatient and inpatient settings including psychiatric hospitals, community mental health clinics, schools, crisis centers, and non-profit agencies. She has experience working with a variety of issues including mental illness, behavioral disorders, domestic violence, sexual assault, acculturation stress, and trauma.

**Workshop Description:** The pandemic has had a great impact on people's mental health. For many, it has affected their stress levels and exacerbated or triggered anxiety or depression, among other mental health challenges. This workshop will examine how the pandemic has impacted people's mental health and stress levels, along with ways to better cope with change and crisis when it occurs in our environment.

**Email:** drochoagalindolcpc@gmail.com

**Workshop Cycle III**



## Latinas in Finances - Finding the power of your voice Panel.

**Imelda**

### Rodriguez, Denise Krohn, Nancy Pina, & Cristina Pineda

Imelda Rodriguez is the Founder & CEO of Coaching Vida LLC. She created the company, to provide the necessary tools to obtain a better lifestyle through holding seminars, courses, workshops, and conferences, as well as one-on-one and group coaching sessions (Life & Financial Coaching) that she named Coaching Vida (Coaching Life). She is also Founder of the Entre Nosotras Talk Show, a video blog that has been live for more than 10 years revolving around women's supporting topics. Imelda is also Credit as Asset Master Trainer of the Credit Builders Alliance among many other certifications that support her work. Back in June 2021 she received the Latina Community Spirit Award from the Latinas Voice Awards. As of May 2017, Imelda became a contributing author of Today's Inspired Latina Vol. III. She possesses many key leadership qualities and is passionate, persistent, direct, optimistic and creative, hard-working, enthusiastic about building relationships, open to feedback, and energized towards developing people to their fullest potential. She has shown true perseverance and dedication to her work-dreams and has a true belief in people and the power of change. Imelda exhibits a commendable and courageous willingness to self-reflect, adapt, negotiate, and try on new and different things to build her leadership capacity. She

# Featured Speakers

intentionally sets ambitious goals for herself and her teams and has accomplished much in the lives of the clients she serves. Throughout her work, Imelda has remained committed to multigenerational legacy and implementing homeless prevention services to reduce emergency situations that lead to homelessness or crisis. She deeply believes that we can be the best version of ourselves and through learning we can grow and develop our greater purpose and impact. Her own growth as a leader in her community and in her businesses is the greatest testament to the deep and powerfully transformative truth of that belief.

**Workshop Description:** We are not seeing ourselves represented in the important financial conversations. Per the Economic Policy Institute, in 2020 only 10% of Latinas are represented under management, business and finances versus 18% of white women. Discrimination and bias-based on race, ethnicity, sex, and migration status have intersected to funnel Latinas into lower-paying occupation and to deny them fair wages for their work. Latinas in Finances is a collaboration of women that share their personal stories of success and their falls in relationship with finances. Hear from Latinas in the financial field, enthusiastic to motivate our community and generations to come. This is not just a book but a movement aiming to build generational wealth and to increase the percentage of Latinas in Finances. With Latinas in Finances, the best is yet to come!

**Instagram:** [latinasinfinances](#)

**Facebook:** [Latinas in Finances](#)

**Website:** [latinasinfinances.com](#)

**Workshop Cycle I**

**Workshop Cycle II**



## Awareness of Your Voice: Identity the strength behind the ownership of your voice.

### Ami Stephens

Ami Stephens is a licensed professional clinical counselor (LPCC), owner and creator of Balanced Life Therapy: Facet-Care Counseling and Wellness. She created Facet-Care in order to share her vision of wholistic wellness and full mind, body and spiritual growth importance. She has been working as a professional for 10+ years. Ami completed her Masters of Arts Degree in Counseling from Cincinnati Christian University University in 2014; she went to work in the school setting initially only to find herself in private practice a couple years later and launched Facet-Care Counseling and Wellness in 2022 . If she is not reaching client, now you can find her 'giving speeches in schools, universities, churches and several other locations on work/life balance, mental health awareness and wholistic approaches to self-care.

# Featured Speakers

**Workshop Description:** Being equipped with the knowledge behind our feelings, choices, experiences and emotions helps us to gain power in our ability to express ourselves healthy and with strength and full understanding. In utilizing the awareness cycle you will be able to become aware of the triggers in your environment; acknowledge the importance of your feelings; allow time for mindfulness; attend to the deeper meaning of the trigger itself; and finally learning how to take action helps you to own. Please join me in identifying the strength behind the ownership of your voice.

**Instagram:** amirstephens

**Facebook:** Ami Stephens

**Workshop Cycle I**

**Workshop Cycle II**

*Thank you*

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**See you next year!  
Stay tuned for 2024 event details.**

**Took a picture today? Use our hashtag! #MCWEC  
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