Be confident and optimistic.
Be a goal-setter, and a go-getter.
Be bold.
And most of all,
BE YOUR BEST!

LEAD Girls of NC thanks Allegacy for their generous support of our work!
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SESSION ONE  It's a Mentality!

With
Rebecca Otallah & Danielle Harper

G.R.I.T. Expo
- Identify personal stressors
- Recognizing what triggers personal stress
- Tools for stress management

SESSION TWO  #MoneyGoals

With
Amber Morris

G.R.I.T. Expo
- Learn the model of Save, Spend, and Give
- Set one financial goal based on age
SESSION THREE
Showing Up: Knowing My Spaces and Places!

- Recognize what “physical presence” looks like in various spaces
- Recognize what “non-verbal presence” looks like in various spaces

SESSION FOUR
#LetsRestore

- How to build and sustain healthy relationships
- To recognize when harm or conflict has occurred in a relationship
- Acquire practical language that can be used to repair harm or restore when a conflict has occurred
MEET THE AUTHOR!
Joy Jones

At the G.R.I.T. Expo, LEADers will have the opportunity to meet the author. Middle schoolers will receive a copy of Jayla Jumps In and high schoolers will get a copy of Fearless Public Speaking!

MIXXED FIT PARTY

With
THE J.E.Y. EXPERIENCE

- Explosive Dancing
- #Turn Up Time!
- Fun Movement
$10 Gift Card

To: Every G.R.I.T. Expo Participant

From: LEAD Girls of NC
Sponsored by: Reynolds American Women’s ERG

G.R.I.T. Expo

G.R.I.T. PRE-PARTY

zoom
9:30A
NOV 14TH

PLAY TO WIN!

Join us for a LEAD Girls G.R.I.T. Expo Pre-Party with music, games and a chance to win gift cards!

G.R.I.T. Expo

$50  $25
RAFFLE Giveaway

PARENT CONVERSATION
- $40 gas gift card
- Oil change certificate to Goodyear Auto Service

GIRL, SHOW UP AND SHOW OFF!
- $60 gift certificate to EOB Studios
- $25 Sephora gift card
- $100 VISA gift card

SHOP 'TIL YOU DROP GIRL!
- $50 Rue 21 gift card
- $50 Forever 21 gift card
- $75 VISA gift card
GIRL, YOU ARE A CHAMPION!
-$75 VISA gift card
-Champion bag filled with Champion items
-$20 Walmart gift card

YOU DESERVE IT, GIRL!
-Hair style appointment at The Hair Techs
-$50 VISA gift card
-Slippers
-Bath & Body Works Set
-Blanket

PRE-PARTY!
-$50 Forever 21 gift card
-$25 VISA gift card
PARENT CONVERSATION

With

Dr. Angela Monell  Eric Rainey, M.Ed.

November 14, 2020
9:00-9:45AM

95% of girls say LEAD provides useful information
SPEAKER BIOS

Danielle Harper  
*Novant Health Pediatric Counselor*

My name is Danielle Harper and I work as a Licensed Clinical Mental Health clinician at Robinhood Pediatrics and Adolescent Medicine here in Winston Salem. I have been in the mental health field for a total of 14 years. 8 years working with families and 6 years working as a child/adolescent therapist. My passion is working with teens who struggle with depression and anxiety. I am also bit of a nerd, so I love all things connected to the brain.

In my spare time (pre covid) you would find me either volunteering in the community, going to a lecture on community activism, going to a festival or spending time out and about in Greensboro with family and friends.

Joy Jones  
*Author*

Joy Jones is a popular speaker and the author of several books for youth and adults including FEARLESS PUBLIC SPEAKING, a how-to for teens; and JAYLA JUMPS IN, a novel about Double Dutch. Jones is the founder of DC Retro Jumpers, a Double Dutch team in Washington, DC. Her team has served as cultural ambassadors giving Double Dutch exhibitions in Russia. Visit her online at www.joyjonesOnline.com.

Dr. Angela C. Monell  
*Assistant Principal & LEAD Girls of NC Board Member*

Dr. Angela C. Monell is a native of Prince Georges County Maryland and has resided in the Winston Salem area for about six years. As an educator, her passion for students is evident in her daily work as an Assistant Principal. Dr. Monell received her undergraduate degree at Towson University in Mass Communication. As she began to explore her career interests she obtained her Masters in Special Education at Bowie State University. In 2014, she received her doctorate in Educational Leadership with a focus on Curriculum and Instruction. Dr. Monell’s first introduction to Restorative Practices was in her very first teaching job and she has used it across her 20-year career span to support not only the academic achievement but the social achievement of her students. Dr. Monell is licensed to train in Restorative Practices by the International Institute of Restorative Practices. She has a particular interest in working with Middle School students as she recognizes that being in the “middle” is challenging in many ways than one. She believes that middle school is a critical time to engage students and provide structure and resources that will not only take them through their formative years but will also be valuable throughout their lives. Dr. Monell serves as a Board of Director for the Lead Girls of NC and believes that given the chance, every girl will and can change the world.

Amber Morris  
*Community Development Banking Consultant for PNC*

Amber Morris is a Community Development Banking Consultant for PNC, serving the Western Carolina region. She works with non-profit organizations to deliver financial education workshops, teaching others the importance of making smart financial decisions.

Amber has worked in the world of Community Affairs for many years in various capacities and in different industries. She spent 12 years working with teams in the NBA, WNBA, and minor league, NBDL; including serving as Director of Community Relations for the Philadelphia 76ers. She has worked with the Red Cross in the development department and also led the community relations efforts for the urban wear/sneaker company, Sneaker Villa.

She values being able to bring her passion for the community to her current role with PNC and enjoys working with others to teach the importance of making smart financial decisions. She also enjoys supporting non-profits that have a goal to develop strong communities.

Amber is originally from Roanoke, VA and is a graduate of Fisk University, a historically black college in Nashville, TN where she majored in English and Mass Communications.
SPEAKER BIOS

Becca Otallah (Novant Health Pediatric Counselor)

Becca has been a therapist for children, adolescents, and families since 2009. Becca received her Masters and Educational Specialist degrees in Counseling Psychology from James Madison University. Becca has worked as a counselor in school, in-home, community agency, and medical settings. Currently Becca is the therapist at Novant Health Waughtown Pediatrics. Becca is also fluent in Spanish and she learns a lot from the Spanish-speaking individuals and families in the Waughtown clinic community.

Becca works with a wide range of issues but she is most passionate about working with young people and their families to be less afraid and shaming of the sometimes difficult and complex emotions that come with being human. Becca believes that young people today face unique challenges but also don't get enough credit for their openness to new experiences and people. Becca is most interested in partnering with her clients to live rich, hopeful, and meaningful lives despite many overwhelming challenges.

Eric Rainey (Graduation Coach)

Eric Rainey has been a Graduation Coach at Southwest Guilford High School since 2007, which is a large urban high school (11,597 students) that operates in the third largest school district in the state of North Carolina. In this role, he has helped Southwest reach the highs of a 94% graduation rate for the 2014-2015 school year, which led to recognition from the Piedmont Read Education Consortium as being one of the top schools in the state. Mr. Rainey also played a vital role in the school’s all-time low dropout rate of 0.02% for the same school year.

Mr. Rainey was licensed to train in Restorative Practices in 2019 by the International Institute of Restorative Practices; the largest provider of Restorative Practices professional development in the world. After being introduced to Restorative Practices in early 2018 and doing extensive research, Mr. Rainey realized that what he and his co-workers had been doing at Southwest Guilford High School to produce the data above was essentially Restorative Practices just without the explicit language to name it.

He offers over 25 years of experience in the field of education and childcare services; serving in varying roles which include graduation coach, classroom teacher, behavior intervention specialist, and recreation supervisor. Mr. Rainey supplemented many of his years in education with coaching football six of those years as a head high school coach. Mr. Rainey had a brief three-year experience in law enforcement as a deputy sheriff, which proved to be an education in and of itself. He holds a Bachelor’s degree in Physical Education (Minor: Mass Communication) from Towson University and a Master’s degree in Instructional Technology from Walden University.

Kenyetta A. Richmond, MS

Kenyetta Richmond is a graduate of Winston-Salem State University, where she received her Bachelor of Science in Interdisciplinary Studies with an emphasis in Mass Communications. Ms. Richmond has a Master of Science in Adult Education with a focus in Higher Education from North Carolina A&T, and a Master of Science in Higher Education and Student Success from Walden University. She is currently pursuing her Doctor of Education degree in Community College Leadership at Walden University. Currently Ms. Richmond serves as the Director of the Shugart Women’s Center and Counseling Services at Forsyth Technical Community College in Winston-Salem. She also works as a part time Relationship Violence Responder at Wake Forest University. Prior to Kenyetta’s arrival at Forsyth Tech, she spent ten years working with the leading domestic violence organization in the city, Family Services. Ms. Richmond has a long history of working with victims of Intimate Partner Violence, specifically women and children. She has won numerous awards and honors for her work in the area of domestic and sexual violence.

Dr. Janet N. Spriggs (FTCC President)

Dr. Janet N. Spriggs became the seventh President for Forsyth Technical Community College on January 1, 2019. Prior to joining Forsyth Tech, she served seven years in various executive leadership roles at Rowan-Cabarrus Community College and for fifteen years as an executive leader at Carteret Community College, giving her almost 24 years of service in the North Carolina Community College System.

Her passion is in the power of education to change lives and the vital role community colleges play as catalysts for equity, workforce and economic development. As a student-centered visionary, Dr. Spriggs is dedicated to fostering high quality learning, improving completion, advancing equity of success for all students, and expanding post-graduation success.

Dr. Spriggs serves the community as a Rotarian and on the boards for The Winston-Salem Alliance, the Winston-Salem Chamber of Commerce and Winston-Salem Business, Inc.
Thank You to our Sponsors!
Thank you for your contribution to the 2020 LEAD Girls G.R.I.T. Expo

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