



LEAD
GIRLS
of North Carolina

GIRLS RISING TOGETHER EXPO

October 28th-
29th, 2022

Salem College
Elberson Fine Arts Center
500 E. Salem Ave.
Winston-Salem, NC 27101





SALEM ACADEMY AND COLLEGE

Inspiring Women and Girls to Make History *for 250 Years*



Creating the next generation of changemakers in STEAM and health.

Salem Academy is the nation's only STEAM, all-girls, boarding and day high school on a college campus.

Salem College is the nation's only college dedicated to creating the next generation of women leaders in health.

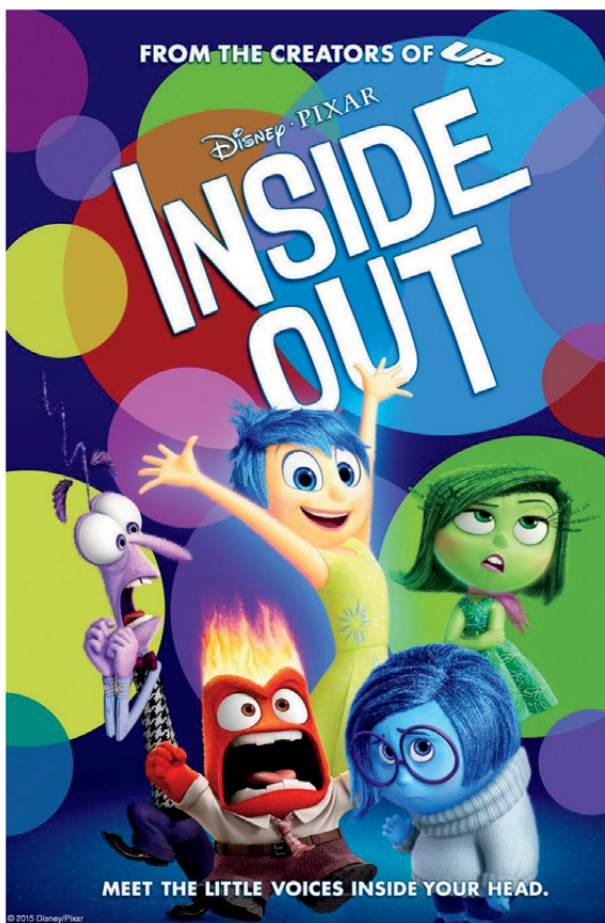
Do you want to impact the world?

Learn more @SalemAcademy 



The oldest academic institution for women and girls in the nation.

SalemAcademyandCollege.org



MOVIE NIGHT



JEN BROWN

Jen works with Renew US, a nationwide organization focusing on building grassroots progressive political power. Previously, she ran The Engaging Educator for a decade helping individuals find their unapologetic, authentic voices. Jen's book, *Think on Your Feet: Tips and Tricks to Improve Your Impromptu Communication Skills on the Job*, has made several "best of" lists since coming out in Nov 2019. Jen started Fearless WS, a self-sustainable collective and social space for and by women and non-binary folks that has a citywide mutual aid fund. Jen has also done 3 TEDx talks.



KEISHA HORTON

Keisha Horton, MS, LCMHC, LCASA has more than 15 year of experience with adolescents and adults. As a School Counselor, Keisha has worked with children and families dealing with life transitions, trauma, depression, anxiety, and family conflicts. She continues that work in her private practice, Samara Cares Counseling & Consulting PLLC. She has provided her services to several groups in the community Keisha has a passion for helping adolescents and families overcome challenges to reach their full potential.



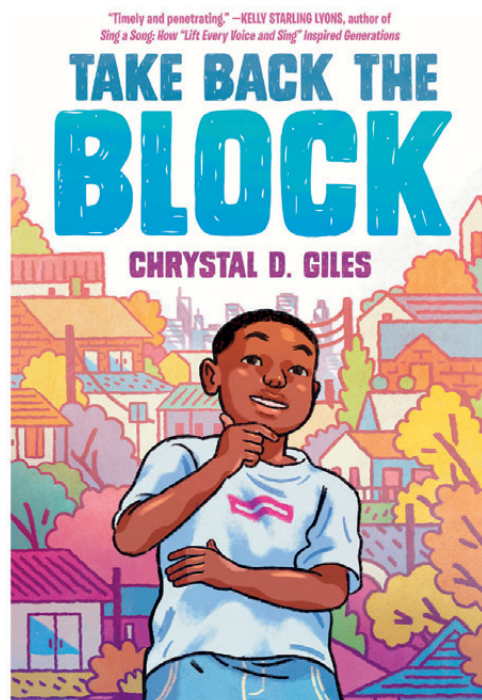
KIM O'NEIL

Kim O'Neil has 15 years of licensed clinical experience working with children, adolescents, adults, couples, and families. She specializes in the treatment of anxiety, depression, emotion and behavioral issues, grief/loss, mood disorders, relational issues, substance abuse and trauma. Kim is trained in EMDR and utilizes cognitive behavioral therapy and mindfulness to support her clients in healing, developing more self-awareness and acceptance. Kim currently has a private practice O'Neil Counseling Services based in Winston Salem.

MEET THE AUTHOR



Chrystal Giles



Chrystal D. Giles is a champion for diversity and representation in children's literature. Chrystal often says she's a lover of both words and numbers, she spent fifteen years as an accountant before transitioning to writing full-time. Chrystal made her debut with *Take Back the Block*, which received multiple starred reviews, was a Kirkus Reviews, School Library Journal, and an NPR Best Book. Her next middle-grade novel, *Not An Easy Win*, will be published in February 2023. Chrystal lives outside Charlotte, North Carolina, with her husband and son.

SPECIAL GUESTS



City of WS Mayor
Allen Joines



City of WS
Mayor Pro Tempore
DD Adams



Salem Associate Director
of Admissions
Ashley Curry

LEAD RALLY GUESTS



E'laina Barron



DJ Robin Chante

LEAD Girls is dedicated to
every girl RISING.

Thank you to our See Her
Rise Sponsor



MEET THE PARENT PANEL



KAREN HARRIS

Karen has more than thirty years of experience working with teens and families. She is passionate about helping others overcome their challenges and realize their full potential. Karen holds a master of arts degree in public affairs, a master of science in counseling and a bachelor's degree in sociology. She is a licensed clinical mental health counselor supervisor, a licensed clinical addiction specialist and she holds a National Boards certification in school counseling.



DANIELLE HARPER

Danielle is a licensed clinical mental health counselor that began their career counseling children and adolescents. They have been doing so for 7 years now. Currently she is working at Forsyth Medical Center in the Emergency Department completing crisis assessments. In their spare time they enjoy volunteering in their community and church, exploring new and exciting places in their current city of Greensboro NC, and spending time with friends and family.



TOYA BAILEY

Toya Bailey is the Community Engagement Coordinator and a Certified Credit Union Financial Counselor for Truiliant Federal Credit Union. She has worked in the financial services industry for over twenty years and has received many accolades from her employers. Toya demonstrates her dedication to the community through mentoring college students, serving on the Charlotte-Mecklenburg Community Relations Committee (CRC) by appointment from the City Council, facilitating financial education workshops all over the community and various volunteering opportunities.

ARE YOU A LEAD PARENT?



NOV. 5TH, 2022 - THAT'S IT, YOU'RE GROUNDED!
PARENT TEEN COMMUNICATION

DEC. 3RD, 2022 - THE POWER OF A DOLLAR!
FINANCIAL WELLNESS

JAN. 21ST, 2023 - PART 1: THE POWER OF RESILIENCE

MARCH 18TH, 2023 - PART 2: THE POWER OF
RESILIENCE

APRIL 29TH, 2023 - THE STRUGGLE IS REAL: COPING
WITH DAILY STRESS



REGISTER TODAY!

CONVERSATIONS ARE
HELD FROM
11:00AM-12:00PM

LOCATION PROVIDED
AFTER REGISTRATION

\$15 GAS GIFT CARD
PROVIDED

WORKSHOP FACILITATORS



Session: Little Miss Positive Vibes



Alexia is a therapist, leader in the mental health sector, the "Sprinkler of Mental Health Magic". Alexia's focus is to ensure that mental health is normalized and destigmatized in the black and brown community. Reset and Heal consults with organizations to fill industry mental health gaps as well as facilitate workshops and events that educate, empower, and advocate for those that identify as BIPOC. Alexia's clinical expertise focuses on children, adolescents, and adults while utilizing a trauma based approach that focuses on how our body responds to trauma. Alexia has served on numerous boards and been featured in multiple publications. She is currently receiving her 200hr Yoga Training Certification with a trauma focus concentration and is also enrolled in Johnson C. Smith Birth Doula Training.

Alexia Mitchell

Owner/Founder of Reset and Heal, LLC

Session: I Scream for STEAM

Candice attended college in her home state of WV, receiving Bachelor of Science degrees in Chemistry, and Applied Mathematics from Fairmont State. She moved to NC to attend graduate school where she received her PhD in Chemistry, working specifically in understanding the mechanisms of mRNA transcription. After graduate school, Candice participated in a post-doctoral research project at the US Environmental Protection Agency. From there, she moved to Arkansas where she was the lead chemist in a nanotechnology and toxicology laboratory for the US Food and Drug Administration. She returned to NC and has been a Winston Salem resident for the past 9 years.

Candice Cunningham

Director in Regulatory Science





Session: LIVin' My Best Life

Amber Morris is a Community Development Banking Consultant for PNC. She works with non profit organizations to deliver financial education workshops. 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 Morris

Community Development
Banking Consultant for PNC

Session: Confidence From the Inside Out

Erika Taylor is the creator of Tayloringstyle Blog & founder of Taylor Your Closet, her personal styling business. Her love for style, writing, & helping others came together to produce a business that makes day-to-day styling attainable for women from all walks of life. She tailors each of her clients' wardrobes so that they can save time putting outfits together, feel confident in what they wear and conquer whatever the day brings.

Erika Taylor

Creator of Tayloringstyle Blog &
founder of Taylor Your Closet



Session: Confidence From the Inside Out

Jordan Gomez aka "J.Go" is a Body Positive Health + Lifestyle Coach who helps women create healthy habits and feel confident in their skin! She received her degree in Exercise Science at UNC Chapel Hill and believes in self-love and body positivity as the ideal way for women to create long-term lifestyle changes!

Jordan Gomez

Body Positive Health + Lifestyle
Coach





**Be confident and optimistic.
Be a goal-setter, and a go-getter.**

**Be bold.
And most of all,
BE YOUR BEST!**

Visit us at allegacy.org to learn more.



FEDERAL CREDIT UNION

Federally insured by NCUA.

AFFIRMATIONS

Cut these out and put them where you will see them.
Say them to yourself and remind yourself how wonderful you are!

I am
perfect the
way I am.

For some people you won't
be enough, for some people
you will be too much; those
are not your people. go
where you are celebrated.

Joy is an
indicator of
purpose. I
am chasing
my joy.

Go after
everything they
say you can't have
and more!

I am
loved.

I am
worthy of
good
things

I have an exciting
future ahead of me.

I am

Real LEADers are READers

We hope you enjoy your copy of
Take Back the Block by Chrystal Giles!
Here are some additional recommendations
for books to add to your home library.

- *I am Malala* by Malala Yousafzai
- *Merci Suarez Changes Gears* by Meg Medina
- *90 Miles to Havana* by Enrique Floris-Galbis
- *Brown Girl Dreaming* by Jacqueline Woodson
- *Happy in Our Skin* by Fran Manushkin
- *I'm New Here* by Anne Sibly O'Brien
- *Gone Crazy in Alabama* by Rita Williams-Garcia
- *She Persisted Around the World* by Chelsea Clinton
- *Before She Was Harriet* by Lesa Cline-Ransome
- *Between the World and Me* by Ta-Nehisi Coates
- *Toning the Sweep* by Angela Johnson
- *Becoming Maria* by Sonia Manzano
- *The Skin I'm In* by Sharon G. Flake

**GET A FREE BOOK
ON LEAD!**

Redeem at Bookmarks before
November 29th for a book of
your choice up to \$17.99

Bookmarks - 634 W. Fourth St. #110



BECOME A LEADer TODAY



www.leadgirls.org/apply

SATURDAY COMMUNITY PROGRAM

6th - 8th graders

TOPICS:

- ✓ GOAL SETTING
- ✓ COMMUNICATION
- ✓ LEADERSHIP
- ✓ SELF-CONFIDENCE



FOR QUESTIONS CONTACT: BRITNEY@LEADGIRLS.ORG

NOTES



NOTES





THANK YOU
FOR YOUR GENEROUS
CONTRIBUTION TO
SUPPORT FUTURE
LEADERS.

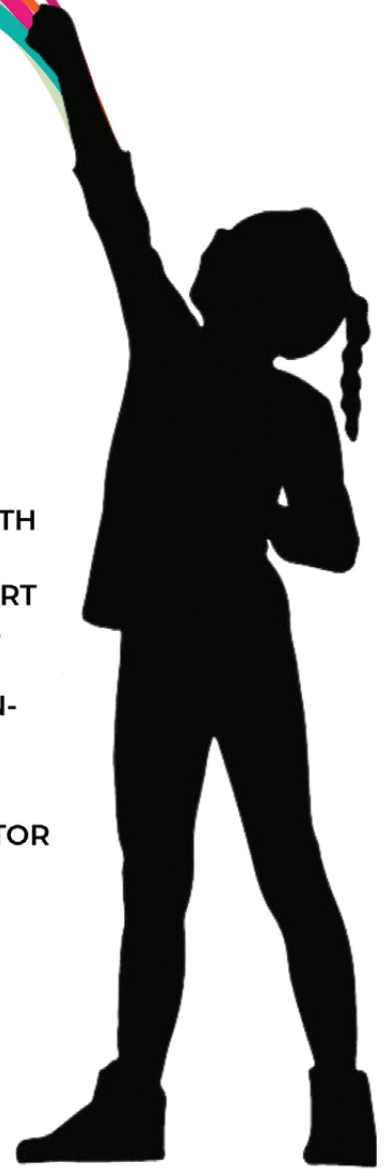
GIRLS RISING EXPO

LUNCH

LEADers

**WE ARE THANKFUL FOR THOSE
THAT TOOK TIME TO HAVE LUNCH
WITH OUR LEADERS TODAY!**

- **DR. MISHELLE HOUSER PROFIT** - OWNER, WOMEN OF WISDOM
- **DR. ONENGIYA HARRY** - PEDIATRIC RHEUMATOLOGIST AT ATRIUM HEALTH BRENNER CHILDREN'S HOSPITAL
- **JUDGE DENISE HARTSFIELD** - RETIRED FORSYTH COUNTY DISTRICT COURT JUDGE, ADJUNCT LAW PROFESSOR WAKE FOREST UNIVERSITY SCHOOL OF LAW
- **SHAMIKA STARKE** - DIRECTOR OF STRATEGIC INITIATIVES, THE WINSTON-SALEM FOUNDATION
- **ANA REDFEARN** - OWNER OF SPECIAL MOMENTS VENUE
- **VIVIAN PEREZ CHANDLER** - COMMUNITY ADVOCATE, EXECUTIVE DIRECTOR OF THE ASSET BUILDING COALITION, AND FOUNDER & CEO OF PÉREZ CHANDLER COMMUNICATIONS & CONSULTING
- **IRIS COLE** - FOUNDER OF SHE RAISES THE BAR ; FOUNDER & CEO OF DO GOOD ARTIST
- **JAMIE ROGERS SOUTHERN** - EXECUTIVE DIRECTOR AT BOOKMARKS
- **JENNIFER BRANNON** - CO-OWNER & OPERATOR OF GREEN BEE FLORAL DESIGNS
- **SHELLEY SIZEMORE** - WOMEN'S CENTER DIRECTOR AT WAKE FOREST UNIVERSITY
- **TRINA STEPHENS** - PROGRAM MANAGER, MDC
- **ABREA ARMSTRONG** - CEO & FOUNDER OF 91-2-INFINITY LLC & PRESIDENT OF THE W-S URBAN LEAGUE YOUNG PROFESSIONALS
- **FENYA FISCHLER** - COMMUNITY ORGANIZER / ACTIVIST
- **KATINA LITTLE** - BOARD MEMBER WITH LEAD GIRLS OF NC & CERTIFIED PEDIATRIC NURSE PRACTITIONER AT NOVANT HEALTH
- **TOYA BAILEY** - COMMUNITY ENGAGEMENT LEAD
- **CHELSIE HART-SMITH** - FOUNDER/ PUBLISHING EDITOR AT TRIAD VOICE MAGAZINE
- **PORSCHÉ JONES** - COMMUNITY HEALTH SERVICES MANAGER, NOVANT HEALTH, ENTREPRENEUR
- **LAURA BURROWS** - COMMUNITY VOLUNTEER & PRINCIPAL AT TWO B PUBLIC RELATIONS
- **ANGELA MONELL** - PRINCIPAL WITH GUILFORD COUNTY SCHOOLS
- **VÉRONIQUE GEORGE** - INTERIM CHIEF MARKETING AND COMMUNICATIONS OFFICER AT SALEM COLLEGE
- **JACKIE PASCALE** - ANCHOR/REPORTER, WXII 12 NEWS



THANK YOU, SPONSORS!

SEE HER RISE



CHANGE THE WORLD



CHANGE THE COMMUNITY



CHANGE A GIRL



MEDIA SPONSORS





JODIE BRIM

CREATIVE

IS A PROUD
SUPPORTER OF
LEAD GIRLS
RISING EXPO.

JB

JODIEBRIM.COM





Learn more at www.leadgirls.org