



BE SEEN,

BE HEARD,

BE POWERFUL.

BE A

LEAD GIRL.

2023

LEAD Girls

EXPO

October 27-28

Salem College

Winston-Salem, NC

Welcome

**Be Seen. Be Heard.
Be Powerful.**



On behalf of everyone at LEAD Girls of NC, I am delighted to welcome you to the 2023 LEAD Girls Expo! Prepare to challenge yourself. Be open and ready for transformational experiences, bold ideas, and powerful new ways to connect with yourself and the world around you.

This year's Expo is filled with thought-provoking workshops and dynamic, fun self-discovery activities. Engage in a dialogue with special guests and award-winning, inspirational author Kelly Starling Lyons. Join in opportunities to interact with your peers and the presenters over lunch and during sessions.

I know that you will leave the Expo feeling supercharged with new tools and resources to make yourself seen, to make your voice heard, and to be a powerful force of change in your own life and in the lives of those around you.

A handwritten signature in blue ink, reading "Joy Nelson Thomas".

Joy Nelson Thomas
Founder & Executive Director

Movie NIGHT



Rute Ayalew

Rute is a senior majoring in Computer Science at Wake Forest University.



Jaliyah Rae Young

Jaliyah Rae is the 2022 Miss North Carolina Junior Teen.



Javiera Caceres

Javiera is a senior majoring in Communication at Wake Forest University.



Jasmynn Blackshear

MODERATOR

Jasmynn is a LEAD Program Facilitator.

MEET THE AUTHOR

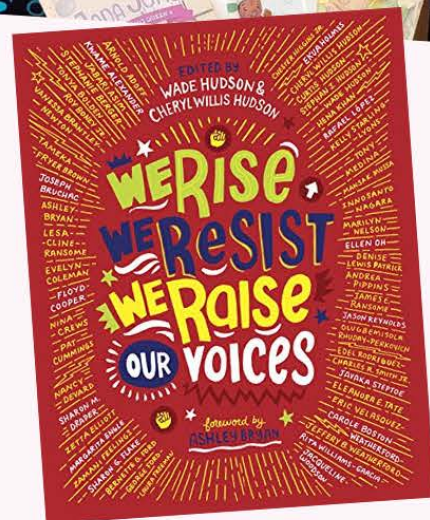
Kelly Starling Lyons

Book of the Year:
We Rise, We Resist, We Raise Our Voices

Kelly Starling Lyons is a founding member of **The Brown Bookshelf**, teaching artist and award-winning children's book author. Her mission is to center Black heroes, celebrate family, friendship and heritage and show all kids the stories they hold inside. She has written more than two dozen books for young people that span from easy readers to picture books and chapter books.

Among Kelly's acclaimed titles are Caldecott Honor winner ***Going Down Home with Daddy***, Geisel Honor Award recipient, ***Ty's Travels: Zip, Zoom***, Christopher Award winner ***Tiara's Hat Parade*** and ***Sing a Song: How Lift Every Voice & Sing Inspired Generations***, a Bank Street Best Book. Her latest picture book, ***My Hands Tell a Story***, earned two starred reviews.

Along with her acclaimed picture books, Kelly is the author of three popular series for young readers - chapter books starring her characters Jada Jones and Miles Lewis, and the Ty's Travels easy readers. She lives in Raleigh and was named to Good Morning America's 2021 Inspiration List: Who's Making Black History. Find out more at www.kellystarlinglyons.com



MEET THE PARENTS PANEL



HAYLEY
Lampkin Blyth

Ms. Lampkin Blyth is the Director of the Children's Law Center's Education Advocacy Program.

She has spent her entire career working in education law. She believes every student has a right to a quality, equitable education. She works to equip students and families with knowledge about their legal rights so they can advocate for themselves effectively.



DR. JALEEMA
Speaks

Dr. Speaks is a local OBGYN, and the first Black woman to be Chief of Staff at Novant Health.

Dr. Speaks developed a love for science at age six. Her desire to focus on women's care was encouraged by a family of strong women. She hopes her story shows other young ladies that with hard work and dedication, anything is achievable.



DR. PAULA
Wilkins

Dr. Wilkins is a native of Winston-Salem. She is the Chief Academic Officer for WSFCS.

Dr. Wilkins has more than 20 years of experience in public education. She is passionate about working side by side with the community and educators to ensure every student receives the support and instruction they need to learn to read.



KAREN
Harris

Ms. Harris has more than 30 years of experience working with teens and families. She is

passionate about helping others overcome their challenges and realize their full potential. Ms. Harris is a licensed clinical mental health counselor supervisor, a licensed clinical addiction specialist, and she holds a National Boards certification in school counseling.

WORKSHOP FACILITATORS



Dr. Jes Bolduc

Jes is an Assistant Teaching Professor at Wake Forest University. A first-generation college student, they received their Ph.D. in Biochemistry and Molecular Biology from Wake Forest, then conducted postdoctoral research at University of North Carolina-Chapel Hill and Vrije Universiteit Brussel in Belgium. Jes also served for a year as an Americorps VISTA at LEAD Girls, and they are still involved with the organization as a volunteer. Jes has a long record of being community- and service-minded. Jes hopes to inspire LEAD Girls to go far and live big, with courage in the face of adversity and injustice!



Victoria Spivey

Victoria is from Rocky Mount, NC and is a senior at Wake Forest University. She is majoring in health and exercise science and minoring in chemistry. She will be attending medical school and plans to have a career in sports medicine as an orthopedic surgeon.



Paisley Taylor, MA, LCMHCA, RYT 200

Paisley is an entrepreneur and owner of Asé Counseling & Empowerment Services PLLC. She is a licensed therapist, artist, and certified yoga instructor. Paisley has always had a passion for working with youth and empowering them to show up as their authentic selves. Throughout her career, she has collaborated with schools, programs and agencies to educate youth on topics such as self esteem, coping skills, mental and sexual health, and advocating for themselves. She aims to provide a space of comfort, safety, understanding and empowerment for everyone she comes in contact with!

WORKSHOP FACILITATORS



Yolanda Swiney

Yolanda is the Vice President, Community Development Officer in Western Carolina and South Carolina at PNC Bank. She helps to lead PNC's efforts to empower low- and moderate-income communities through financial education, investments in economic development initiatives, and relationships with non-profit organizations committed to economic development. Committed to making a lasting impact, Yolanda's goal is to create resilient, vibrant, and inclusive communities where everyone has equal opportunities to thrive.



Tameka A. Reed

Tameka is Vice President, Community Development Officer at PNC Bank. She is a Community Development Specialist with Community Development Banking at PNC Bank, Eastern Carolina, and South Carolina. She is engaged in affordable housing, economic development, neighborhood revitalization and stabilization, financial education, and community services for low to moderate income communities engaged in strengthening individuals, families, and geographies.



Taryn Jerez

Founder of "Go For It, Creative", Taryn is a creative business coach and industry educator empowering women to show up boldly and go after what they want most to create the wildly passionate and profitable version of their business they can't stop dreaming about. She believes women deserve to feel supported in their dreams. Over the past eight years, she has coached hundreds of small business owners, spoken at events, and built a community to uplift minority and women-owned businesses.

WORKSHOP FACILITATORS

About Armored Self Defense

Armored Self Defense (ASD) is the region's premier provider of certified and high-quality self defense training programs for ages 10 through adult, preparing clients for both the physical and psychological sides of self defense. Founded in 2016, ASD provides structured, proven curriculums that guide all ages forward in learning and advancing their self defense skills.



Connie Chesner

Founder/Trainer/Communication Expert

Connie is a master at resiliency and human motivation with 20+ years in psychology, qualitative market research, and hard earned personal experience. She has been an international media expert, seminal researcher, professor, and she has run projects to launch and reform multi-national brands. Today she weaves deep understanding into guiding people to stronger leadership and fulfillment. Her diverse background in training, mentoring, and guiding others allows her to connect motivational psychology and self defense training in transformative ways.



Travis Cook

Founder/Trainer/Self Defense Expert

Travis is a deeply engaging, fun, and dynamic instructor with multiple world titles in Tae Kwon Do and nearly 20 years of instruction experience in Krav Maga. This Israeli hand-to-hand self defense approach serves as the foundation of skills learning in ASD's workshops. His ease in front of a room allows participants to relax, laugh, and immerse in learning. He is a 5th degree black belt and a certified Warrior Krav Maga Instructor, who has been studying martial arts for 25 years. Travis' approach is efficient and his depth of experience instructing easily adapts to a wide variety of skill levels and environments.



Thank you for taking the time to make a lasting difference.

PNC is proud to celebrate the people who help keep our community moving forward, and proud to play a role in helping to make a difference in the places we call home.

Yolanda Swiney

yolanda.swiney@pnc.com

www.pnc.com/communitydevelopmentbanking



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Put this poster somewhere you can see it every day.

**"I DESERVE TO
BE HAPPY."**

**"COURAGE IS WITH
ME EVERYWHERE
I GO."**

**"I AM WORTHY
AND ENOUGH."**

**"I AM RELAXED
AND AT PEACE."**





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CONNECT, GROW & PROSPER

Never give up. Live with Integrity.
Serve as a force for good.

Upcoming Markets

HIGH POINT MARKET
October 14–18, 2023

ATLANTA MARKET
January 16–22, 2024

LAS VEGAS MARKET
January 28 –
February 1, 2024

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Dewey's
BAKERY

Thank you for supporting
future leaders to be seen,
be heard, and be
powerful.



POP-UP Book Fair

Bookmarks NC is joining us on site at the Expo to offer participants a specially curated selection of books. Whether a passionate reader or a casual book lover, our Pop-Up Book Fair will offer a delightful opportunity for our leaders to add books that inspire them to their home library.

We thank the Mebane Foundation and The Lovett Foundation for generously supporting the Pop-Up Book Fair.



NOTES



JOIN

LEAD Girls

**Become a
LEADer
TODAY!**

Saturday Community Program

6th - 8th graders

TOPICS:

- **Goal setting**
- **Communication**
- **Leadership**
- **Self-confidence**



APPLY ONLINE:
leadgirls.org/apply

**Got questions?
Contact us at
info@leadgirls.org**

SPECIAL Thanks

LEAD Girls of NC is grateful for the support of our many volunteers and allies, whose tireless work truly made the 2023 Expo possible!

Special thanks to Mayor Pro Tempore, DD Adams.

Thank you 2023 Expo Committee:

Jes Bolduc

Myla Dent

Chanel Foxworth

Taryn Jerez

Zina Johnson

Danyel Joseph

Joy Nelson Thomas

Chantae Reynolds

Jada Senn

Shell Sizemore

Marcia Smith

Nevaih Wilson



LUNCH LEADers

We are thankful for those who took the time to join our youth LEADers for lunch today!

Amy Cushman Jah

Véronique George

Chelsie Hart-Smith

Tonya McDaniel

Valene McMasters

Dr. Cleo Morrison

Kara Peters

Brenda Latham-Sadler

Judge Carrie Vickery

Nikita Wallace

Kellina Wanteu



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