

herizon

the future is us

2025 EXPO



WINSTON-SALEM
STATE UNIVERSITY

OCT. 24-25

**WINSTON-SALEM
STATE UNIVERSITY**

**Two Days of
Inspiration,
Motivation, &
Empowerment**



Welcome, Future CHANGEMAKERS!

On behalf of everyone at LEAD Girls of NC, I am absolutely thrilled to welcome you to the 2025 LEAD Girls Rising Expo!

This year, our theme is **HERizon: The Future is Us** — a powerful reminder that your future isn't just out there waiting for you; You are building it, step by step, starting now.



As you look ahead, know this: the horizon is not a limit. It's a beginning. You stand at the edge of endless possibilities, and with every dream, decision, and action, you are moving closer to the world you want to create.

You may face doubts, setbacks, or people who underestimate your potential. Let that be your fuel. Every challenge is a stepping stone on the path to your greatness. Your voice, your perspective, your HERizon — they all matter.

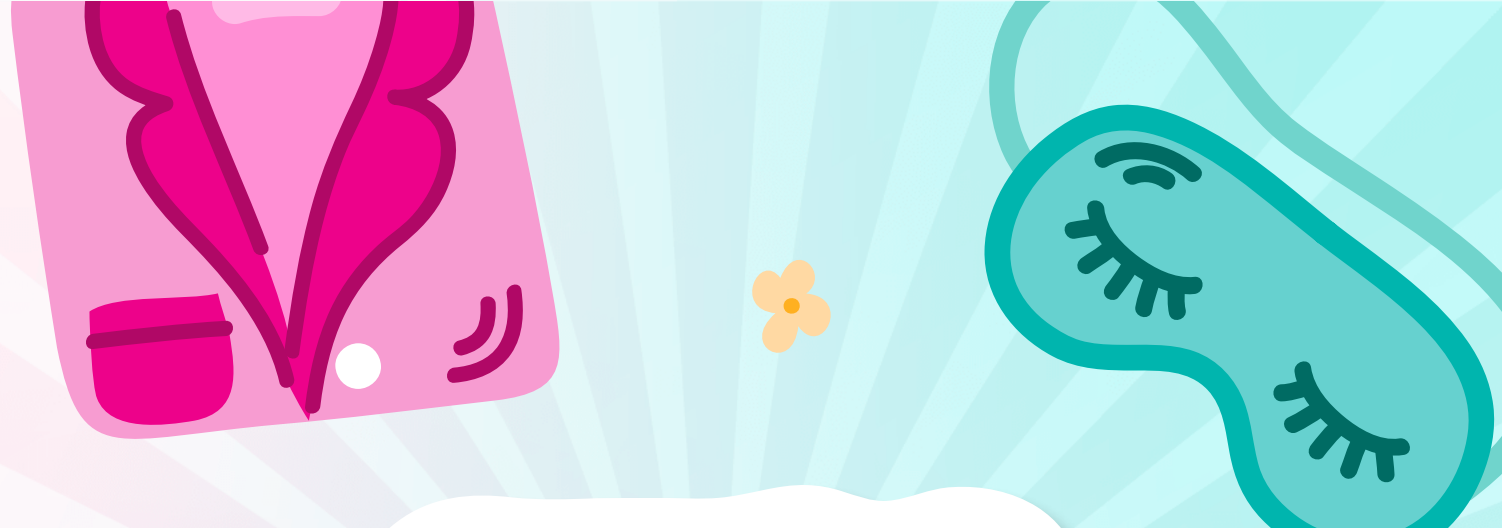
Whether your passion lies in STEAM, entrepreneurship, the arts, or something uniquely your own, go for it. Take up space. Ask questions. Try, fail, try again, and shine even brighter.

And remember, you're not on this journey alone. Look around you. These girls, these mentors, this community — we are here for each other. Collaboration and sisterhood will take you further than you ever imagined.

So, be bold in your curiosity. Be fierce in your ambition. Be fearless in your dreams.
Because the future isn't just coming; it's already here. You are the future.

A handwritten signature in black ink, appearing to read 'Joy Nelson Thomas', with a long horizontal flourish extending to the right.

Joy Nelson Thomas
Founder & Executive Director



GIRLS NIGHT IN

Kick off the weekend with a cozy, empowering night just for girls! At our Self-Care PJ Party, attendees will unwind, connect, and recharge through inspiring sessions, hands-on activities, and, of course, pizza! Between sessions, girls will enjoy a chill pizza party in their PJs – because self-care also means laughter, comfort, and a sense of community. It's a night to grow, glow, and get real with yourself and others.

Limited to 35 participants



Meet the Author



Jennifer Chester, founder of NextJenn TechMOM, has a love for bringing originality, innovation, and creativity to kids interested in technology. Educated at Clark Atlanta University, Jennifer puts careful attention into creating a safe environment where kids can learn how things work through play, robotics, coding, art, and engineering. The creator of Bella the BMET (Biomedical Equipment Technician) series, her newest book is **Bella and the Big Fix: Wired for Greatness.**

Bella is a young, brilliant African American woman who works on the biomedical team at a hospital. This engaging comic strip character breaks down complex technical concepts into digestible and entertaining stories, making it easier for young readers to grasp and develop an interest in STEM.

Workshop Facilitators



Jennifer Campbell

Allegacy, Financial Center Manager, Mocksville



DJ Floyd

DeShunda is a leadership and development (L&D) leader and mentor with over 20 years of experience. As Director of Learning & Development at Allegacy Federal Credit Union, she designs company-wide, people-first programs that build skills, strengthen leaders, and grow talent across the organization. A Master's-prepared adult educator, she champions strengths-based coaching and servant leadership. DeShunda loves helping girls discover their strengths, voice, and dreams — and she's honored to support LEAD Girls.



Dr. Freeman

Dr. Ahunna Freeman is a Nigerian-American pharmacist focused on improving community healthcare. She co-founded Southside Discount Pharmacy and leads Aligned Care LLC, providing consulting and preventive care. Her work centers on clinical pharmacy, patient education, and team-based care to enhance health outcomes.



Casey Furr

Allegacy, Director, Senior Business Services Officer



Leigh Hammond, MSN RN

Leigh is a registered nurse with over 30 years of diverse experience in cardiac care, home health, school and corporate health, rehab, and now community health education. For the past 13 years, she's worked with Novant Health, helping to build programs that expand access to care. Passionate about holistic wellness and lifestyle management, Leigh supports others in improving their health and well-being. Outside of work, she enjoys traveling, exploring new cultures, singing in her church choir, and playing pickleball. A proud University of South Carolina alumna, she's an avid Gamecocks fan.

Workshop Facilitators



Karen Harris

Karen Harris, LCMHCS, is a licensed school counselor and mental health professional committed to supporting students, families, and schools. She combines clinical techniques with school-based strategies to foster academic, social-emotional, and career growth. Her experience includes trauma-informed work at a Level III residential facility for adolescent girls. Karen has served on the NC State Employees Advisory Board and volunteers locally. In her free time, she enjoys reading and spending time with loved ones.



Anastasia Hines

Allegacy, Instructional Designer, Learning and Performance



Gretchen Hoyle, MD

Dr. Hoyle, a native of Winston-Salem, enjoys reading, traveling, and e-biking in her free time. She has two children: her son, Wyatt, teaches math in Colorado, and her daughter, Caroline, is pursuing a Doctorate in Physical Therapy at George Washington University. Dr. Hoyle has a special interest in pediatric and adolescent mental health, having completed advanced training through the REACH Institute. She recently launched the Collaborative Care Model for Behavioral Health at Novant Health Twin City Pediatrics and frequently shares her expertise as a guest on the Nimble Youth Podcast, including an episode on anxiety in adolescent girls.



Reynolds IT Escape Room: Tomorrow Makers

They are a group of women working in the Information Technology field, passionate about positively transforming everyday life through the power of technology. As the tech world continues to evolve, so does the way people live, work, and connect. Driven by a desire to help others stay ahead of the curve, they are committed to teaching individuals how to adapt quickly and use technology to create meaningful, positive outcomes.



Corey Paul

Master Stylist at Corey Paul Studios, Corey Paul, is bringing a fresh and innovative influence to the industry! With many awards & accolades to name, he exemplifies exceptional creative vision and technical talent. As an industry leader, Corey Paul has successfully launched an online educational academy. He is the owner & Lead Stylist at Corey Paul's Hair Studio in Winston-Salem, NC, and specializes in cutting-edge color and styles.

Workshop Facilitators



Ashley Jones Rozier

Ashley Jones Rozier is a speech therapist and owner of a contract therapy company serving Kannapolis City Schools and healthcare facilities across the Charlotte area. She works with children facing speech, language, and developmental challenges — including autism, Down syndrome, and cerebral palsy — as well as geriatric patients recovering from strokes, brain injuries, and dementia. Deeply passionate about mentorship, Ashley is committed to guiding young women through life's challenges, inspired by the wisdom of the women who shaped her. Originally from Wilmington, DE, and raised in Orangeburg, SC, she remains active in her community through fitness, faith, and service—teaching spin classes, leading Bible study at St. Paul Baptist Church, volunteering with the Junior League of Charlotte, and proudly representing Delta Sigma Theta Sorority, Inc.



Bella Sol Medical Spa

Bella Sol Medical Spa empowers individuals to prioritize their well-being through personalized, high-quality, medical-grade services that support both inner wellness and outer beauty. Guided by the philosophy of Self-Care at the Cellular Level™, Bella Sol seamlessly blends functional medicine with aesthetic treatments to reveal the connection between internal health and physical appearance. Their mission is rooted in helping each client feel confident, healthy, and supported on their self-care journey.



Dr. Sara Tatum

Sara T. is a Senior Scientist at Reynolds American, where she leverages her background in toxicology and biomedical engineering to drive scientific research and innovation. A proud Colorado native, she earned her Biology degree from Bennett College and went on to complete her Master's and Ph.D. in Bioscience at North Carolina A&T, both esteemed HBCUs. Passionate about making science accessible and inclusive, Sara is dedicated to mentorship and increasing representation in STEM — especially for girls and underrepresented communities. Through her work, she empowers the next generation to see themselves as future scientists, innovators, and leaders.



Jalonda Thompson

Jalonda is a dynamic speaker, educator, and leadership strategist who helps emerging leaders and mission-driven teams connect with purpose, collaborate more deeply, and lead with clarity. With degrees in education and business, and a background in higher ed, STEM outreach, and student development, she combines storytelling and interactive facilitation to spark meaningful growth. Known for her engaging delivery and practical insights, Jalonda equips audiences to take action — whether stepping into leadership, navigating change, or reimagining what's next. She's spoken at colleges, conferences, and corporate events nationwide, and currently teaches at Salem College.

Workshop Facilitators



Tamika Thompson

Allegacy, Financial Center Manager, Biotech Place



Lori Timm

At Allegacy, Lori leads community outreach, philanthropic giving, and financial coaching initiatives that support financial well-being for all. With a background in executive training and development, she spent 15 years abroad in Finland, Switzerland, Luxembourg, and Venezuela, directing a training organization for multinational corporations. Lori holds a B.A. in International Studies from Miami University (Ohio) and an M.A. in Intercultural Training and HR Management from the School for International Training. A Certified Credit Union Financial Counselor, she enjoys helping others set and reach personal finance goals. Her past roles include positions at the Center for Creative Leadership, HanesBrands, and inlingua International. Deeply engaged in her community, Lori serves on the boards of Pivot Ministry and The CAREs Project and sings in the adult choir at Holy Family Catholic Church.



Jasmine Williams

Allegacy, Manager, Deposit Services

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SCAN ME





THANK YOU

Your belief in LEAD Girls helps ignite their voices and elevate their dreams.



EMPOWERING THE NEXT GENERATION OF WOMEN

We are committed to uplifting young women and girls in our community, offering opportunities for growth, leadership, and support.

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Building a brighter community, one dazzling future at a time.

Truliant is proud to support LEAD Girls, and shares in its mission to shape the next generation of community leaders.

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REYNOLDA RD • UNIVERSITY PKWY
WAUGHTOWN ST

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YOUR FUTURE
IS BUILT BY
TODAY'S CHOICES

BECAUSE OF YOUR SUPPORT,

LEAD Girls are being seen, heard, respected, and celebrated – empowered to lead with confidence and courage.



Lunch LEADers

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

Orielle Hope

Melissa McKinney

Leslie Rose

DeWanna Thomas Hamlin

Shaylee Brown

Nihya Payne

YOUR VOICE MATTERS

USE IT TO LEAD

Thank you
to the 2025
Expo Committee:

Britney Dent
Chanel Foxworth
Eve Salzwedel
Jocelia Cager

Lakhya Marrow
Monica Douglas
Tyler Allred

herizon

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visit us at
leadgirls.org

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