

2022 Healthy Mind, Body & Business Conference

In-Person (Cottonwood Court, KS State Fairgrounds) & Virtual Pod Locations

April 21, 2022 | 1-5 PM

The agenda for the 2022 Women SCORE Higher Conference will begin with our keynote speaker, followed by multiple in-person & remote moderated pod networking activities, as well as a moderated panel discussion focusing on “Coming Into Balance.” We’ll top the afternoon off with a fun wine and food pairing that focuses on balancing the palate!



1:00 - 1:15 PM **Introduction**

Emcee, Mimi Meredith - Marketing & Development, Kansas Cosmosphere

1:15 - 2:05 PM **KEYNOTE:** Hands, Head, Heart - Courageous Leadership

Cathy McClain - CEO, Dauntless Leadership, LLC



2:05 - 2:15 pm Break



2:15 - 2:35 PM **Networking Activity**

In-person and moderated remote pod activities to ask questions & discuss the keynote presentation with Cathy McClain

2:40 - 3:40 PM **“Coming Into Balance” Panel Discussion**

Topics discussed will include strategies for work-life engagement and better balance.

Moderator

- Jill Miller - Founder, Finishing School for Modern Women

Panelists

- Racquel Thiesen - Director of Community Partnerships, Kansas Leadership Center
- Anna Woods - Founder, Anna Woods Fitness LLC
- Dr. Michelle Vann - Student Coach, Prenda Academy of Excellence
- Constance Porazka - Founder, Retreat to Joy



3:40 - 3:50 PM Break

3:50 - 4:10 PM **Networking Activity**

In-person and moderated remote pod activities to ask questions & discuss panel presentation with panelists



4:15 - 4:45 PM **A Savory Finale: Empower Your Palate with Wine & Food Pairings!**

A sensory conclusion will guide you through the 5 S's of wine tasting and reveal how elements can create more enjoyment in wine and food pairing with Lauren Taylor - Bar Manager, Executive Sommelier & Events Coordinator at Jillian's Italian Grill and Wine Bar.



4:50 PM **Closing**

Conference wrap up with Mimi Meredith