



Agenda-at-a-Glance

DECEMBER 3, 2025

ALL DAY

Interactive Hall

Hall A

Session 1 Program Offerings

8:30 - 8:45 AM	MINICLASS Why Women are Leading the Way Out of Marriages	Wellbeing Stage, Hall A
8:30 - 8:45 AM	MINICLASS Generations at Work – Building Inclusive Cultures Across Ages	Learning Stage, Hall A
8:45 - 9:45 AM	EXECUTIVE INSIGHTS Ladder Up: Fast-Track Your Leadership Ascent	Ballroom West
	EXECUTIVE INSIGHTS Success Strategies in Healthcare & Life Sciences	MR 253
	EXECUTIVE INSIGHTS On the Radar: Workplace Strategies for Getting Recognized	MR 258
	EXECUTIVE INSIGHTS Cultivating Culture, Collaboration & Connection	MR 205
	FIRESIDE CHAT From Disconnection to Understanding: Reclaiming Human Connection	Ballroom East
8:50 - 9:05 AM	MINICLASS Finding Momentum When Life Doesn't Go According to Plan	Learning Stage, Hall A
8:50 - 9:05 AM	MINICLASS Lessons From a Sports Leader On and Off the Field	Wellbeing Stage, Hall A
9:00 - 9:45 AM	NETWORKING Small Group Peer Networking Meetup	Networking Area, Hall A
9:10 - 9:25 AM	MINICLASS Ask for it All: Overcoming the Fear of Expressing Your Needs at Work	Wellbeing Stage, Hall A
9:10 - 9:25 AM	MINICLASS Claim the Seat: Why Every Leader Should Consider Board Service	Learning Stage, Hall A
9:30 - 9:45 AM	MINICLASS The Power of Investing: Building Confidence and Wealth on Your Terms	Learning Stage, Hall A
9:30 - 9:45 AM	MINICLASS How Giving Back Fuels Balance, Belonging, and Better Work	Wellbeing Stage, Hall A

Keynote Program

10:10 AM - 1:25 PM Lunch Intermission at 11:45 AM Hall B

Session 2 Program Offerings

1:45 - 2:00 PM	MINICLASS Bridge the Gap: Turning Opportunities into Career Advancement	Learning Stage, Hall A
1:45 - 2:45 PM	WORKSHOP Uncompete: Rejecting Competition to Unlock Success	MR 258
	WORKSHOP The Win-Win Workplace: Thriving Through Change Together	MR 205
	PANEL The Focus Factor: Attention, Anxiety & Wellbeing at Work	MR 210
	WORKSHOP How to Talk Gooder: Forging Better Communication at Work	Ballroom East
	WORKSHOP 3 Essentials for Building High-Trust Resilient Relationships	MR 052
	WORKSHOP From Paychecks to Piña Coladas: Mastering Money Throughout Your Life	Ballroom West
	WORKSHOP The Longevity Shift: Women's Health Reclaimed	MR 253
1:50 - 2:05 PM	MINICLASS He for She: Power, Privilege & Purpose in Allyship	Wellbeing Stage, Hall A
2:00 - 2:45 PM	NETWORKING Small Group Peer Networking Meetup	Networking Area, Hall A
2:15 - 2:30 PM	MINICLASS From Self-Doubt to Self-Confidence	Learning Stage, Hall A
2:20 - 2:55 PM	MINICLASS Stronger Than You Think with Paralympic Medalist Ali Truwig	Wellbeing Stage, Hall A
2:45 - 3:00 PM	MINICLASS Owning Your Career Development	Learning Stage, Hall A

Session 3 Program Offerings

3:10 - 3:25 PM	MINICLASS Access to Capital: From Vision to Venture	Learning Stage, Hall A
3:10 - 3:25 PM	MINICLASS Scale and Thrive: The New Blueprint for Sustainable Success	Wellbeing Stage, Hall A
3:15 - 4:15 PM	NETWORKING Small Group Peer Networking Meetup	Networking Area, Hall A
3:15 - 4:15 PM	WORKSHOP The Win-Win Workplace: Thriving Through Change Together	MR 205
	WORKSHOP Uncompete: Rejecting Competition to Unlock Success	MR 258
	PANEL Power Circles: How to Build Your Personal Board of Advisors	MR 210
	WORKSHOP How to Talk Gooder: Forging Better Communication at Work	Ballroom East
	WORKSHOP 3 Essentials for Building High-Trust Resilient Relationships	MR 052
	WORKSHOP From Paychecks to Piña Coladas: Mastering Money Throughout Your Life	Ballroom West
	WORKSHOP The Longevity Shift: Women's Health Reclaimed	MR 253
3:35 - 3:50 PM	MINICLASS Using Storytelling and AI to Make Every Interaction Matter	Learning Stage, Hall A
3:35 - 3:55 PM	MINICLASS Rebalancing the Busy Brain: The Science of Stress, Hormones, and Focus	Wellbeing Stage, Hall A

Author Signings

1:30 - 2:00 PM	Gabrielle Bernstein David Brooks	Bookstore Lounge, Hall A
1:30 - 2:30 PM	Diana Nyad	
4:30 - 5:00 PM	Dr. Alison Fragale Dr. Angela Jackson Ruchika Malhotra Dr. Romie Mushtaq Shasta Nelson Dr. Jessica Shepherd Vivian Tu Alison Wood Brooks	

4:00 - 5:00 PM

End of Day Party

Hall A



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