



myRetreat™ Program Schedule

The myRetreat™ Scholarship Program is made possible by the Women In Insurance and its sponsors including Robinson+Cole, Allied World Assurance Company, Hinshaw & Culbertson, CNA, Morrison Mahoney LLP, and Wilson Elser.

PART I: myRetreat™ Weekend

April 21st to 23rd

Location: Smuggler's Notch Resort

Address: 4323 Vermont Route 108 South Smugglers' Notch, VT 05464

Workshops and Facilitator Bios:

Workshop: Eating to Promote Wellness

Facilitator: Linda Byam

Company: Linda Byam Health Coaching

Website: www.lindabyam.com



Linda Byam is a Health Coach working to help individuals improve their health and overall wellness in simple and attainable ways. By gradually introducing healthy eating habits and lifestyle practices, Linda helps her students and clients take control of their health. Through classes, workshops and individual sessions, she works to create a personalized action plan that supports each client's short and long-term health goals.

Linda is a certified instructor of Food for Life, an award-winning Physicians Committee for Responsible Medicine (PCRM) program designed by physicians, nurses, and registered dietitians that offers cancer, diabetes, weight management, employee wellness, and kids classes that focus on the lifesaving effects of healthful eating.

She is also certified facilitator of Live Well, a chronic disease self-management program developed by Stanford University. Linda holds a B.A., Biology from Providence College, M.B.A. from Rensselaer Polytechnic Institute and a Health Coach Certificate from the Institute for Integrative Nutrition.

Currently, Linda is working with the University of Connecticut and teaching Tools For Healthy Living to children, youth and families at risk.

Workshop: Reframing Confidence

Facilitator: Angel Johnstone

Company: Confidence is Catchy

Website: www.confidenceiscatchy.com

Angel Johnstone's direct sales experience started with one-on-one sales of Cutco cutlery while she was in college. After several years of work in the insurance and financial services industry, she became one of a select few to open a regional sales office with Equinox International – a natural products company. She had a healthy career in real estate investing and appraisal until a corporate layoff in 2006 prompted her to return to direct sales. In only her third year with UndercoverWear Lingerie Parties, she was one of their Top 10 team builders.



After the birth of her son, she was introduced to Nerium International, an anti-aging company breaking records in the direct sales industry with over 1 Billion dollars in sales in just 5 years. Angel found their botanically based products and personal development philosophy aligned perfectly with her passion for helping women cultivate more confidence. She launched her business, Confidence is Catchy, to help women look better, feel better and ultimately, live better as they find more confidence and learn to put that moxie to work building the life they dream about.

Angel is currently doing speaking engagements as she builds her Facebook community into an international network of women lifting each other up and overcoming their self-doubt together.

Workshop: The Best Decision For You
Facilitator: Maureen Ross Gemme, MS Ed.
Company: Emerge Leadership Academy LLC
Website: www.maureenrossgemme.com



Before launching her successful business as a dynamic speaker, educator and leadership mentor, Maureen Ross Gemme, enjoyed a 27 year career at a Fortune 200 company. After experiencing a major life transformation in her 20's, Maureen learned early on what it takes to advance and grow in a highly matrixed business organization.

During her corporate years she was recognized for her expertise in process management, leadership, training and communications. Maureen has a breadth of experience including leading remote training teams, rolling out multi-million dollar technology systems training across the enterprise, improving processes and documentation in all 13 departments she worked in and managing large scale leadership events.

Maureen's specialties include presentation and emerging leader skills development. Maureen is passionate about helping her clients overcome their fear of the spotlight, develop their confidence to present themselves and their ideas solidly whether communicating 1:1, in group meetings or on stage, so they can live up to their full potential and catapult their career and life into high gear in record time.

Workshop: Money Savvy
Facilitator: Tricia Brunton
Company: The Females' Center of Excellence and Leadership, Inc.
Website: www.xcelinc.org

In 2002, Tricia Brunton formed The Females' Center of Excellence and Leadership (also known as Xcel) as a student group at Northeastern University which offered leadership education, community service, scholarship, mentoring and networking opportunities to women on campus. Through this organization, she developed leadership skills and realized her passion for supporting the advancement of women and girls.

In 2005, Tricia and then co-Directors, Neakai Lewis, Olympia Valentine, Makeda Keegan and Allison Appel incorporated The Females' Center of Excellence and Leadership in Massachusetts. Tricia continues to lead organizational efforts to provide value added programs and services to its members and the community, while expanding its outreach through resource development and establishing long-term relationships with businesses, community organizations and educational institutions.



She is also the Founder of gomom.me (pronounced "Go Mommy"), a social network and resource for moms on the go. Through gomom.me, she connected moms by hosting the Mother's Day Expo event which served over 500 moms and their families between 2010 and 2012 as well as the Let's Play Expo which served 1,400 guests in 2012.

Tricia holds a Bachelor of Science degree in Finance and Marketing from Northeastern University as well as an MBA and a Master of Science in Finance degree from Indiana University. Tricia has held financial leadership positions at UTC Aerospace Systems and General Electric. She is currently the Head of Financial Planning and Analysis at Access Health CT, Connecticut's health insurance marketplace.

Today, Tricia continues to partner with Xcel's leadership team to expand its programs, including LinkHer and myRetreat throughout New England. She lives in Hartford County with her son, Jevidi.

Workshops: Stress and Change & Introduction to PeopleMap
Facilitator: Monica Leggett
Company: Monica Leggett Coaching and Consulting
Website: www.monicaleggett.com



Monica Leggett, owner of New Steps Life Coaching, works with small business owners, emerging leaders, and teams, as well as individuals and couples in major life transitions. She helps her clients achieve life-changing goals and find work/life harmony without all the stress.

"Dream It, Plan It, Do It, Live It!" is Monica's motto. Her coaching is a cooperative and creative process; a platform to clarify issues, raise awareness to what is working and not working for the client in order to generate solutions. In the process, clients learn life-changing skills, strategies and perspectives to stay in action and to reach their maximum potential.

Monica is a certified life, business, and relationship coach and a certified trainer for teams and organizations who want stronger communication, team building, leadership development, and conflict resolution skills.

She has recently published a book called "Break Free from the STOP Syndrome: Real Strategies to Overcome Stress, Tension, Overwhelm, and Procrastination", with tools and strategies for everyday life.

Since moving to CT in 1992, Monica has been an active community leader, earning the Trumbull Humanitarian Award in 2004. Monica and her husband Steve live in Shelton in a wonderful old farmhouse and have three married children and six grandchildren.

Workshop: Goal Setting
Facilitator: Stacey Zackin
Company: The Coach 4 You
Website: www.thecoach4you.com

If Stacey were a Super Hero, she'd be THE STATUS QUO BUSTER. Merging her background in management, organizational behavior, and psychology with her intuition, humor and sense of story, Stacey guides clients to discover the unexplored narratives in their past and become the authors of their future. She is the Founder & President of 'theCoach4you' a personal & professional coaching and consulting firm, the Producer and Host of 'The Work & Playlist' - a radio interview show on WESU 88.1fm, an adult education teacher at Manchester Community College, and creator of the 'DeFrag Your Life' system for life balance and time management and 'The Coach's Alphabet' - a playbook of values from Accountability to Zeal.



Stacey is a dynamic and prolific speaker who has delivered presentations and facilitated workshops across the country for corporations, non-profits, educational institutions, and community groups.

Workshop: The Power of Networking
Facilitator: Karen Hinds
Company: Workplace Success Group
Website: www.workplacesuccess.com



Karen Hinds is the Founder and CEO of Workplace Success Group, a strategic talent development firm.

She began her career preparing promising interns to enter and build strong careers in financial services companies. Since then, Karen and her team have worked with organizations to build and implement strategies that make it possible to develop and retain the next generation of leaders. Her business books include: A Young Adult's Guide to the Global Workplace; The Leader's Manual - A Young Adult's Guide to the Global Workplace; Get Along, Get Ahead: 101 Courtesies for the New Workplace; and Networking for a Better Position & More Profit. Her company has worked with

clients such as AmeriHealth Caritas, Turner Construction, Hamilton Sundstrand, Travelers, Dana-Farber Cancer Institute, Caribbean Tourism Organization, and Harvard Business School Executive Education, to name a few.

Karen is also a visiting professor for the Malcolm Baldrige School of Business at Post University, and a frequent guest on Radio, TV and Podcasts. She is a former board member of the Connecticut chapter of The World Affairs Council.

Originally from the Caribbean island of St. Vincent and the Grenadines, Karen hosted a global women's leadership conference in St. Vincent for three few years. It was an opportunity to share her expertise with women from around the world and at the same time showcase the beauty and culture of her island. Karen lives in Connecticut with her husband and teenage son where they enjoy cooking and traveling together.

Workshop: Vision Boards
Facilitator: Wanda Reyes-Dawes
Company: Manchester Community College



Wanda I. Reyes-Dawes is known for her passion for education and what it can do to transform one's life. With over three decades of experience in the educational profession in K-12 and higher education systems, she is fierce in her determination to empower others, especially woman in reaching their educational and life dreams. She considers herself a dream weaver. As a result, she founded WIRD Enterprises, Inc., an educational, personal and spiritual counseling consulting firm. She serves as a Healthy You, Healthy Marriage assessor for the Baptist Convention of New England and works with community organizations, non-profits, etc.

Wanda is the consummate professional counselor and academic advisor serving traditional and non-traditional students at Manchester Community College for approximately 13 years. Wanda has served in various administrative capacities within the student affairs division. She was a Minority Fellow, Co-advisor of the Hispanic Culture Club, and is currently a staff advisor to the Phi Theta Kappa Honor Society. Wanda is the sole provider of New Advisor Training and recently developed a Mini-Advising Training Series for faculty/adjuncts and professional staff.

Wanda leads by example. She holds a Bachelor of Science degree in Human Services Administration from Springfield College, a Master of Science degree in Counseling with a specialization in Student Development in Higher Education from Central Connecticut State University, and started her Doctor of Education program with a concentration in Higher Education at Northeastern University in the fall of 2014. She also earned a graduate certificate in academic advising from Kansas State University and the National Academic Advising Association (NACADA) in 2009. Prior to starting her doctoral program, Wanda served as an adjunct faculty member teaching the first-year experience college success course.

Wanda is an active member of the National Academic Advising Association (NACADA). She is a proud NACADA Emerging Leader graduate, Class of 2012 and was only one of two Emerging Leaders to be selected to become an Emerging Leader Mentor for a member of the Class of 2012-14. She previously served on the Steering Committee for Region 1 Conference (Northeast corridor states), Diversity Committee, Emerging Leader Program Advisory Committee, among others. She is also a member of the Connecticut Counseling Association (CCA).

Wanda is also a graduate of the coveted HERS Wellesley Institute for Executive Women in Higher Education, the National Community College Hispanic Council's Leadership Fellows Program and most recently, Manchester Community College's first Leadership Academy class.

Wanda is a lifelong resident of the Greater Hartford area. She is the honored mother of Jahmal, a veteran Marine. Her most fascinating role is being a doting grandmother to her gorgeous grandson, Kamren Xavier. She has been married to her sweetheart, Bancroft, for 35years. She loves reading, writing, traveling, swimming, gardening, and most importantly, loves God.

PART II: Action Plans and Mentors

Action Plans: From June to August, participants work collaboratively to develop their action plans focused on achieving SMART goals as well as complete a service learning project.

LinkHer™ Program: Participants will obtain a mentor in their desired career, via the LinkHer™ Program, who will assist them to achieve their goals over six months. To learn more about the LinkHer™ Program, visit www.linkher.org.

Please Note: The myRetreat™ Program is flexible. Since participants are from all over New England, workshops are offered in person and virtually, via Skype. Additionally, mentors are identified in the city/area where the participant lives.

PART III: myRetreat™ Grant

Upon completion of the myRetreat™ Program, participants in this year's cohort are eligible to apply for the myRetreat™ Grant which provides \$1,000 in financial assistance for educational, philanthropic or entrepreneurial ventures.