

## 8:00 - 8:45 AM: Doors Open & Registration

• Attendees check-in and settle in with light refreshments and music.

#### 8:45 - 9:00 AM: Opening Remarks - Minister Catriese Johnson

 Welcome and opening by the host, setting the tone for a day of transformation and elevation.

# 9:00 - 9:45 AM: Opening Keynote - Harolyn Fennell-Benjamin

## **Ascending Your Path: From Restoration to Elevation**

• A motivational keynote to inspire attendees to elevate their lives spiritually, emotionally, and professionally.

## 9:45 - 10:00 AM: Door Prize and Speaker Introduction

#### 10:00 - 11:00 AM: Interactive Panel Discussion

## **Bridging Experiences: Diverse Perspectives on Elevation**

• Interactive and engaging group activities to foster connection, camaraderie, and openness among attendees.

## 11:00 AM - 12:00 PM: Lunch Break

• Enjoy a catered lunch on-site while networking and reflecting on the morning's sessions.

#### 12:00-12:45 PM: Icebreaker Activity

## **Restoration Circle: Unlocking Stories and Shared Wisdom**

• Interactive and engaging group activities to foster connection, camaraderie, and openness among attendees.

#### 12:45 - 1:45 PM: Empowerment Workshop

#### **Beyond Boundaries: Mastering Emotional Wellness**

• Facilitated by professional counselors, this workshop dives into addressing emotional barriers, building resilience, and fostering mental clarity.

#### 1:45 - 2:30 PM: Financial Empowerment - Erica Lester

## Financial Power Moves: Strategize, Secure, and Soar

• A dynamic session on budgeting, saving, and wealth-building strategies to help attendees achieve financial security and independence.

## 2:30 - 2:45 PM: Afternoon Break

# 2:45 - 3:15 PM: Self-Care & Goal-Setting Workshop

## Vision in Action: Goal Setting and Self-Care for the Empowered Woman

 Practical exercises and tools for defining personal and professional goals while maintaining balance and self-care.

#### 3:15 AM - 3:30 PM: Closing Remarks

• Event wrap-up by the host, including key takeaways, a call to action, and final acknowledgments.