





## Lead Yourself to the Life You LOVE February 14, 2025

8:30 - 9:00

Check-in + Light Breakfast

9:00 - 9:30

Welcome + Networking + Ice Breaker

9:30 - 10:30

Meet Your Future Self: Business strategist and influencer Kristen Day will lead us through a powerful exercise designed to get us thinking about our lives in four important areas: Happiness, Legacy, Achievement, and Significance.

10:30 - 10:45

Break

10:45 - 11:30

Panel Discussion: A candid discussion with prominent Tucson women on "How She Does It" in order to live a harmonized, fulfilling life, led by Kathy Kobe

11:30 - 12:15

**Stop Budgeting – Start Living:** Money expert, author, and coach **Lisa Chastain** helps women abandon the shame and guilt they have around spending. In this interactive session, she guides us in discovering how we can stop budgeting and redefine our relationship with money.

12:15 - 1:00

Lunch

1:00 - 1:15

**Networking Exercise** 

1:15 - 2:00

Live BIG!! Ignite Your Impact: Short-term rental expert, author, and acclaimed podcast host Stacey St. John will inspire us to think bigger in our lives. She'll share best practices for unlocking the potential in all facets of life.

2:00 - 2:30

Your Authentic You: Learn how to express your authentic self with confidence.

2:30 - 2:45

Break

2:45 - 3:30

Bet on YOU in 2025: NY Times Best-Selling Author, former Marine Captain, and executive coach Angie Morgan will teach us how to start betting on ourselves and taking risks in our lives.

3:30 - 4:00

Close + Champagne Toast