

Angie

**TAKE
THE LEAD**
ST. GEORGE

STOP BUDGETING
lisa CHASTAIN

Craft a Purpose-Driven Life You're Proud to Lead
April 24, 2025

8:30 - 9:00

Check-in + Light Breakfast

9:00 - 9:25

Welcome + Networking + Ice Breaker

9:25 - 10:05

Grounding Practices for Executive Presence with Sarah Johnson & Ashely Sorenson: Discover powerful techniques to regulate your nervous system to enhancing your leadership presence and decision-making abilities under pressure.

10:05 - 10:15

Break

10:15 - 10:45

Leading with Steadiness through Corporate Storms with Sharna Rowe: Master the art of embodying calm leadership during organizational turbulence and establishing yourself as the stabilizing force your team needs.

10:45 - 10:50

Break

10:50 - 11:20

How She Does It Panel Discussion: Join St. George's leading women executives for unfiltered insights and real-world strategies on achieving work+life harmony. Led by K2 Founder, Kathy Kobe.

11:20 - 11:25

Break

11:25 - 12:10

Authenticity Workshop with Ati Grinspun: In this transformative session, embrace your authentic self to create deeper connections and meaningful impact across professional and personal spheres.

12:10 - 1:25

Networking Exercise + Lunch

1:25 - 2:10

Stop Budgeting & Start Living with Lisa Chastain: Revolutionize your relationship with money by shifting from restrictive budgeting to wealth consciousness and financial empowerment.

2:10 - 2:20

Break

2:20 - 2:35

Redefining Success with Paula Carvajal: Challenge conventional definitions of achievement and explore a vision of leadership success aligned with your authentic values and purpose.

2:35 - 2:40

Break

2:40 - 3:10

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.

3:10 - 3:15

Break

3:15 - 4:00

Embrace Bold Moves in 2025 with Angie Morgan, Take the Lead Founder, Exec Coach and NY Times Best-Selling author. Learn the art of calculated risk taking and turn uncertainty into opportunity.

4:00 - 4:30

Close + Testimonials