

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 + Breakfast

9:00 - 9:30

Welcome + Ice Breaker + Angie

9:30 - 10:10

**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.

10:10 - 10:20

Break

10:20 - 10:50

**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.

10:50 - 10:55

Break

10:55 - 11:40

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

11:40 - 11:45

Break

11:45 - 12:30

**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.

12:30 - 1:45

**Lunch + Networking Exercise**

1:45 - 2:15

**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.

2:15 - 2:25

Break

2:25 - 2:40

**Cultivating Roots & Reimagining Success with Paula Carvajal:** Challenge your definition of success and explore regenerative leadership as foundational work to create far-reaching impact.

2:40 - 2:45

Break

2:45 - 3:15

**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.

3:15 - 3:20

Break

3:20 - 4:05

**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.

4:05 - 4:30

Close + Testimonials