Conference Schedule

10:30 a.m.  
Registration (Ramsay Basketball Center entrance)

11 a.m.

Networking Reception & Vendor Showcase

Health and Wellness Corner

Susan G. Komen Breast Cancer Foundation
Girls on the Run
The Renfrew Center
Health Screenings, Underwood Memorial Hospital

Presentations

Compact Beauty, Carie Brescia
Food Sampling, Deanna Segrave-Daly, Teaspoon Communications
Which Food is Healthier? Jane Mingey ’80
Decades of Do’s and Don’ts: A Diva’s Guide to Cancer Prevention, Marianne Ritchie-Gordon, M.D. ’76

Career Corner

Mentor Meet-Up
Resume Review
LinkedIn Corner

Learn how to develop an effective LinkedIn profile and get a professional picture taken for your profile

Dress for Success, Dawn Jones, Worth
Meet & Greet with Breakout Session Speaker Noelle Lauer-Paregian, M.B.A. ’98, owner of Solutions-4-Success

Information tables with experts from the SJU Career Development Center, MBA Programs and Graduate Arts and Sciences Program

Also featuring author book sales and signing, student research presentations and student organization information tables

Noon

Luncheon and Keynote Address

Rosemarie Greco ’75 is an accomplished business, government, and civic leader.
Mary Lou Quinlan ’75 has built a national reputation as a compelling speaker, successful author, and TV personality.
2 p.m.

**Breakout Session 1**
Hear from internationally recognized speakers, authors, and educators in our five conference tracks: Renew Your Spirit | Simplify Your Life | Embrace Milestones | Live Healthier | Network It, Girl

**Ignatian Leadership: Leading from the Heart - Changing the World** | Renew Your Spirit
Karin Botto MS ’00
Gain insight into how to lead by applying Ignatian ideals. Learn how you can use the Examen—a daily prayerful reflection technique developed by St. Ignatius of Loyola—to become a more effective leader.

**Organize to De-Stress** | Simplify Your Life
Debbie Lillard
Discover simple tips and practical solutions to organize your time, possessions and surroundings for more peaceful living.

**The Core Competencies of a Healthy Woman** | Live Healthier
Eileen Cardile ’87, MS ’91
Discover what every healthy woman needs to know about exercise, eating and living life better.

**Tap into the Woman You Were Meant to Be** | Embrace Milestones | Renew Your Spirit
Claudine Wolk ’89
Discover how you can step outside your roles as “Mom,” “spouse,” and “caregiver,” to find something that empowers you and that will enrich your relationships with your family.

**5 Tasty Tips on Eating Better in 2013** | Live Healthier | Simplify Your Life
Deanna Segrave-Daly
Learn how to make diet choices that are easy to implement to help you prepare healthy food that tastes great and is good for you.

"**Speak" Your Way to Success** | Network It, Girl
Noelle Lauer-Paregian ’98
Learn how to craft a video resume and use techniques to ace interviews.

3:15 p.m.

**Breakout Session 2**

**Personal Branding - The Power of Brand You** | Network It, Girl
Kim Richmond
Develop your personal brand and market yourself through social media, in-person networking and a powerful elevator pitch.
**Turning Points - Turning Transitions into a Catalyst for Renewal**

Julie Metz

*Become inspired to navigate difficult transitions in your life. Hear how author Julie Metz turned her life’s turning points into catalysts for renewal.*

**Living Rich with Coupons**

Cindy Livesey

*Discover all the resources you need to shop smarter and get life’s necessities for less money.*

**Living in the Moment and Your Body**

Experts from the Renfrew Center

*Join this experiential workshop to facilitate present-mindedness through body connectedness. Using this process to live in the moment can enhance overall well-being and change self-criticism into empowered embodiment.*

**Performance of The God Box: A Daughter’s Story**

Mary Lou Quinlan ’75

*Experience this one-woman, one-act play based on Mary Lou Quinlan’s New York Times bestselling book The God Box, Sharing my Mother’s gift of Faith, Love and Letting Go. Quinlan shares the remarkable story of discovering her mother’s handwritten notes and her own personal journey of learning to let go.*

**From College Athlete to Career Athlete**

Laura Suchoski, former Duke University "Field Hockey Athlete of the Decade" and Social Media Manager for espnW, will discuss how she uses her skills acquired as a student-athlete to be successful in her professional career. Laura will also talk about how she includes fitness in her daily life, even without a rigorous mandatory practice and game schedule.

---

4:15 p.m.  
**Networking Reception & Vendor Showcase**

5 p.m.  
**Vigil Mass** (Chapel of St. Joseph - Michael J. Smith, S.J. Memorial)

Celebrated by C. Kevin Gillespie, S.J. ’72