



*own it!*



*A conference to inspire and empower women*

*Thursday, October 3rd*

*8:30 am - 4:30 pm*

*Watkins Glen Harbor Hotel*

**Program:**

8:30 am — Registration, coffee & networking

9:15 am — Kick off & Opening Remarks

9:30 am — Session 1: Take Charge and Live Your Best Life!

10:45 am — Session 2: Owning Your Success: Imposter Syndrome Unwrapped

12:00 pm — Lunch

12:45 pm — Session 3: Healing the Inner Critic

1:45 pm — Session 4: It's OK to Look Like a Leader

3:00 pm — Self Defense: Basic Tips and Strategies

3:15 pm — Session 5: Own the Moment, Hold the Space: Dealing with Difficult People

4:15 pm — Closing

**\$110 per person (includes coffee, lunch and snacks)**

**Registration deadline: Friday, September 27th**

***Register by Tuesday, August 27th for a discounted rate of \$90 per person***

Name \_\_\_\_\_

Company \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City, \_\_\_\_\_

State, Zip \_\_\_\_\_

Do you have any special dietary requirements? (i.e. vegan, gluten-free)  
\_\_\_\_\_

If you have any questions or need online registration  
information, email [jbmorgan@corningny.com](mailto:jbmorgan@corningny.com)

**Payment Options:**

Check: payable to *Corning Area Chamber of Commerce*

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Credit Card: Visa:  MC:  Disc.:  AmEx:

Name on Card: \_\_\_\_\_

Card #: \_\_\_\_\_

Address: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

Complete this form and return with payment to:

Corning Area Chamber of Commerce

Attn: Janet Morgan

1 W Market St, Suite 202, Corning, NY 14830

Or by email to [jbmorgan@corningny.com](mailto:jbmorgan@corningny.com)

## **Our Topics:**

### **Take Charge and Live Your Best Life**

In this 60 minute session certified life coach Filomena Jack will lead exercises in breath work, discuss habit cycles, and share “life hacks” that will allow you to take charge and live the life you deserve. See CoachFilomena.com to learn more about Filomena.

Presented by Filomena Jack, Certified Personal Development Coach

### **Owning Your Success: Imposter Syndrome Unwrapped**

When great things happen have you ever thought, “I am not supposed to be here” or “How did I get this opportunity?” and “I am really not as smart/funny/successful as they all think I am.” Do you shy away from compliments and encouragement? YOU ARE NOT ALONE! It’s called “Imposter Syndrome” and many of us have these feelings, particularly women. In this session, we will unwrap Imposter Syndrome to uncover what it is, its origins and how it affects us. And finally, we will talk about ways to diffuse Imposter Syndrome so that you can be free to OWN your success and happiness!

Presented by Judy Rowe, Judith A Rowe Consulting LLC

### **Healing the Inner Critic**

“Your inner critic is simply a part of you that needs more self-love.”~ Amy Leigh Mercree

Who hasn’t been overly critical of themselves, experienced self-doubt or harsh self-reflections? We all have an inner voice that can often be critical. This workshop will empower you to understand your inner critic in a different, more compassionate way, one that will lead to healing, growth and empowerment. When we can understand the meaning behind our inner critic, we are in more of a position of power to challenge, change and reframe that voice. This workshop will provide strategies and resources to cultivate a more compassionate inner voice, and how to react when that negative inner voice is heard.

Presented by Renae Carapella-Johnson, LMHC, NCC, Ray of Light Counseling & Consulting

### **It’s OK to Look Like a Leader**

Women in leadership roles are often perceived - wrongly! - as too emotional, too ambitious, too assertive, and more.

Women shouldn't apologize for being leaders, so how do we move beyond these misperceptions? This session will examine perceptions of female leaders and how others receive them. Discover how self-awareness can help your ability to be, and to look like, a leader, and to inspire and support other women to lead.

Presented by Holly Segur, Division Vice President, Workplace Services, Corning Incorporated; Founder, Lead Intuitively

### **Self Defense: Basic Tips and Strategies**

In this short session, we’ll get you up and moving – just a little! Learn some basic moves, things to do and things to know to protect yourself.

Presented by Bonnie Mann, Director of Health & Wellness, Corning Community YMCA; 3 time World Champion Boxer and 2017 Inductee, All Marine Boxing Hall of Fame

### **Own the Moment, Hold the Space: Dealing with Difficult People**

Do you find yourself triggered by someone in your personal or professional life? This session will help you cultivate the mindsets and skillsets that move you from your distressed self to your best self. Learn to own the moments and hold the space that define you.

Presented by Amie McMullin, Certified Executive Coach & Principle Consultant at Vescent, Inc.

**Own it! Vision**  
**Empowered women**  
**Empowering women**

**Mission**  
**To create an inclusive community which supports and empowers every woman to build the best version of herself**