



EMPOWERING WOMEN



February 11th - 13th

2021

Welcome

We are grateful you are here!

WE Ignite 2021 - Empowering Women

Our vision for this event is that each of you find
Connection with yourself and other women,
seek **Intention** throughout the event,
find a path to your own **Transformation** and
both give and receive **Inspiration and Empowerment**.

In Gratitude



Erin Long
WE Ignite Founder,
Board President



Kate Bennett



*Claudia
Avendano-Ibarra*



Stephanie Hooper



Morgan Curry



Yuliya Rybanka



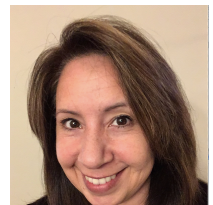
Lisset Reyes



Annette Parkey



Kati Ortiz



Duby Petit

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Speaker biographies can be found with the session they are facilitating.

For information on next years conference
check the back of your program!

About WE Ignite

Our Mission

To ignite the inner spirit of women to connect, inspire and empower each other.

Our Story

WE Ignite began as the vision of one woman, Erin Long. A vision to connect, inspire and empower other women.

That vision became a reality with WE Ignite 2019 and carries on into our third conference:
WE Ignite 2021

Erin's goal remains constant:

Creating a place for women to connect and have their voices heard. Where each participant can both be inspired and inspire others. An avenue for women to empower each other and ourselves.

Each of you are an integral part of her movement:
women changing the world!



Conference Committee

This day couldn't have happened without the hard work and dedication of the WE Ignite Conference Committee. With the utmost respect for giving of your time, your talents, your inspiring ideas, and your undying support; my heart is filled with gratitude and appreciation for the following women:



Linda Voithman



Kristy Southard



Deb Eaton



Kristia Poppe



Lisset Reyes



Jennifer Whitson



Tiffany Kilpatrick

Program Flow



02/11 THURSDAY

5:30 PM	Welcome
5:45 PM	We Need Everyone - Why Allyship is the Key To Social Justice
6:15 PM	Get Out Of Your Own Way: Finding Hope, Power & Connection in 2021
6:45 PM	Stretch Break!
6:50 PM	PANEL: Finding Our Voices In Spite of our Birthright
7:50 PM	Appreciation, Thursday Close

02/12 FRIDAY

8:30 AM	Friday Welcome and Keynote
9:00 AM	Featured Speakers
11:00 AM	Interactive Playshop with Marli Williams
12:00 PM	Lunch
1:00 PM	Spark Breakout: 1:00 PM Sessions
2:15 PM	Stretch Break
2:30 PM	Spark Breakout: 2:30 PM Sessions
4:00 PM	Appreciation, Friday Close

02/13 SATURDAY

8:45 AM	Saturday Welcome
9:00 AM	Saturday Featured Speaker
10:00 AM	Community Building: Three Keys to Confidently Connect with Anyone
10:00 AM	Appreciation, Conference Close

Thank You Sponsors!

Presenting Sponsor:
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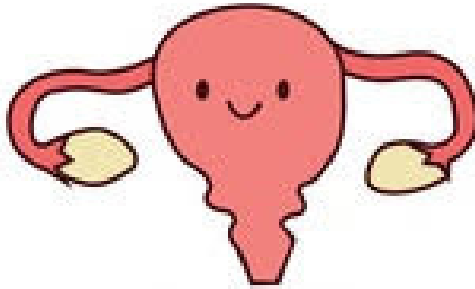
Burlington Soroptimists
proudly support WE Ignite



Helping women and girls live their dreams

Thank You Sponsors!

Inspiring Women Sponsor:
\$1,500



Chinn GYN, LLC

Connectin Women Sponsor:
\$1,000



Thank You Sponsors!

Encouraging Women
Sponsor: \$500



HELPING HANDS



Food Bank | Skagit County

Collaborating for Women Sponsor: \$250



Welcome

Welcome

Erin will open the conference by sharing her visionary story. You will learn the purpose behind the conference, the passion that continues to motivate her and the gift of mentorship she cherishes deeply.



Erin Long
WE Ignite Founder & CEO

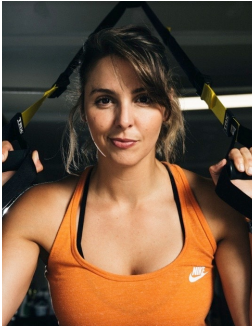
Erin Long is the founder and dynamic force behind the WE Ignite Women's Conferences. She is energized by organizing events that are evocative and enlightening; where participants can connect with others and improve both their personal and professional selves. With a deep joy of lifelong learning and tremendous sense of community, Erin's passion is to bring the WE Ignite Women's Conference to Skagit County for years to come. She lives in Burlington with her husband Michael, they have three adult children, and a 16-year-old dog.

Proud sponsor of WE Ignite 2021



Skagit Gleaners
People with Attitudes of Gratitude

Meditation & Movement



Danielle Graber
Owner, Graber Fitness Academy

Graber Fitness Academy is here to confidently believe in you as you are. Specifically, I help golf athletes implement physical fitness into their daily routines so that they can swing the club in the most comfortable & effective way possible. Graber Fitness Academy is here to unleash your potential from your limiting beliefs to achieve the dreams you want and to accomplish in being the athlete you are.

WE'RE GLAD YOU'RE HERE, BECAUSE WE NEED EVERYONE -WHY ALLYSHIP IS THE KEY TO SOCIAL JUSTICE

We cannot move the needle in the realm of social justice until we understand the importance of allyship. You will learn examples of my own need for allyship, as well as stories of my own attempts to be a better ally for others. And finally, why allyship is necessary for and vital to our collective emotional intelligence, (whether you like it or not).



Laura Cathcart Robbins

Writer, author & podcast host

Laura is a freelance culture writer, speaker, school trustee, and host of the popular podcast, The Only One In The Room. She is credited for creating The Buckley School's nationally recognized committee on Diversity, Equity, and Inclusion. Her recent articles in Huffpo and The Temper on the subjects of race, recovery, and divorce have garnered her worldwide acclaim. She sits on the advisory board for the San Diego Writer's Festival and the Outliers HQ podcast Festival, and is a founding member of Moving Forewords.

GET OUT OF YOUR OWN WAY: FINDING HOPE, POWER & CONNECTION IN 2021

How are you getting in your own way and staying stuck in struggles that are holding you back from owning your gifts? Sara, will walk you through necessary steps to bring you back to yourself and into your gifts after the chaos and destruction of 2020. By the end, you will know exact steps you can take to restore hope, power & connection in your daily life.



Sara Dean

Mindset, Business & Leadership Coach, The Shameless Mom Academy

Sara is a mindset, business and leadership coach, and creator/ host of the Shameless Mom Academy Podcast. Her biggest passion is helping women own their space. After enduring an identity crisis, she took her background in psychology/ health/ wellness and rebuilt her identity. Sara motivates and inspires women to stop shrinking and start shining. She is on a mission to inspire women and moms to live bigger, bolder, braver #everydamnday.

Finding Our Voices in Spite of Our Birthright

Panel: Abbi, Morgan and Annette share their experiences speaking up and speaking out against oppression and the challenges that womxn face in a society that's contingent on our silence. We invite you to listen and hear how even the smallest of actions can have ripple effects in our lives when women step up and make their voices heard. Moderated by Megan Justice.



Abbi Wood

Communication Strategist, Biznality™ Communications LLC

As a woman, and person of color, Abbi has heard more than her fair share of what to say and do in the world. At times a whisper, and other times a yell, she's used her voice to flip the script and create what she calls a messy-but-fulfilling life. Ghostwriter-turned-communication-strategist and founder of the Biznality™ process, she works with business owners to support their bottom line and results through the power of language and voice.



Morgan Curry

Executive Director, Skagit Gleaners

Morgan is the Executive Director of a food rescue and recovery organization called Skagit Gleaners. In the wake of COVID-19, she used transformational leadership to pivot the overall reach and growth of the organization. She strives to bridge gaps in resources to under-served populations. Morgan is the Vice-President of Skagit Women's Alliance Network (SWAN) and is active with various organizations in the county. She graduated with her Bachelors of Arts in Human Services from Western Washington University and is currently pursuing a dual law degree (Jurors Doctor) and Masters in Public Administration from Seattle University. Morgan is a single mother to a wonderful three year old and hopes to raise her daughter with a sense of community and empowerment.

Finding Our Voices in Spite of Our Birthright



Annette S. Pankey

Sales and Marketing Strategist, imPRESSions Worldwide

Annette has spent the last 20 years working in non-profit or government sectors. She worked for the YMCA of Central Maryland, an elementary school as a teacher and the Annie E. Casey Foundation in Baltimore, helping to improve outcomes for children, families and communities. After moving to Anacortes in 2011, Annette took a position with imPRESSions Worldwide as the President's Assistant. She left the company to pursue opportunities at the Economic Development Alliance of Skagit County, as part of a dynamic team engaging stakeholders in strengthening the Skagit community. She is passionate about everyone having an opportunity to enjoy the quality of life in our region. Even though she returned to the private manufacturing sector, Annette still finds time to focus on her community. She has actively participated in Civil Discourse training and is a member of the IDEA group focusing on inclusiveness, diversity, and equity in Anacortes. She most recently was showcased recognize by the Skagit Women's Alliance and Network.

Moderator



Megan Justice (she/her)

Owner/Accounting & Tax Advisor, Crayon Advisory, LLC

Megan takes the mystery and fear of taxes and accounting away so you can use your income statement and balance sheet to help you make business decisions that start with data and tell your business's financial story. Megan's career started in the file room, and grew because she raised her hand and said "I can make that better." She continues to question what she's doing and why and to raise her hand and say, "why don't we give that a try?"

THURSDAY FEATURED SPEAKERS

KEYNOTE: Finding Your Constant

We are all motivated by different things at different times in our lives, and yet we are more often taught to buy-in to motivational constructs that stress competition, financial gain, and peer recognition as success. Often, a mindfulness attitude is thought to be counter to getting ahead, but that all depends on how you define getting ahead. Julie will discuss her views on what matters most – our constant.

**Julie Blazek, AIA**

Partner, HKP Architects

Julie is a licensed architect and Partner with HKP Architects in Mount Vernon, Washington. She graduated from the University of Wisconsin-Milwaukee with a BS in Architecture and Honors in the Major. She moved to the Pacific Northwest 27 years ago and has been with HKP the entire time, working on a myriad of civic and private projects, including museums, libraries, schools and university buildings, and private residences. She has a Certificate from the University of Washington in Design Firm Leadership and Management and is a Certified Passive House Consultant. She is also a LEED (Leadership in Energy and Environmental Design) Accredited Professional.

Opening Dialogue through Storytelling

Throughout time women have been innovative and determined in pursuit of their goals and yet their stories of success have not made it into the history books. Nicola will introduce you to The Women's Commonwealth of Texas, a story from the late 1800s that will inspire and encourage you to ignite your fire.

**Nicola Pearson**

Writer, Women's Work Productions

Nicola Pearson is an award-winning playwright, whose plays have been produced throughout the US and in Sydney, Australia. Nicola is also the author of three novels, three short mysteries, and two children's books. Nicola is married to the potter at Sauk Mountain Pottery in the Upper Skagit Valley and divides her time between selling his work and writing.

LOVE IS LOVE

Do you know someone who is gay or transgender? What is the difference between gender identity and sexuality? Why are there so many terms? These are all great questions that will be answered along with an easy guide on how to be an ally to our loved ones. We will also be able to talk about how to create a welcoming work place and how to handle tough conversations.



Randi Breuer
Presenter, PFLAG

Originally from the east coast, Randi now resides here in Skagit County with their two children. Randi volunteers for PFLAG Skagit, a support group for the gay and transgender community. They also work full time at didgwalic Wellness Center and part time at Oasis Teen Shelter. As a previous recipient of the Rising Swan Award, Randi provides a unique role in our community doing wearing many hats.

Ask vs. Offer Cultures

Have you ever been told you're "too direct," or feel like you don't understand what others want? Or on the other side, do you think others are often too confrontational? These are Ask vs Offer Culture differences. Ask folks believe it's ok to ask anything, because it's ok to say no, while Offer folks prioritize not imposing on others. It's a culture clash that isn't often recognized, yet causes quite a bit of tension and frustration. This talk will cover the nuances of these different communication styles, as well as strategies for bridging the gap. Gaining an understanding of these differences and learning specific tactics for a professional context will make you a drastically more effective communicator.



Katherine Wu (KWu)
Lead Software Engineer

KWu is a lead Ruby developer at Heroku. In college, she added a Psychology major to learn how to people--but using books. Besides always analyzing due to lacking intuition, she also enjoys knitting, weightlifting, and semi-hate-reading parenting books.

This is About YOU

This is a presentation on how YOU can implement tools & tactics to actually design the life you want, and using what you have to do it.



Danielle Graber

Owner, Graber Fitness Academy

See page 7 for Danielle's bio.

Ignite Your Impact: Creating a More Inclusive and Empathetic World

The purpose of this playshop is to inspire and motivate you to become an inclusive changemaker. This interactive presentation is designed to empower you to cultivate empathy, compassion and understanding for others different from yourself. You will have an opportunity to reflect on your own unconscious bias and recognize your ability to create spaces where everyone can thrive. You will walk away with actionable tools and steps to take to make a powerful difference in your life and community.



Marli Williams

Women's Leadership, Confidence & Mindset Expert, Marli Williams LLC

Marli is a courage cultivator, joy instigator, community catalyst, and possibility creator who first fell in love with transformational leadership as a camp counselor. Two degrees and 15 years of facilitation training later, Marli decided to give herself permission to be the "Professional Camp Counselor" she knew she was born to be. Now she helps incredible people and organizations stop waiting for permission and start taking bold action to be the changemakers and leaders they've always wanted to be. When she's not speaking on big stages, training facilitators, or consulting with high-level event leaders, you can find Marli running her annual women's summer camp, Camp Yes.

Finding Purpose Post-Pandemic

As we prepare to head back to "normal" let's take time to consider what we want our "normal" to look like. During this session we will reflect on the past year and consciously begin to design what life looks like post-pandemic. Instead of rushing back into "normal" life, we can pause and really define, design & demand exactly what our NEW "normal" can and WILL be.



Mari Wuellner

Life Style Coaching, MW Coaching

Mari's WHY is "To break down walls & build up trust so that we can live the life of our dreams." She has been married to Tom for 14 years and has three amazing kiddos. Mari opened her first business, a State Farm Agency in 2008. While in business she realized her passion and determination for helping others succeed. She started by coaching her team. In 2016 she expanded and launched "Living on Purpose Coaching" where she helps her clients move their lives from default to design. Her mission is to be a catalyst for others to realize the magic of a life truly Lived on Purpose.

Stress...You got it! So what are you doing about it?

How does stress effect your Sleep? Hormones? Weight? We all have stress but it DOES NOT have to rule your life! Learn about how you genetically process stress and how to avoid Alzheimer's and dementia, all while building your wellness outlook. Take the reign's on your health. If you don't, who will?



Michelle Moser

Women's Leadership, Confidence & Mindset Expert, Marli Williams LLC

Michelle, RPh, FACA, FACVP, graduated University of Washington in 1987 and started Makers Pharmacy in 2007. For 7 years she consulted with home bound patients providing in-home medication management. In 2011, Makers Compounding Pharmacy opened their doors preparing specialized, individualized medications for Humans and pets. She provides educational seminars, writing news articles and wellness consultations, and is a Hospice of the NW Foundation Trustee. Michelle and her husband, Michael, have 4 children and 3 grandchildren and enjoy being an active part of the community.

HERstory - Gender Stories from the Workplace

Q&A Panel: Women speaking to gender inequality in the workforce, the gender pay gap and their personal journey's working in a field that is predominantly male.

**Tiffani Candler**

**Health, Safety, and Environmental Manager-
Western Region, Lydig Construction**

Tiffani is a Health, Safety and Environmental Manager for the Western Region at Lydig Construction. She is a local advocate for Construction Worker Mental Health and increasing Diversity in the Construction Industry. She has managed Safety Programs for multi-story high rises in the Downtown Seattle area with over 300 workers, and is currently Managing a department with 10 projects spanning from Tukwila to Bellingham. She was recognized in 2018 nation-wide as an Emerging Leader in HSE and has been dedicated to leading the industry into a safer and more inclusive place to work.

**Shirley Yap**

Shell VP Manufacturing, Deer Park & Puget

In her current role, Shirley is accountable for leading Shell's Deer Park Manufacturing Complex and Shell's Puget Sound Refinery to achieve long term commercial success in a safe, reliable, and environmentally responsible manner. She has held a variety of positions globally with Shell, including Technical Engineering, Refining Operations, Supply Chain Management, and Strategy & Portfolio management. She is a board member for the East Harris County Manufacturers Association. Shirley holds a BS and MS degree in Chemical Engineering from UCLA and Northwestern University. She enjoys travel and activities with her close friends & family.

HERstory - Gender Stories from the Workplace



Julie Blazek, AIA
Partner, HKP Architects
See page 7 for Julie's bio.

Panel Moderator:



Dr. Terri Wattawa
Principal, Mount Vernon High School
Dr. Wattawa serves as principal at Mount Vernon High School. She received her Bachelor's in biological science education at Arizona State University, followed by a Master's in curriculum and instruction from Northern Arizona University and a Doctorate in Educational Administration and Supervision from Arizona State University. Prior to Mount Vernon, she served as a high school principal, assistant principal, district instructional specialist and educational consultant in Arizona. She has worked with families of varied ethnic and socio-economic backgrounds. Wattawa has presented at the International Reading Association Conference and been recognized as a recipient of the Intel Science and Engineering Educators Excellence Award. She lives in Mount Vernon with her husband, two children, and menagerie of rescue animals.

SPARK BREAKOUT: 1:00 PM

LWV

LEAGUE OF WOMEN VOTERS[®]
OF SKAGIT COUNTY



Empowering Voters - Defending Democracy

Join us at skagitlww.org

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How to Turn Your Expertise Into an Online Business

We all have something unique we can teach others. Effectively packaging your knowledge and directing people to it allows you to help the world by providing people valuable skills and to help yourself make money. Join Lindsey, #1 expert in helping online coaches build and monetize their businesses. Discover how it's possible for you to start an online coaching business that can help you achieve your goals of more time, money, freedom, and impact.



Lindsey Anderson
Online Business Coach

Lindsey is an online marketing expert specializing in helping online coaches build and monetize their online businesses, and author of the best selling book, *The Click Technique*. She is founder and CEO of *TrafficandLeads.com*, a digital marketing agency, with core disciplines in SEO, Social Media Marketing and Media Buying. If you're a coach looking to scale your business with irresistible programs, courses, memberships, retreat and events...Lindsey can help!

REIMAGINING WEALTH: A REVOLUTIONARY MINDSET SHIFT TO MAGNETIZE ABUNDANCE

This presentation will offer you a way to reimagine wealth not as merely an abundance of money, but as deep contentment in all areas. It will show you a novel way to attract abundance and prosperity in all forms. You will learn: *The most foundational component of manifestation *8 simple words to jump-start your manifestation practice *The subtle mindset shifts that magnetize abundance to you and *How to live in the frequency where manifestation is effortless.

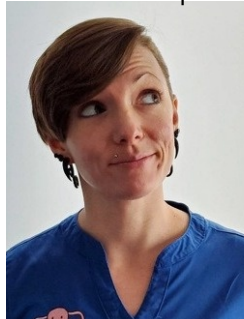


Dragonfly De La Luz
Inspirational speaker, transformational coach, and author

Author of the forthcoming book, *The Manifestation Experiment: Adventures in Following Your Bliss, Finding Your Purpose, and Trusting the Universe*. With no job, home to return to, or safety net, Dragonfly set out on an ambitious solo mission to manifest her way around the world with money to last 3 months...but she managed to leverage her manifestation skills to keep traveling for 3 years. She now coaches women on manifestation mastery and transformational personal development.

#herhealthmatters

Are you passionate about women's healthcare? Come learn the history of women's healthcare in America, including an examination of why women's health issues end up in the political arena. Morghan will also examine implicit gender-bias & the ways this impacts the care women receive. Finally, she will review the ways in which you can advocate for yourself & all the women you love, to have access to & receive exceptional healthcare in every phase of life.



Morghan Milagrosa

ARNP, WHNP-BC, CNM, IBCLC, NCMP, MSN, Chinn GYN, LLC

Morghan is an ardent advocate for & practitioner of women's health. For more than 20 years, she has conducted academic & clinical research, served as a peer reviewer for major medical journals & is a contributing author for medical textbooks with the intent to improve inclusion of female-specific findings & inquiries. She works every day to provide an optimized level of patient care to the women of NW Washington. Morghan has dedicated her life to ensuring she does everything within her power to identify flaws & failings in the current system & eradicate barriers to high-quality care for women in all stages & phases of life.

Biznality™ + Presence: Stepping into and using your voice to create the results you want!

How do you talk about yourself in a way that will grow your audience and your biz? Quick answer: You give it the human touch or what Abbi calls Biznality™. During this session, you'll get a sneak peek into the Biznality™ process as we identify how to: *Amplify your strengths in communication *Work with the world around you vs tuning into yourself, and *Focus your voice for the results you want to create this year and beyond!



Abbi Wood

Communication Strategist, Biznality™ Communications LLC

See page 8 for Abbi's bio.

SPARK BREAKOUT: 1:00 PM SESSIONS

Bridging the Gavel Gap, the Changing Face of the Judiciary

Q&A Panel: Women have fought hard to have a space in the justice system. Come and learn about these incredible women and how they are working to ensure that those who sit in judgement in our courts reflect the gender and racial makeup of our community.



Elizabeth Yost Neidzowski

Judge, Skagit County Superior Court

Elizabeth was elected to serve as a Skagit County Superior Court Judge in November, 2020. She was previously a senior deputy public defender with the Skagit County Public Defender's Office. She also previously worked in private practice at a civil litigation firm. Elizabeth is a graduate of Anacortes High School, Western Washington University, and Washington and Lee University School of Law.



Laura Riquelme

Skagit County Superior Court Judge, Pos 2

Laura serves as a Skagit Superior Court judge where she hears a wide variety of cases. Prior to her judicial service, she practiced criminal law as a public defender and prosecutor. She serves on the boards of Community Action of Skagit County, Skagit Women in Business, and the Madison Elementary Parent Teacher Organization. Judge Riquelme is interested in education at all levels, with a focus on discussing leadership and civics with young people.



Jenifer Howson

Skagit County District Court Judge

Jenifer is a Skagit County District Court Commissioner, and has served as Mount Vernon Municipal Court Commissioner. She was CEO/CFO of Howson Law Office from 1997-2017 and CEO/CFO at Jenny Creek Property Management from 2004-2019. She was the SWAN Vice President in 2019 and SWIB Membership Chair from 2018-2019. Jenifer currently serves on the Hospice of the NW Board of Trustees. She has also been part of the Civil Discourse Project Board and Skagit Rotary.

Bridging the Gavel Gap, the Changing Face of the Judiciary Bio's continued:



Dianne Goddard
Skagit County District Court Judge

Dianne Goddard has served as a judicial officer at Skagit County District Court since January 2009. Prior to that she had a private law practice in Mount Vernon. She graduated from Indiana University School of Law in 1976 and worked for three years as a deputy prosecuting attorney in Farmington, New Mexico and Skagit County. She is married and has three children and five grandchildren.



Cecily C Hazelrigg
Judge, Washington State Court of Appeals - Division I

Judge Hazelrigg joined the Court of Appeals in 2019. She came to the court with over 10 years of legal experience in public defense and immigration work. Her prior work as a bilingual attorney with close personal ties to immigration centered her professional focus on historically underserved communities within the legal system, and working on access to justice issues. As a first generation attorney, she has prioritized mentoring newer attorneys in trial work and youth interested in pursuing legal careers. Born and raised in Northwest Washington, She received her ATA from Skagit Valley College in Paralegal Studies, BA from Western Washington University in American Cultural Studies, and JD from Gonzaga University School of Law.

Moderator:



Wende Sanderson
President, League of Women Voters of Skagit County

Wende volunteers in several capacities in the community including serving as a Certified Mediator with Volunteers of America of Western Washington Dispute Resolution Center of Skagit County since Aug 2014, and with the League of Women Voters of Skagit County where she currently serves as President.

SPARK BREAKOUT: 1:00 PM SESSIONS

Taking the Fear away from Accounting & Taxes

Taxes and accounting are often a mystery, and doubly so for small business owners. There's so many rules and things to know. During this interactive workshop, you'll learn what accountants look at when we look at a business's financials, why we ask for the things we do, and how you can best prepare for taxes. Come with your most burning questions, your most recently filed tax return (for you, not to share), your most recent balance sheet and income statement, and maybe a few colored pencils.



Megan Justice (she/her)

Owner/Accounting & Tax Advisor, Crayon Advisory, LLC

See page 9 for bio.

Sharing from the Heart: How to Connect through Video Storytelling

Through openly telling our stories we can find commonalities that bind us and make the world a better place. Sharing our experiences of loss, triumph, joy, and pain is how we uncover throughlines that connect and motivate us to work together and take action. In this interactive session, you will discover how to tell your story in a way that deeply connects with others. We'll discuss the fundamentals of a compelling story and how to identify them in your day-to-day and more. You'll leave with a toolkit and examples of digital storytelling.



Quinn Rose

Video Director & Producer, Story Based Brands

Quinn's mission is to help businesses and organizations use video to make a positive impact on the world. Native to Portland, she moved to New York City to become an investigative reporter. She spent time in Europe writing, teaching workshops, producing & directing videos. While living in Cape Town, she decided to move home to focus on one goal: use her journalistic lens and passion for stories to support mission-driven companies. Quinn's team at Story Based Brands uses video storytelling to support products and services that are making a positive impact worldwide.

Crisis Proof your relationship with food

Do you have a big vision? So many of us are struggling with disordered eating- binging, restricting, soothing with food because we are stressed, bored, agitated, and don't know what else to do. This tends to be a long term pattern and is now amplified, piling on more shame and taking up space. If you could be free of the obsession, what could you do with your mental and emotional energy? Learn how to stop the cycle and build a solid base of connection and trust with yourself to find peace. You can have a resilient, empowering relationship with food based in nurturing, supporting you and freeing you to do what you really want to do in the world!



Tiffani Thoen, RN

RN, Certified Intuitive Eating Counselor , Coach Tiffany, RN

Tiffany helps people who are tired of obsessing over food and fighting their bodies to heal their relationship with food. Having experienced food obsession herself, she committed finding a kinder solution that didn't involve depriving herself. Healing her relationship with food was so powerful that she has dedicated herself to supporting high- achievers like her to do the same.

2021 Resilience! THE Essential Outlook to Keep Moving Forward with Confidence.

Have you found yourself uncomfortable navigating the Virtual World in 2020? Uncover Ways to gain mastery in Emotional Safety for our Life in this Brave New World. You will learn the 7 Ways We Show UP Socially and how to Choose which ONE works best for You and the Situation. You will take home an Insight Tool you can apply right away and gain Mastery in Social Safety to build Your Resilience both online and in real time. Join us as we Ignite Your Resilience in this Dynamic Spark Session, with breakout rooms as well as time for solo reflection.



Nan Hamilton

Founder & CEO, Vibrance Ignition Coaching

Nan's decades of Educating & Mentoring Youth have brought her to a New Season where she brings lifelong Curiosity for Human Personality & Identity to Emerging Leaders! An Adoptee, she brings Depth of Insight on Adaptation & Identity creating a Safe Space to Explore & Embrace Uniqueness. She is the mother of 5 Amazing Millennials & learning the NEXT Dynamic Dance of Life - the Intergeneration's interplay of Family Life in the 2020's.

Key Life Decisions. Are you prepared?

Q&A Panel: A short presentation from each woman followed by a Q&A. Learn how these women contribute and compliment each other in helping women build her life plan. Presenters will offer practical educational information unique to each professional field and offer insights that women in the audience can take away and apply to their demanding lives.



Kimberlee M. Ray
CPA, MS Taxation

KIMBERLEE M. RAY (Kim) started her public accounting career with a "Big Eight" firm in the late 1970's. For the past 35 years, she has been with Williams & Nulle, PLLC – the largest CPA firm in the Skagit/Island/San Juan county region. Her practice has been limited to tax, with roughly one-third involving estate planning, tax and administration. She received her undergraduate degree from the University of Washington and both an MS in Taxation and an Advanced Certificate in Estate Planning from Golden Gate University.



Christie Winter
Funeral Services, Partner

Christie began her career in the deathcare profession in 1991 as a preneed cemetery counselor. She quickly moved through the ranks to become the Assistant Manager and then Sales Manager helping to develop a highly successful preneed funeral program from the ground up. In 2011 Christie ventured out on her own and created Sound Market Solutions, a preneed consulting firm that specializes in preneed market share development. Shortly after, Christie forged a strategic relationship with Cairn Partners to provide her consultative services to an even broader clientele base. Christie uses every tool at her disposal to provide her clients with a broad knowledge base in sales, marketing and education.

Key Life Decisions. Are you prepared?



Emily Rose Mowrey

Attorney/Owner, Limitless Law PLLC

Attorney Emily Rose Mowrey owns Limitless Law, based in Bellingham Washington. She has been assisting clients with estate planning since 2007. Limitless Law helps clients all over Washington to understand their legal rights and options for end-of-life and legacy planning, including wills and trusts. Emily also helps clients with real estate transactions, bankruptcies, business legal matters and probate cases.

Moderator:



Yulia Garrison

Financial Advisor, Edward Jones

Yulia is a financial advisor with Edward Jones and has been with the firm for over 7 years now. She has an extensive teaching background working with students of all ages in a variety of countries. Teaching money management is what led her to her current passion of becoming a Financial Advisor. Yulia enjoys breaking down complex financial concepts to practical actionable steps and strategies. She deeply cares about her clients and appreciates the trust they place in her. She truly enjoys helping families build a solid financial foundation to achieve what is most important to them. Yulia has enjoyed being part of the Skagit Valley community for over 11 years now and values her friendships in the Rotary Club, Toastmasters Club, and Chamber of Commerce. Outside of the office, time with family and friends is at the top of her list of favorites. And so is dancing with her husband, children, and friends.

SPARK BREAKOUT: 2:30 PM SESSIONS

Social Media Marketing-Everything you wanted to know but were afraid to ask

Are you overwhelmed by all of the social media's out there for your business? Would you like to know how to utilize the right platforms to accomplish all of your business goals? Why are businesses using pinterest, how does the new FB business pages work? Join us for an engaging session as we dive into the world of social media and walk away with useful tools you can implement on a variety of channels instantly.



Kristen Keltz
CEO, K & M Social

Kristen moved to Skagit Valley in 1992 where she attended Skagit Valley College. She began her career as a front desk agent and was promoted to Director of Sales and Marketing. Kristen served as President/CEO of Mount Vernon Chamber of Commerce from 2001 until 2014. Kristen earned a certificate in Institute for Organizational Management from the US Chamber's Institute program. She is employed as the Senior Director of Sales and Marketing for Hotel Services Group. Kristen is very active in the community, and is currently working with her youngest daughter Melyssa to start her social media marketing company K&M Social. She lives in Mount Vernon with her husband Donnie and has two amazing daughters who are her proudest accomplishments.



Melyssa Whitener
President/CEO, K & M Social

Melyssa is a Skagit Valley native who has had a sense for business since she was a young girl. She graduated from Mount Vernon Christian School where she was a standout athlete and student. After high school, Melyssa left for warmer weather to attend Grand Canyon University in Phoenix, AZ where she obtained a major in Business Management with a minor in marketing. She has completed several certificates in social media platforms and as an avid learner and entrepreneur, is continuing staying on top of trends. Melyssa is excited to start her business adventure K&M Social to help business have their presence on social media.

Yehaw' ~ Embracing Our Power: Tools for Resiliency

This has been a difficult year with much grief, loss, and disconnection while continuing onward during the pandemic. This has allowed us to reflect and try new strategies for coping and building resilience. Shelly will discuss crisis during COVID-19 and how the Swinomish Protect Mother Earth Community Group raises awareness, educates, and builds the next generation of leadership. She will share valuable indigenous concepts and knowledge for building resiliency, relationships and community in the face of adversity.



Shelly Vendiola

Community Liaison in the Work Force Grants Office at Skagit Valley College

Michele, aka Shelly, has served as an educator, facilitator, mediator, and activist for over 28 years. She is the co-founder of the Community Engagement and Peacemaking Project. Previously she taught a series of courses on the history, language and culture of the Swinomish and Coast Salish peoples at Coast Salish Institute at Northwest Indian College. She has a Masters in Higher Education and practices indigenous pedagogy and research methodology within all aspects of her work.

The Confidence Equation: The Key to Leading a Victorious Life

Whether you're on a stage or presenting from your office, projecting with the right amount of confidence puts your audience at ease. In this session you will learn how to: Identify mental blocks that keep you stuck in self-doubt, Learn how to make confidence your 'go-to' habit, Utilize self-talk and alter egos to draw-in courage on the fly, Stop over-analyzing the past and what you think you did 'wrong', Stop mind-reading your audience and trusting the authentic amazing you, Use humor to keep yourself in the confidence zone.



Rebecca Pierce Murray

Chief Confidence Officer, Rebecca P. Murray

Rebecca is a speaker, trainer, and entertainer known for her humorous, zany, tech-savvy style. In her Master Your Virtual Image workshops series, she helps audiences learn how to enhance and refine their virtual image by applying five tried and true Hollywood film-making techniques. She feels strongly that everyone has the ability to be a star and has been told her ability to help people shine online is her superpower.

How To Safely and Successfully Support Someone Who's Struggling with Their Mental Health

Over half of Americans suffer from mental illness, if someone you know is one of them, you probably want to help them. In this presentation, Jessi covers the best way to support your loved one who's struggling with their mental health while keeping yourself safe in the process. You will learn: 8 things you should never say to someone who's struggling, 5 ways you can successfully support them & The importance of keeping yourself safe during the process.



Jessi Beyer

Speaker, #1 Best-Selling Author, and Mental Health Advocate, Jessi Beyer International, LLC

Jessi Beyer is an award-nominated speaker, mental health advocate, and the #1 best-selling author of *How To Heal: A Practical Guide To Nine Natural Therapies You Can Use To Release Your Trauma*. Named a "2020 Young Entrepreneur to Watch" by IdeaMensch, she has been featured in dozens of media outlets, including Best Company, Thrive Global, and Elite Daily, and has spoken to thousands of people across the country. Outside of her professional life, Jessi is a K9 search and rescue handler and proud pet mom.

Three Keys to Confidently Connect with Anyone

This community building experience will create an opportunity for you to build authentic and meaningful connection with others. Marli will provide fun, unique, and inspiring session for you to reflect, connect, and share with others what you are learning from the keynotes and workshops. You will increase and integrate what you are learning while connecting in meaningful ways with others. Oh yeah, and have a good time!



Marli Williams

Women's Leadership, Confidence & Mindset Expert, Marli Williams LLC

See page 12 for Marli's bio.

Thank You

Dear Attendee,

On behalf of WE Ignite, we want to thank you for attending our first virtual conference! We hope that you found the conference educational and motivating. Your presence helped to make this event a great success. We wish you all the best and hope to see you next year!

Do you wish you had access to sessions you were unable to attend? Stay tuned for more information on recorded sessions by visiting www.weignite.org.



Interested in being a Speaker?



Do you want to speak or know someone who should speak next year?

We are always looking for new speakers to share their stories or skills to empower WE Ignite attendees.

Visit

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Save the Date



FEBRUARY 2022

Connecting Women

weignitewa.org

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