



CONNECTION TO GENDER



February 10th - 12th

2022

Welcome

We are grateful you are here!

WE Ignite 2022 - Connection to Gender

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**.

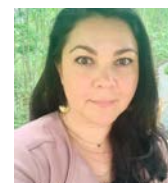
In Gratitude Erin & The WE Ignite Board,



Erin Long
WE Ignite
Founder & CEO



Kate Bennett



Claudia Avendano-
Ibarra



Lisset Reyes



Morgan Curry



Julie Blazek



Deb Eaton



Stephanie Hooper



Carmen Bruner



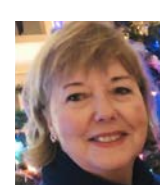
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conference!

*All proceeds go to the
continuance and
improvement of the
WE Ignite Conference.*



tinyurl.com/BuyYourWEIgnite2022Journal

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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 fourth conference:
WE Ignite 2022

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:



Erin Long
WE Ignite
Founder & CEO



Lisset Reyes
WE Ignite
Board VP & Event Chair



Diane McMahon



Lauren Beliveau



Susana Riffle



Deb Eaton



Tiffany Kilpatrick



Abbi Wood

Program Flow

02/10 THURSDAY

12:30 PM	Welcome
12:45 PM	Opening Keynote - "Travel Light" Go After What You Want
	The Beauty and 6 Steps of Uncomfortable Conversations
1:45 PM	Break
	Take Center Stage at Any Age
2:55 PM	Break
	Coming to Light
3:40 PM	Closing Keynote - DEI Leadership: Creating a Culture of Equity

02/11 FRIDAY

9:30 AM	Friday Welcome
9:40 AM	Opening Keynote - Witnessing Others' Stories as an Act of Love and Solidarity
	Honor Thy Mother Documentary
10:30 AM	Break
	Honor Thy Mother Panel
11:45 AM	Lunch
	I'm Not Like Other Girls: an inward look at internalized misogyny

Program Flow

02/11 FRIDAY CONTINUED

1:15 PM	Friday Spark Breakout Sessions
2:30 PM	Break
	Activate your Feminine Power
3:15 PM	Closing Keynote - Have You Ever Felt Alone In A Room Full Of People? Laura Cathcart Robbins talks about being The Only One In The Room

02/12 SATURDAY

9:30 AM	Saturday Welcome
9:40 AM	Opening Keynote - Excuse Me Sir, this is the Women's Restroom
	Panel; Stories That Change and Connect Us
11:30 AM	Lunch
	How High Are Your Mountains?
1:00 PM	Saturday Spark Breakout Sessions
2:00 PM	Break
	Closing Keynote - Invest Into Your H.A.C.K
	Breathing Exercise
2:55 PM	Closing



WE Ignite is partnering with Randi Breuer
to bring their presentation

COCOON: COMING OUT OF OUR COMFORT ZONE AND INTO REALITY WITH NEW SKILLS

TIME:
5:30-7 pm

DATES:
March 3
March 10
March 17
March 24

COST:
\$205/ person

Cocoon is a four part series with each session building on each other. Through self reflection & sharing our stories, you will better understand your communication style so you feel empowered in uncomfortable situations. With an underlying theme of being an ally to all while still having our own boundaries, this workshop will leave you wanting more as you go through the steps of self discovery.



REGISTER NOW
[TINYURL.COM/COCOONEVENTBRITE](https://tinyurl.com/cocooneventbrite)



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YOUR SHINE

with Rebecca P. Murray
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Thursday Featured speakers

Travel Light

An impactful experience that will help attendees get clear about what they want and develop the courage to go after it, so they can experience the fullness and richness of life. Experience a mind shift as you walk away with a strategy to implement the 3C's of Courage!



Akilah Muhammed

Akilah Muhammad is a Mind Body Life Strategist, dynamic Speaker and Certified Fitness Expert. She passionately serves women by guiding them through life's uncharted territories. She empowers women to gain the courage to identify and relentlessly pursue the life they desire and deserve.

The Beauty and 6 Steps of Uncomfortable Conversations

The Beauty and 6 Steps of Uncomfortable Conversations allows the audience to experience an emotional journey of inner awakening, empowers them to trust and listen to their inner wisdom, learn the ACP Coaching fundamentals to Uncomfortable Conversations and 6 steps that can be used right after the presentation.



Tonya Williams

Her mission is to build better leaders, inspire individuals, rehab relationships, and change communities through the power of taking on Uncomfortable Conversation and making them Courageous Conversations.

Thursday Featured speakers

Interview: Take Center Stage at Any Age

Trigger Warning - Sexual Assault

Join speaker, Dorice Hortenstein, as she interviews Jennifer Townsend, producer and director of the powerful documentary, 'Catching Sight of Thelma & Louise.' Jennifer dove headfirst into film-making at the age of 75. She will discuss her filmmaking experience and tackling many other 'impossible' goals throughout her life. Jennifer is joined in the studio by her daughter and fellow WE Ignite presenter, Rebecca P. Murray.



Jennifer Townsend

Jennifer Townsend, producer and director of the acclaimed documentary, 'Catching Sight of Thelma & Louise,' uses her film to provide support for individuals who have been subjected to sexual violence. In the context of issues brought up in 'Thelma & Louise,' the documentary especially speaks to women, LGBTQ, and non-binary gender identities who want the truth of their traumas understood and validated.



Rebecca P. Murray

As a sought-after communications trainer, Rebecca P. Murray works with leaders to hone the essential skills and confidence to leverage their visibility on-screen, on-stage and in-person. Rebecca's presentations are highly interactive and utterly unforgettable. She infuses musical theater, comedy, and improv elements to keep her audience leaning in, learning, and laughing.

Thursday Featured speakers

Interview: Take Center Stage at Any Age



Interviewer: Dorice Horenstein

Dorice Horenstein is an Oy to Joy relationship speaker, a certified Positive Intelligence and Mental Fitness coach, and an author to Moments of the Heart, Four Relationships Everyone Should Have to Live Wholeheartedly. Dorice passionately believes Positivity is an "inside out" practice that instills calm, laser focus approach, produces growth and inspires us to live an enjoyable and healthy life.

Being in Possibility

Being in Possibility Podcast found on your favorite podcast platform. Interested in being interviewed? Reach out to Erin at erin@erinlongcoach.com



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Thursday Featured speakers

Coming to Light

Trigger Warning - Suicidality

"Coming to Light" is a personal story of overcoming dark times through a mental health journey while also being "in the closet" about their gender identity. Through this story of hope and humor Randi hopes to inspire a bigger conversation around the allies in our lives.



Randi Breuer

First and foremost Randi is a parent to two kids and is always striving to do better for them. They take a lot of pride in being an openly queer parent in Skagit and hopes to continue to advocate for their community in different ways. Randi also plans community events and educational trainings as their own business.

DEI Leadership: Creating a Culture of Equity

Understanding equity and privilege as they apply to company culture and profit in the business world. Attendees will learn how to measure trust and advance equity for all groups and individuals without offending others, so they get excited to approach DEI with increased buy-in and less overwhelm.



Kemy Joseph

Kemy Joseph helps business executives leverage equity as a pathway to prosperity to effectively lead their diverse teams through conflicts. Raised in a single-parent household with nine siblings where poverty, violence, and racial inequity traumatized him, he re-socialized himself into a healthy, educated black man who respects and celebrates diversity.

Friday Featured speakers

Witnessing Others' Stories as an Act of Love and Solidarity

How do we experience the stories of others? Are we hearing them from a “comfortable” distance, or leaning into our interconnectedness and interdependence? Witnessing others’ stories—particularly those different than our own—helps us to engage in our shared humanity and act towards inclusion, belonging, justice, and collective joy.



Ray Soriano

Ray Soriano, MSW (he/him) is an early learning leader, child and youth advocate, violence prevention educator, and music facilitator who draws from over 30 years of service to children and families in our region. Ray connects to diverse stories to guide his life and work. Website: www.raysoriano.net.

Film & Panel: Honor Thy Mother: the Untold Story of Aboriginal Women and Their Indipino Children



Honor Thy Mother is the story of 36 Indigenous women from Canada, Washington and Alaska who migrated to Bainbridge Island to pick berries. Some still in their teens and recently released from Indian Residential School, married Filipino immigrants and settled on the Island, the territory of the Suquamish people.

Friday Featured speakers

Panel: "Honor Thy Mother: the Untold Story of Aboriginal Women and Their Indipino Children" continued



Gina Corpuz

Gina is the daughter of Evelyn Williams, Squamish Nation and Anacleto Corpuz, Philippines. She has a UW Master's in Education in the area of Curriculum and Instruction. Gina is the Executive Film Producer of “Honor Thy Mother, the Untold Story of Aboriginal Women and their Indipino Children.”



Colleen Almojuela

Knah, Klut, Colleen Almojuela is the daughter of Dorothy Nahanee Almojuela, Squamish Nation and Thomas Almojuela, Philippines. She has a Master's Degree from Pacific Oaks University. Colleen is Adjunct Faculty/Advisor for the Native Studies Leadership Program for Northwest Indian College.



Andrew Pascua

Xamth'eenux, Andrew Pascua, is the son of Mary Pascua, Kwikwetlem and Andres Pascua, Philippines. He has an Seattle Univ BS in Human Services and is a previous Chair of the Governors Indian Policy Advisory Committee and the Western Washington Indian Education Consortium.



Moderator: Erin Long

Friday Featured speakers

I'm Not Like Other Girls: an inward look at internalized misogyny

"I'm not like other girls, I'm better" For many years, this was my attitude towards women and femininity. Little did I know, it was a classic case of internalized misogyny. What is internalized misogyny? How is it perpetuated today? Is it inevitable? How can we overcome it?



Penny Tovar

Penny Tovar is a lifestyle creator that likes to share about green beauty and fashion through fun and high energy tutorials on YouTube, Instagram and TikTok. Penny is also a registered nurse with a personal passion for sustainability and Hispanic representation.

30th Annual Women of Wisdom Conference March 24-27

Celebrating Our Sacred Pearls ~ Nourishing the Waters of the Feminine

Early bird pricing through February 15th, and special prices for students and seniors.

30th Annual Women of Wisdom Conference

Celebrating Our Sacred Pearls
nourishing the waters of the feminine



Special Guests

Riane Eisler
Cynthia James



Music by

Jennifer Berezan



womenofwisdom.org

March 24 - 27, 2022 | ONLINE

art by Magda Petrou | Magdasita.com • design by Maria Durden | ModernRootWoman.com

Conference activities include inspiring talks, discussion panels on racial equity, women's role in religions, and spiritual activism and 2 1/2 hour experiential workshops on diverse topics. Our interactive virtual gathering includes movement, song and small group sharing. Even online, we create an intimate space where women make enduring friendships.

www.womenofwisdom.org/conference-2022.html

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Navigating Your Health Today for a Tomorrow

Many women don't take time to care for themselves. Often told their labs are normal but they still have a long list of symptoms! So what do you do? How do you get at the root causes? Yes, most issues can be treated and treated well! Mood, hair loss, weight, thyroid, hormones, skin, sexual wellness and more!



Michelle Moser

RPh, ABAHP, FACA, FACVP

Michelle is owner of Makers Compounding Pharmacy where they provide education on various topics. The approach of whole body, individualized testing and customized medications is where we see the most benefits! No symptom is too big nor too small to be addressed! Monthly webinars are always free!

Path to Purpose

In this presentation, Ariel will talk about what it means to embody the fullest expression of yourself and how that adds the greatest value to others. She will also dive into the three elements of purpose that you must know in order to live and work in authentic alignment.



Ariel Naftali

Ariel is founder of Perform With Purpose, where they empower leaders to realize their unique purpose by sharing their creative gifts and making a positive impact. Today she will share the three pillars of meaningful work that will allow you to feel more authentically expressed, energized, and fulfilled.

The Art of The Brag Workshop: Practice Using Your Voice to Elevate Yourself and Others.

Self-promotion doesn't come easy for most of us. Yet, learning how to use your voice to elevate yourself and others can open doors to unimagined opportunities. In this high-energy workshop, you'll practice speaking up, listening in, and engaging in a fun game to demystify and apply The Art of The Brag.



Rebecca P. Murray

As a sought-after communications trainer, Rebecca works with leaders to hone the essential skills and confidence to leverage their visibility on-screen, on-stage and in-person. Rebecca's presentations are highly interactive and utterly unforgettable. She infuses musical theater, comedy, and improv elements to keep her audience leaning in, learning, and laughing.

A Holistic Approach to Stress Management

Stress has been at an all-time high since the start of the pandemic leading to an increase in Mental Health issues and other stress-induced illnesses. Learn practical tools and strategies for managing burnout including diet, nutrition, distress tolerance techniques and how creating routines you can stick to will optimize your wellness.



Saran James-Vaughan

Founder of Wellness By Saran, Saran is a full-service Holistic Wellness Education platform dedicated to Menstrual Health and a decolonized approach to well-being. Saran supports the journey of identifying the root cause of chronic illness, helping the body, mind and soul return to balance.

Why 'Goal Setting' is a Trap and How to Actually Get Sh** Done!

Most “goal setting” stems from trying to fix something we think is “wrong” with us, or getting something done so we can feel good about ourselves, even though it’s not what we really want. Let’s change the conversation and create the future we actually want!



Jen Westra

After working with a coach and discovering the power that comes from greater awareness and understanding, Jen was inspired to become a coach herself. She has a Master’s degree in Women’s Studies, a Certificate in Women’s Leadership and is passionate about helping women create lives of possibility and purpose.

Writer Run Wild

Lynn will break down what it takes to write and publish your personal story of impact.



Lynn Denise

Lynn Denise is the founder of and published author in Woman Rise, she is an independent mother, a writer’s coach and a true transformation and leadership coach. She is here to provide you encouragement and support as you work towards reaching your full potential in love, business, money and life.

Friday Featured speakers

Activate your Feminine Power

Learn why you fear your power so you can pull out the roots of oppression and free yourself. How we are conditioned to love is inextricably linked to our ability to speak our truth, own our boundaries, and choose for ourselves. It’s time to reclaim your right to have a Self.



Jessica Falcon

A former lawyer turned mystic, Jessica is an embodiment coach who guides women to taste the sweetness of their own power so they know the ecstasy of full-bodied freedom by radically reclaiming themselves. She is an expert at helping women pull out the roots of oppression to unleash their sovereign power.

Have You Ever Felt Alone In A Room Full Of People? Laura talks about being The Only One In The Room

How a viral article about being the only Black person at a 600-person retreat led to me being able to share my experience with hundreds of thousands of people.



Laura Cathcart Robbins

Laura is host of the popular podcast, The Only One In The Room, and author of the forthcoming memoir, STASH (due out in spring of 2023). She has been active for many years as a speaker and school trustee and is credited for creating The Buckley School’s nationally recognized committee on Diversity, Equity, Inclusion, and Justice. Her recent articles in Huffpo and The Temper on the subjects of race, recovery, and divorce have garnered her worldwide acclaim.

Saturday Featured speakers

Excuse Me Sir, this is the Women's Restroom

If you feel comfortable with your gender identity, you are blessed. Many of us are still working to figure it out, especially as our bodies and minds evolve within an ever-changing world. We'll explore the pain and joy of one gender journey, with insights for both LGBTQA folks and allies.



Julie Blazek

Julie is a licensed architect and Partner at HKP Architects and active community volunteer. A proud feminist and member of the LGBTQ community, Julie hopes to continue to push for inclusion and equity, especially in traditionally male-oriented professions like architecture, engineering, and construction.

Panel: Stories That Change and Connect Us

Ve'ondre, Erin and Jen are three people who call Washington home with three very different identities and life experiences. We are trans and non-binary and cis-gender. We are life-long learners and storytellers. We hope that in the sharing of our stories, others will be set free to share theirs.



Ve'ondre Mitchell

A proud trans woman of color, Ve'ondre stands up against injustices perpetrated against the trans community marginalized groups. Ve'ondre is known on TikTok as an activist spreading her message worldwide with 4.9M followers who support her journey.

Saturday Featured speakers



Moderator & Panelist: Erin Jones

Erin Jones is a 30-year career educator, who has won state and local awards as a classroom teacher and state/district administrator. She has devoted the last 15 years of her career to helping schools advance their equity work.



Jen Self, Ph.D. LICSW

Racial & Gender Justice Strategizing & Coaching: Executive leaders~are you ready to evolve? Passionate embodied racial, gender, & social justice educator & healer respected for building, leading & coaching diverse, compassionate teams, developing & implementing vital community-based programming, & driving racial & gender justice change across systems. #brick13 #queerJEDlactivateslove

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Saturday Featured speakers

How High Are Your Mountains?

Learn innovative techniques to bridge difficult conversations and inspire positive solutions. Celeste will share some of her successful tools that have helped facilitate global conversations in tough situations. Be inspired while learning these techniques that easily apply to connections for work, relationships and intentional design.



Celeste Mergens

Celeste Mergens is the Founder of Days for Girls, a global award-winning organization. Days for Girls has reached 2.4 million women and girls in 144 countries. A sought after speaker and coach, Celeste has been featured in Oprah's O Magazine and Forbes. She has been awarded Conscious Company Global Impact Entrepreneur Top Ten Women, 2019 Global Washington Global Hero and Women's Economic Forum's Woman of the Decade.

Randi provides a variety of services, contact them for help with:

- Planning your event with excitement.
- Education focused on professional and personal development, LGBTQ diversity, and more.
- Private, spiritually based, consulting that works to improve your quality of life based on your beliefs and growing from there.



Set Your Inner Badass Free

Ever feel like you've lost part of yourself under all the roles life has placed on you? Want to rediscover your inner Badass? Are you emotionally overwhelmed? Come learn to tap into your inner Badass and bring her back to life, guilt and shame free, while also gaining emotional freedom.



Amanda Ferrat

Amanda Ferrat, founder of Value Yourself Counseling, is an Advanced EFT Practitioner and emotional wellness counselor that uses her compassion, empathy, intuition, and skills to help women break barriers and limitations to build new thought patterns and beliefs that allow them to embody their inner Badass and obtain emotional freedom.

Know Your Worth

Join Jillie as she helps us identify our limiting worthiness story and rewrite your own narrative that empowers you to live a life that sets your soul on fire. Here's a hint: Where would you be without the thought, "there is something wrong with me"?



Jillie Johnston

Worthiness Coach, Facilitator of Enoughness, and podcast host of The Worthiness Mindset Podcast helps people cultivate their sense of self-worth and create a life that sets their soul on fire.

Identify Your Caregiver Load

As a caregiver you know how overloaded and drained you are. In this workshop we breakdown the six areas of: Body, Community, Self-Care, Partnership, Caregiving and Schedules, to evaluate your role in each area and how it leaves you feeling. It's the first step to feeling more grounded and calm.



Tiffany Kilpatrick

Tiffany has lived in the pacific northwest for 40 years, she is a partner, caregiver, creator, student and volunteer. She loves urban homesteading, being active in the community, hiking and camping. She helps caregivers break generational cycles especially when it comes to parenting, partnership and living a joyful life.

The Woman I Was is NOT The Woman I Am Now: How To Capitalize On Your Past

Telling our stories erases the old tapes. Financial glass ceilings shatter, partnerships longed for arrive, and community leadership is no longer held back by conditioning. Stories of adversity and triumph are for the storyteller as much as the recipient. Women can ignite the power of change with simply our stories.



Kim O'Hara

Book Coach to Best Sellers® Kim O'Hara delights audiences with her knowledge and wit about the art of not just writing a book, but how sharing your story can radically change lives. She has countless examples of coach/leader/executive clients who when writing about overcoming adversity, ascended and inspired others.

Activate your Feminine Power

Learn why you fear your power so you can pull out the roots of oppression and free yourself. How we are conditioned to love is inextricably linked to our ability to speak our truth, own our boundaries, and choose for ourselves. It's time to reclaim your right to have a Self.



Jessica Falcon

A former lawyer turned mystic, Jessica is an embodiment coach who guides women to taste the sweetness of their own power so they know the ecstasy of full-bodied freedom by radically reclaiming themselves. She is an expert at helping women pull out the roots of oppression to unleash their sovereign power.

Reframing Imposter Syndrome & What It Means To Be Confident

Join this jam-packed session where you...

- (1) Discover why do you have imposter syndrome and how to reframe it to your benefit,
- (2) Learn how to leverage your uniqueness to your advantage and uplevel your confidence language, and
- (3) Explore your big idea/desire that you thought was impossible.



Lily Woi

Lily Woi is committed to unleashing people's greatest potential to always be Career & Leadership Advancement Ready™ because most feel stuck and unfulfilled with their current work-life, not to mention, they don't know what they want, how to get there or why they want it. Time to break the glass ceiling.

Saturday Featured speakers

Invest In Your H.A.C.K

You Can't Change Your Yesterday. You CAN Inspire Your Tomorrow! Using Dorice's Life H.A.C.K, you will be encouraged to activate your own journey in the right direction. Do you want to know and implement, today, the four ingredients to get you what you want in life? How do you achieve that? By "H.A.C.K."ing it! Listen up!



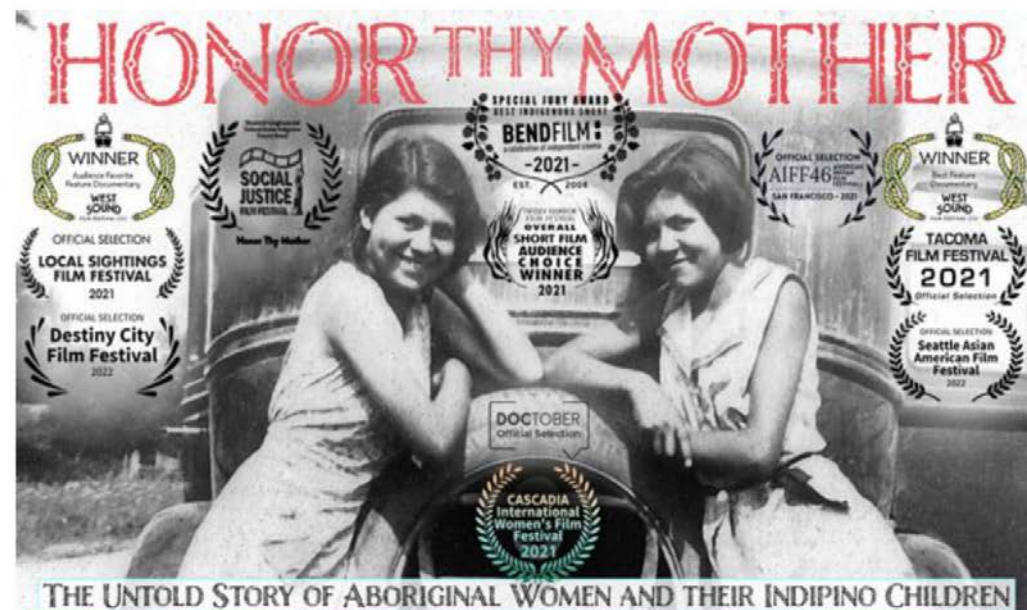
Dorice Horenstein

Dorice is an Oy to Joy relationship speaker, a certified Positive Intelligence and Mental Fitness coach, and an author to Moments of the Heart, Four Relationships Everyone Should Have to Live Wholeheartedly. Dorice passionately believes Positivity is an "inside out" practice that instills calm, laser focus approach, produces growth and inspires us to live an enjoyable and healthy life.

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Honor Thy Mother is the story of 36 Indigenous women from Canada, Washington and Alaska who migrated to Bainbridge Island to pick berries. Some still in their teens and recently released from Indian Residential School, married Filipinos immigrants and settled on the Island, the territory of the Suquamish people.



Purchase a DVD of
"Honor Thy Mother: The
Untold Story of Aboriginal
Women And Their Indipino
Children at

Indipinocommunityofbainbridgeisland.org

For more information contact:
Gina Corpuz, Executive Producer
ginacorpuz33@gmail.com, 206-412-3175

Thank You

Dear Attendee,

On behalf of WE Ignite, we want to thank you for attending our fourth annual and second 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

www.weignitewa.org/forms/speaker.

Join us at

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Inspiration

February 2023

weignitewa.org

WE Ignite
PO Box 165
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