**Women Lead Virtual Conference 2021 Workshops**

**Workshop Title:**  *Combatting burnout: Finding our best work (not more work)*

Two years ago, sisters Katie and Sarah were in stressful leadership roles where they felt overworked and under-appreciated, and neither felt like they were meeting the demanding expectations of their roles. To combat their growing feelings of dissatisfaction and burnout, both sisters sought change in different ways. In the process of untangling what aspects of the misery was self-imposed and what was systemic, they discovered they had more control over their professional angst than they initially thought. In this engaging workshop, Katie and Sarah will share their stories and explore ideas from a number of bestselling authors, while providing practical perspectives on time management, boundary setting, and values clarification to help you find your best work, not simply more work.

**Presenters:** *Sarah Everitt, Katie O’Brien*

Sarah Everitt has worked in higher education since 2006 and is currently the Director of Financial Aid Operations at Gonzaga University. In addition to her role at Gonzaga, she is a higher education consultant and active volunteer in the financial aid professional community. Through this work, Sarah has used her experience to advocate for students in the areas of college access and cost transparency. She loves the everyday challenges of higher education – especially leveraging technology to improve processes and service to students. Sarah is a Certified Financial Aid Administrator (FAAC ©), has a Certificate in Foundational Leadership, and earned her Master’s in Organizational Leadership from Gonzaga in 2010.  She is also an avid runner, novice golfer, huge basketball fan (Go Zags!), and loves to travel with her family.

Katie O’Brien serves as the Director of Admissions at Gonzaga Preparatory School in Spokane, WA. Prior to her time in the high school world, Katie spent more than a decade working in higher education admissions, most recently as Director of Undergraduate Admissions at Seattle University where she also completed an M.Ed. in Student Development Administration. She served on the board of the Pacific Northwest Association of College Admissions Counseling (PNACAC) to coordinate college fairs throughout the Northwest, and is passionate about easy access to good education for all. Professionally, Katie enjoys connecting with colleagues at other institutions to find and employ best practices. Non-professionally, Katie is a self-identified bookworm, loves to play basketball with her sisters, and since March 2020 began perfecting her bread-baking techniques (cliché be darned, it’s a tasty hobby).

**Workshop Title:** *Negotiating with Power and Character*

Negotiation does not have to be filled with conflict and struggle. Learn how to engage your natural strengths and stretch into new skills to negotiate successfully while holding true to your values and character. Whether it is salary, contracts, resources, or just everyday life, this session will provide you with essential tips and knowledge to help you leverage your strengths and assets to walk away from negotiations feeling triumphant.

**Presenter:** *Tonya Echols, PCC, CPA (Principal, Vigere)*

Tonya Echols is an award-winning international executive coach, leadership consultant, facilitator, speaker, and writer. With 25 years of experience in corporate leadership, business management, digital/traditional media, technology, finance, coaching, and leadership development, Tonya has worked with numerous organizations across a variety of industries, including Fortune 500 companies. She is also a leadership coach for the TED Fellows program, and her writing has been featured in several publications, including Forbes. Tonya is a dual concentration master’s candidate in Organizational Leadership at Gonzaga University and graduated summa cum laude from the University of Tennessee, Knoxville, with a degree in Business Administration. Learn more at: <https://vigeresolutions.com/>

**Workshop Title:** *Don't Leave it at the Door, Bring it with You! Whole-person Well-being in the Workplace*

We’ve all heard the phrase, “leave your problems, distractions, or really insert-any-real-life-experiences-here, at the door” and probably cringed at least a little. What if instead, we are encouraged to bring our whole authentic selves to work? We’d see more productivity, engagement, and reciprocation of employee-employer care. Now more than ever, it’s vital for the workplace to embrace whole-person well-being. Together we will explore the real impacts of COVID-19 in the workplace, especially for women. We will define and place real-life applications to the phrase *whole-person well-being*. Plus, we’ll learn practical tactics for both employees and leaders to practice, that yield a new approach to workplace culture.

**Presenter:** *Kristin Bennett*



Kristin is passionate about cultivating connection. An experienced professional in the spaces of nonprofit fundraising and project management, she finds authenticity to be essential. Kristin currently works as a Strategic Account Executive at Limeade, an employee experience technology company whose mission is that every employee knows their company cares. There she also leads the Developing Professionals Employee Resource Group. In addition, Kristin is an instructor at Barre3, a full-body balanced workout combining strength, cardio, and mindfulness.  Kristin is a graduate of Gonzaga University for both her undergraduate and graduate degrees in Business Administration and Organizational Leadership. Her heart is just about as big as her desire to help you bring your whole self to work.

**Workshop Title:** *Three Steps to Finding Your Voice in Difficult Situations*

How can you avoid freezing in hot moments? Have you ever found yourself silent during difficult situations and then ten minutes later you have all of the things you wish you'd say? If so, this is for you.

Most women when confronted with sexist comments, interruptions, or other little indignities lose the ability to think on their feet. So many women don't go into fight or flight mode, instead, they freeze. In this session, we'll break down three simple steps to help you stay composed and calmly respond when you experience or witness something inappropriate. No more getting flustered and beating yourself up after the fact. You'll walk away more confident about how to stand up for yourself and others at work.

**Presenter:** *Mikaela Kiner*

MIKAELA KINER is an experienced HR / People Operations professional, founder/CEO, and executive coach. In 2015, Mikaela founded Reverb, creating a healthy, inclusive culture in startups and growing companies in the Pacific Northwest. A People Operations professional for nearly twenty years, Mikaela enjoys coaching leaders at all levels and promoting gender equality at work. She's been quoted in Fast Company, the Wall Street Journal and The Muse, and is a member of the Forbes Human Resources Council and Puget Sound Business Journal Leadership Trust.  A native Seattleite who grew up on Capitol Hill, Mikaela is married to Henry, a musician, artist, and teacher. Their two children, Simon and Sidonie, are good at challenging the status quo and are a constant source of learning and laughter.

**Women Lead Virtual Conference 2021 Keynote Presenters**

**Title:** *"Overwhelmed, Overstretched, and Over It"*

Are you busy, busy, busy all day long, yet at 5pm left wondering,*“What did I get done today?”*Mridu understands the daily demands on your time in a world full of increased distractions, limited resources, and too much to do. Join her in this motivational talk that will leave you inspired to use tools, strategies, and insights to:

* Focus on revenue-generating activities
* Reach and surpass your goals
* Avoid distractions and focus on what matters most

**Presenter:** *Mridu Parikh*

 Ready to get control of your demands and distractions to squash overwhelm? Then you need Mridu Parikh on speed dial.

As the creator of [Life Is Organized](https://lifeisorganized.com/), Mridu has helped professionals increase their billable time from one to five hours a day, create a routine to shed 15 pounds, and save 10 hours a week on emails. Mridu’s global teachings on mastering tasks and habits have been featured in The Huffington Post, US News & World Report, and Real Simple. Her best-selling [book](https://lifeisorganized.com/accomplishit/) and productivity [podcast](https://lifeisorganized.com/podcast/) shares simple strategies to ditch overwhelm – from the boardroom to the family room.

When she’s not wrangling a list or schedule, you can usually find this former professional organizer, current productivity pro, with her two teens and one husband in Nashville enjoying milk chocolate in one hand and red wine in the other.

Get Mridu’s FREE resources on beating distractions, procrastination, and stress [HERE](https://lifeisorganized.com/resources/).

**Title:** *"2020: My Year in the Life of Olivia Pope"*

This is a story about resiliency, determination, and self-efficacy. It is about making decisions, communicating needs, and building a team. See how one entrepreneur managed to grow her business by 400% despite the odds amid the COVID pandemic, and how she built a fully functioning communications team despite the odds against her.

**Presenter:** *Kela (KD) Hall*

KD Hall is a high-energy communications guru: whether it’s crisis management, strategic professional planning, or public speaking, she is equipped to handle multiple tasks with integrity ****and poise. She is a visionary, a creator, and a leader in workforce development and women’s initiatives.

In 2015, KD co-founded her communications firm, [KD Hall Communications](http://kdhall.com/), specializing in public relations, storytelling, and organizational development. The firm has directly impacted CEOs' work across the state of Washington, directly and indirectly, helping them position their organizations for success.

KD also co-founded [KD Hall Foundation](http://www.kdhallfoundation.org/) in 2015 to provide opportunities to women and girls for economic advancement as well as personal and professional development. As a result of this work, the KD Hall team has been invited to the White House and received 20 proclamations. She is most proud to have been a mentor to over 60 college students across the state of Washington for more than six years. These students went through an experiential internship and produced three Women on The Rise conferences and four Women's History Month conferences.

Additionally, KD serves as an affiliate professor in the Master’s of Communications Leadership program at the University of Washington and as a guest instructor for the Evans School at the University of Washington. She joined the Washington State Centennial task force for the 100th anniversary for Suffragist and was one of *South Sound Magazine*’s Women to Watch 2019.

She holds a bachelor’s degree in Mass Communication with a minor in Broadcasting Journalism from Oakland University, and an MBA and a Master’s in Adult Education—Leadership, and Training from University of Phoenix.

KD has been married to David Hall for 13 lovely years and is the mother of five-year-old KaKela Hall Jr. and two-year-old Chase Hall. Balancing family, KD Hall Foundation, and KD Hall Communication keeps her busy with her passions.