

Rebelle

WHERE YOU ALWAYS HAVE
A SEAT AT THE TABLE

MY MENTOR:

- | | |
|--|---|
| <input type="checkbox"/> Brittany Anderson | <input type="checkbox"/> Jenny Whichello |
| <input type="checkbox"/> Krystin Hargrove | <input type="checkbox"/> Caroline Kalentzos |
| <input type="checkbox"/> Bonkosi Horn | <input type="checkbox"/> Deborah Edgar |
| <input type="checkbox"/> Brittany Garth | <input type="checkbox"/> Stacy Thomas Elsbury |
| <input type="checkbox"/> Elisabeth Edelman | <input type="checkbox"/> Tracee Mathes |
| <input type="checkbox"/> Ellie Burke | <input type="checkbox"/> Suzanne Cardwell |
| <input type="checkbox"/> Wendy Jiang | |

MY WORKSHOPS:

Session A

- Visualize Your Success Using Mindfulness
- Creating a More Sustainable Home + Life
- Crafting Workflows to Supercharge Your Day
- Journaling Through Money Fears
- Breaking the Negotiation Code

Session B

- Pitch, Please: How To Land Podcast Interviews
- Unleashing Your Inner Genius Through Organization
- Candid Conversation About Personal Savings + Spending
- Green Living: Self Care Through Plant Care
- Growing an Engaged Community Through Instagram

FRIDAY'S *schedule*

- 9:00am Breakfast + Registration
- 9:30am Welcome by Shannon Siriano Greenwood
- 9:40am Grounding Meditation by Keisha Adinkra
- 9:50am Wellness Keynote by Miranda Anderson
- 10:20am Wellness Activity by Nory Pouncil
- 11:00am Snack Break
- 11:20am Creativity Interview with Deun Ivory
- 12:00pm Creativity Activity by Eva DeVirgilis
- 12:30pm Lunch by Tazza
- 1:15pm Mentor Sessions
- 2:00pm Creativity Interview by Annet Mahendru
- 2:30pm Money Panel
Liz Doerr of *Sandbox*
Ayeshah Abuelhiga of *Mason Dixie Biscuit Co.*
Moderated by Elisabeth Edelman of *Golden Word*
- 3:00pm Money Activity by Jacquette Timmons
- 3:30pm Snack Break by Candy Valley Cake Co.
- 4:00pm Community Keynote by Natalie Franke
- 4:30pm Community Activity by Tara McMullin
- 5:00pm Toast + Thank You
- 5:30pm Mix + Mingle

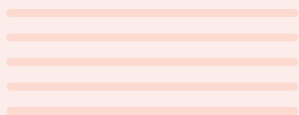
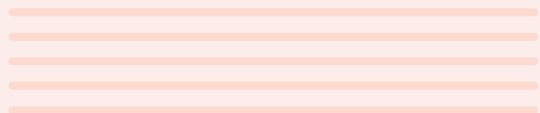
Venue Map

Want to freshen up your hair/makeup?
Need a quiet place pump?
Eager to purchase Rebelle merchandise?

Use this map to find the station you're looking for!



MAIN STAGE



COFFEE + TEA

RETAIL

SWAG BAGS

BREAKFAST

COAT RACK

REGISTRATION

BATHROOMS

FEATURED partners

PAISLEY & JADE

Genworth 

 WestRock

 **ACTIVATION
CAPITAL**
From start to phenomenal


LINDEN
LEGAL STRATEGIES
P.L.L.C.

LOU STEVENS
GLAM. GRACE. GATHER.


Deborah Edgar
Real Estate Group

gather.

POSH PR

Need Supply Co.

LUNCH. SUPPER!
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NIKKI METCALF ART

 **VENTURE X**
THE FUTURE OF WORKSPACE

ESTABLISHED 2014

BROUSSEAU
EVENTS
PLANNING DESIGN

BRICK ALLEY CO

THE *Richmond*
EXPERIENCE

A SPECIAL THANK YOU TO:

Carytown Coffee

Tazza

Richmond Photo Booth

Creative Mkt Group

Soul & Vinegar

DJ Jenn Thomasson

Classic Party Rentals

Authentic

VCU da Vinci Center

Charles Ryan Associates

Nouveau. Signs | Print | Design

Candy Valley Cake Co.

Mason Dixie Biscuit Co.

Swig

Belle Isle Spirits

Lyft

REFLECTION *activity*

Please use the space below to reflect on how you're currently occupying these spaces, what they mean to you, and anything else that's currently resonating with you.

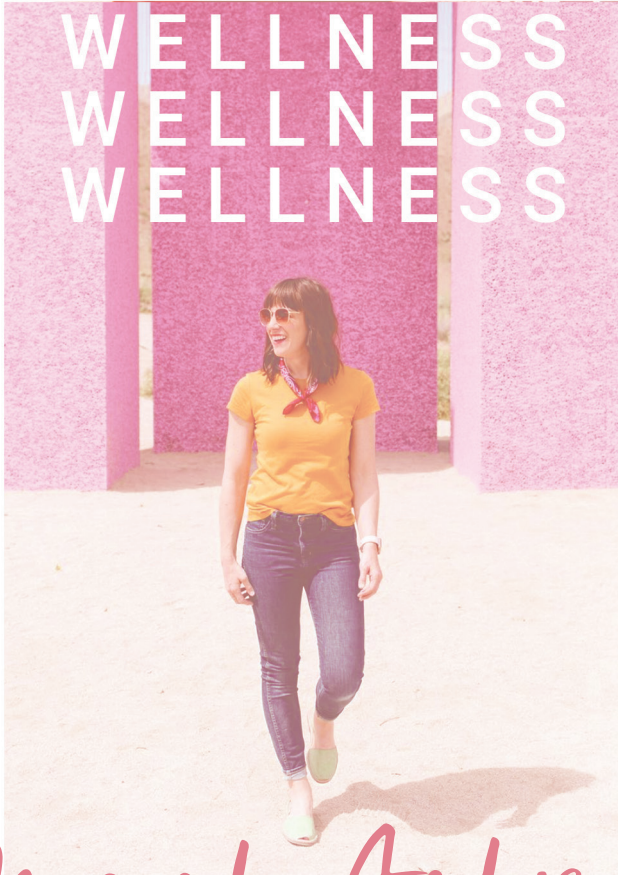
HOW I'M CURRENTLY FEELING ABOUT MY WELLNESS:

HOW I'M CURRENTLY FEELING ABOUT MY CREATIVITY:

HOW I'M CURRENTLY FEELING ABOUT MY MONEY:

HOW I'M CURRENTLY FEELING ABOUT MY COMMUNITY:

WELLNESS
WELLNESS
WELLNESS



WELLNESS
WELLNESS
WELLNESS

Miranda Anderson

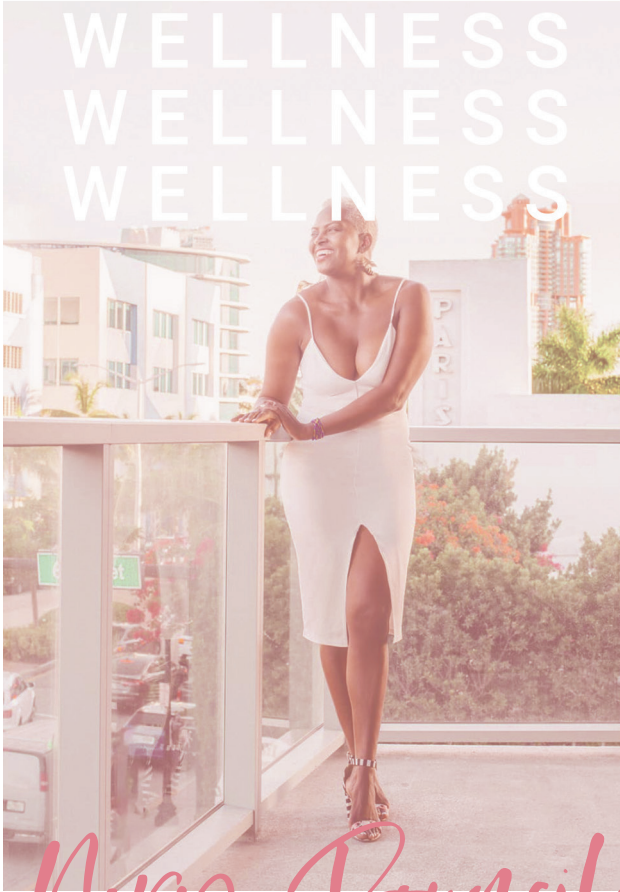
Miranda is the author of *More Than Enough*, and the founder of the popular creative lifestyle blog livefreecreative.co. She shares ideas and inspiration to live a simple life with less stuff and more adventure, as well as DIY projects to encourage creativity. Her weekly podcast, *Live Free Creative*, offers thousands of women inspiration for living a creative, adventurous, and intentional lifestyle.

@livefreemiranda • livefreecreative.co

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WELLNESS
WELLNESS
WELLNESS

WELLNESS
WELLNESS
WELLNESS



Nory Pouncil

Nory Pouncil founded iAmHealthyFit to help women be healthier and happier. For the past 10 years, she has helped over-stressed women struggling from overthinking eliminate stress eating, make time for themselves, and feel inner peace. Nory launched Get Unstuck Coaching to help millennial women deal with burnout, eliminate overthinking, and make time to find what's missing in their lives. Her work has been featured in Women's Health Magazine and HuffPost.

@norypouncil • iamhealthyfit.com

AWAKENING YOUR SELF-AWARENESS

HOW TO THINK LESS, DO MORE & BE FULLY PRESENT

Unpacking Overthinking Notes:

Share one thing you're overthinking right now,
that's keeping you from being fully present:

What is the manifestation of overthinking you're dealing with:

- Thinking about the past*
- Thinking about the future*
- Lacking information to
take the next step*

Who don't you trust?

- Me*
- The Universe/Higher Power*
- Both*

What is your desired situation?

What three actions are you going to take today to achieve your desired situation?

1.

2.

3.

How would you know you've achieved your desired situation?

How will it feel?

CREATIVITY
CREATIVITY
CREATIVITY

CREATIVITY
CREATIVITY
CREATIVITY



Deun Ivory

Deun Ivory is a multidisciplinary artist, inspirational speaker + wellness creative whose work centers and celebrates women of color. She is the founder and creative visionary for The Body: A Home for Love, a non-profit that integrates art, wellness and community to empower black sexual assault survivors.

@deunivory • deunivory.co

YOU ARE MAGICAL.

YOU ARE POWERFUL.

AUTHENTICITY IS YOUR SUPERPOWER.

CREATIVITY
CREATIVITY
CREATIVITY



Eva DeVirgilis

A vocal advocate for the empowerment of women and girls globally, award-winning actress, playwright and speaker Eva DeVirgilis has made a career out being an artist by using her creativity to share her mission with the world: "End the apology in women." Her TEDxtalk is one of the most viewed talks in TEDxRVA history; and was named by HER Magazine as one of their "Top 6 inspirational TEDtalks to help you change your life."

@evadevirgilis • evadevirgilis.com

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MINI MENTOR SESSIONS

BRITTANY

Garth



BONKOSI

Horn



BRITTANNY

Anderson



CAROLINE

Kalantzos



JENNY

Whichello



SUZANNE

Cardwell



ELLIE

Burke



WENDY

Jiang



KRYSTIN

Hargrove



MINI MENTOR SESSIONS

ELISABETH

Edelman



DEBORAH

Edgar



STACY THOMAS

Elisbury



TRACEE

Mathes



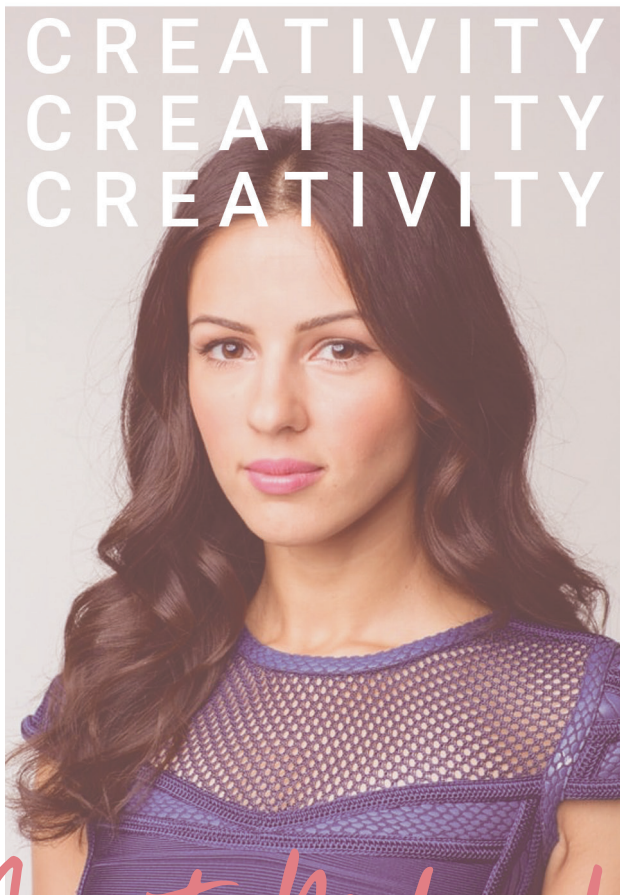
SHANNON
SIRIANO

Greenwood



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CREATIVITY
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CREATIVITY



Annet Mahendru

Born in Afghanistan to an East Indian father and Russian mother, Annet spent her early years learning 6 languages in the Middle East & Europe. She finished high school in New York, earned a Bachelor of Arts in English and Philosophy at St. John's University, then proceeded for a Master's degree at NYU's Global Affairs Program. Annet studied acting with a renowned Russian actor in St. Petersburg, the HB Studio in New York, at the Groundlings and Diana Castle in Hollywood. She is highly trained in Mixed Martial Arts and Indian classical dance, Bharatanatyam.

Annet Mahendru is best known for her critically-acclaimed role on the Golden Globe & Emmy winning FX series *The Americans*, where her portrayal of Nina earned her a Critic's Choice Nomination for Best Supporting Actress in a Drama Series and a Gold Derby TV Award Nomination for Drama Guest Actress. She was awarded Showbiz India's Trailblazer award, recognizing her for an 'Emerging Leader' as a rising South Asian Female Actor in Hollywood.

@annetmahendru • annetmahendru.com

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Money Panel



ELISABETH



AYESHAH



LIZ

MODERATED BY

Elisabeth Edelman

Founder of Golden Word Co.
Goldenword.co

PANELISTS

Ayeshah Abuelhiga

Founder of Mason Dixie Biscuit Co.
Masondixiebiscuits.com

Liz Doerr

Co-founder of Sandbox
Sandboxrva.com

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MONEY
MONEY
MONEY
MONEY
MONEY
MONEY



Jacquette Timmons

In addition to being an author (*Financial Intimacy: How to Create a Healthy Relationship with Your Money and Your Mate*), Jacquette M. Timmons is a financial behaviorist, host of the podcast *More Than Money* and creator of *In the Zone: How to Price Your Genius* - a one-day retreat for entrepreneurs. Her work has been featured on SiriusXM, Good Morning America, Oprah.com, CNN, HLN, FOX, Black Enterprise, NPR, Reuters.com, Wall Street Journal and Family Circle.

@jacquettetimmons • jacquettetimmons.com

THE FINANCIAL WHEEL EXERCISE

Step 1: Draw a large circle in the space below. **Step 2:** Divide the inside with a horizontal and vertical line to make 4 equal quadrants. **Step 3:** Label quadrants in a clockwise direction beginning with (1) EARN on upper left, (2) SAVE on upper right, (3) INVEST on lower right, and (4) SPEND on lower left.

Step 4: Fill in each quadrant above, using the prompts below, beginning with SAVE followed by INVEST, SPEND and ending with EARN.

SAVE

How much do you want to save in/by:

30 Days:

End of Year:

The Age of the Oldest Person You Know:

INVEST

What amount of money do you want to give each person/entity every year for the next 5 years?

SPEND

What about your lifestyle would be different if money were not an issue? (ex: purchases, travel, time...)

EARN

How much do you want to earn in/by:

30 Days:

End of Year:

The Age of the Oldest Person You Know:

What excites or scares you about the gap?

What's one (1) action you can take right now to help close the gap?

Did you notice the shift in order for drawing the wheel and answering the prompts?

KEY FINANCIAL HABITS + LIFE PILLARS

Action 1: Using a number from 1 to 5 (with 1 being "never...oops!" to 5 being "always, I'm on it!") please rate how often you practice the following financial self-care habits.

TRACK YOUR
MONEY

HAVE MONEY
RULLES

LEAD WITH
GOALS

PAY
ATTENTION

SYSTEMS >
TOOLS

Action 2: Define the following life pillars for yourself. What do they meant to you? What do they feel like? How do they show up in your personal and professional lives? How have they shifted over the years? <https://bit.ly/2onNwrY>

TRANSPARENCY

INTIMACY

POWER

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Reflect: Were you surprised by any of your answers or observations? Did any patterns reveal themselves? What else came up for you?

Based on your answers above,
which financial self-care habits do
you need to practice more?

In the next 30 days,
what life pillar will you choose
to focus on?

COMMUNITY
COMMUNITY
COMMUNITY



Natalie Franke

Natalie Franke Hayes is an entrepreneur, mobilization marketer, community builder, and neuroscience nerd. As one of the founders of the Rising Tide Society and the Head of Community at HoneyBook, she leads tens of thousands of creatives and small business owners while fostering a spirit of community over competition around the world.

@nataliefranke • nataliefranke.com

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COMMUNITY
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COMMUNITY
COMMUNITY



Tara McMullin

Tara McMullin is the founder and executive producer of What Works, a podcast and online community facilitating honest conversations about what's working in small business today. She's interviewed over 180 small business owners on their unconventional or extremely intentional systems for marketing, management, operations, product development, sales, personal development, and productivity.

@tara_mcmullin • taragentile.com

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Saturday Workshops

GATHER ARTS DISTRICT

313 E Broad Street
Richmond, VA 23219

Please allow time for parking. There is street parking available, as well as some paid lots nearby.

SCHEDULE

Refer to the front of this booklet for your workshop selection!

8:30am

Breakfast + Welcome

9:00am

Workshop Session A

10:35am

Snack Break

11:00am

Workshop Session B

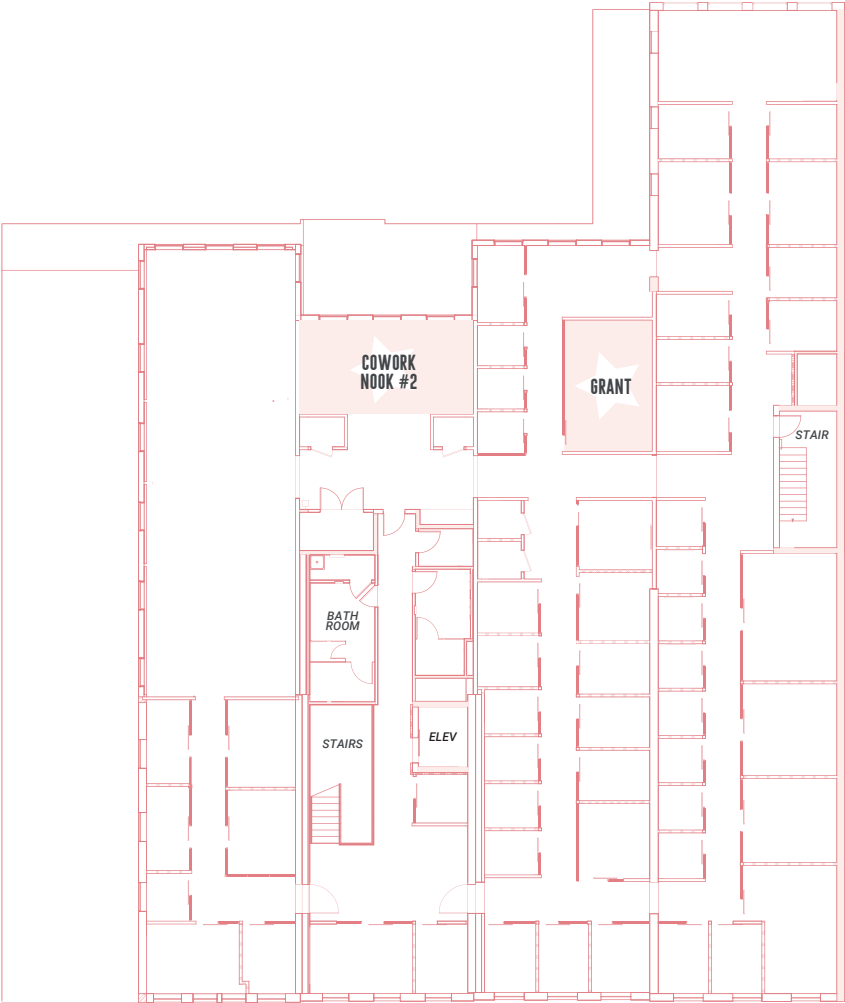
12:35pm

Farewell

GATHER ARTS DISTRICT: FLOOR 2



GATHER ARTS DISTRICT: FLOOR 3



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REFLECTION *activity*

Thank you for joining us on this journey, we hope that today's experience was meaningful for you! Please use the space below to reflect on any changes you've felt throughout the day, things you've learned, and people you've connected with regarding these spaces.

HOW I'M CURRENTLY FEELING ABOUT MY WELLNESS:

HOW I'M CURRENTLY FEELING ABOUT MY CREATIVITY:

HOW I'M CURRENTLY FEELING ABOUT MY MONEY:

HOW I'M CURRENTLY FEELING ABOUT MY COMMUNITY:

JOIN THE REBELLE *community*

A club without a clubhouse, the Rebelle Community is an inclusive group of women and gender minorities that gather monthly for mixers, panels and workshops.

We are leaders, founders, mothers, daughters, employees, artists, investors, business owners, educators, transplants, locals, latte lovers, pet owners, coffee drinkers, and friends.

So much more than a networking group.

[Learn more at RebelleCommunity.com](https://RebelleCommunity.com)



TEAM *rebelle*

SHANNON SIRIANO GREENWOOD

Founder

MEGAN SEAGRAM

Administrative Director

MARISA VITTORIA

Operations Coordinator

JOLINDA SMITHSON

Partnership Director

BRINKLEY TALIAFERRO

Richmond Community Ambassador

CARMEN HOFFERT

Lancaster Community Ambassador

AMY CROSS

Community Content Coordinator

CRYSTAL LOWERY

Chapter Expansion Coordinator

ANIKA HORN

Advisor

SHEETAL MOHANTY

Logistics Director

BETHANY SILVA

Creative Director

MIRNA BROUSSEAU

Event Designer + Swag Coordinator

REBECCA LONGORIA

Food + Bev

CHRISTIE THOMPSON

Workshop Coordinator

CHRISTINA OWENS

Volunteer Coordinator

CHELSEA CATINO

Volunteer Assistant

ANDREA JONES

Social Media

SYDNEY LESTER

Advisor

