



**LEADERSHIP SUMMIT**  
*Invest in Yourself*

**September 6, 2024**





## *Kingsview Partners Wyomissing*

*Proud title sponsors of the third annual  
Invest in Yourself Leadership Summit  
hosted by Alvernia's Women's Council!*

### **Our Wyomissing office specializes in the following:**

- Financial Planning
- Wealth Management
- Risk Management
- Trust Management
- Insurance and Annuity Reviews
- Retirement Plans  
*(Individual and Corporate)*

**Regina Rinehimer**  
*Partner | Wealth Manager*



*2023 Bernardine Legacy Award Winner!*  
Regina Rinehimer - Kingsview Wealth Manager

o : 484-258-2784

[rrinehimer@kingsview.com](mailto:rrinehimer@kingsview.com)

**[kingsview.com/wyomissing](https://kingsview.com/wyomissing)**

945 Berkshire Blvd, Suite 102 | Wyomissing, PA 19610

Investment advisory services offered through Kingsview Wealth Management, LLC ("KWM"), an SEC Registered Investment Adviser. Insurance products and services are offered and sold through Kingsview Trust and Insurance Services ("KTI"), by individually licensed and appointed insurance agents. KWM and KTI are wholly owned subsidiaries of Kingsview Partners, LLC.

# Open Plenary

## **Don't Let Anyone Steal Your Joy!** **Presented by Jackie Hoffman-Wenrich**

Celebrating her 40th year in radio broadcasting, Jackie Hoffman has shared joy and happiness with thousands of listeners, keeping a positive attitude through a world of change.

She is learning to step out of her comfort zone, by taking on roles as an administrative assistant at Blue Mountain Middle School, becoming a certified health coach, and most recently, taking quilting lessons from her mom!

Jackie will share her approach to keeping Joy in all situations with her forever 25-year-old attitude. In her spare time, she enjoys spending time with her 2 granddaughters, hot yoga, hiking, cooking, the mountains, her best girlfriends, family, faith, and her number #1 fan.



# **Breakout Session I - 9:30-10:15 AM**

## **Empower Your Wallet- Rochelle Grey Lounge**

Money is the root of all evil. Women aren't good with numbers. Our beliefs around money are often formed early in our lifetime and influenced by family, friends, and society. These beliefs hold us back from achieving the financial success we deserve. Her goal is getting you out of your comfort zone and committing to personal and professional growth while encouraging others to do the same.

## **Linked In Profile Best Practices- Karen Piraino Section A**

This session will focus on how to set up your LinkedIn profile for success and how to utilize it to effectively network and message employers. Will discuss the type of content on your profile and best practices.



## **Mindful Leadership – Dr. Marnie Aylesworth**

### **Section E**

In order to transform an organization's culture you must begin with self. The most meaningful change can happen when others witness your growth and feel inspired to follow your lead. She has dedicated more than 10-years on working to develop a mindful and compassionate community within her organization and it altered the environment in the most incredible ways. Come to this session to learn how you can do the same.



We are proud  
to support the  
mission and  
extraordinary  
work of Alvernia  
University  
Women's Council.



**PennState Health**  
St. Joseph Medical Center

## **Breakout Session II - 10:30- 11:15 AM**

### **Create Your Comeback: Change Your Life for Good** **Alli Blair-Snyder**

#### **Section A**

This dynamic and tangible workshop is rooted in Shame-Resiliency Theory as coined by Brené Brown. We will operationalize what it means to Create Your Comeback, and ground ourselves in the process of:

- Recognizing when we are out of alignment
- Taking inventory and creating a plan to shift
- Moving forward into that new change - and a new version of ourselves. With resiliency and courage!

This cyclical and practical process can be applied to incremental daily shifts - and also scaled for path-altering ones when we need a BIG change. No 'Comeback' is too big or too small. You'll leave knowing how to recognize when you need one, and feeling confident in creating them as often as you need to build the life you deserve.



## **Thriving Not Just Surviving: Tackling Burnout and Achieving Work-Life Balance – Dr. Caitlin Long**

### **Lounge**

Join us for an interactive breakout session designed to empower women leaders in navigating the challenges of burnout and work-life balance. This session will provide participants with practical insights and strategies to identify signs of burnout, balance their professional and personal lives, and create a personalized action plan to maintain well-being.

Participants will explore real-life case studies, share experiences, and develop actionable goals to prevent burnout and achieve a fulfilling work-life balance. Come prepared to connect, learn, and leave with practical tools and a supportive network to help you thrive, not just survive.

## **Cultivating Connections:**

### **Our Voices, Our Stories – Lizette Epps**

### **Section E**

Join us for a transformative workshop where you'll delve into the power of storytelling, discover your voice through creative expression, and connect with others through shared experiences. Unleash your narrative potential and embark on a journey of self-discovery and community building.





# **Keynote**

## **Debunking the Myths of Women in the Workplace- Gladys Kline**

According to the latest McKinsey and Company's report on Women in the Workplace, "women are more ambitious than ever, and workplace flexibility is fueling them. Yet despite some hard-fought gains, women's representation is not keeping pace." During the keynote, we will discuss the four major myths regarding women's workplace experience and the impact they have on our career advancement.



# **Breakout Session III - 1:15-2:00PM**

## **Your Career – Own It! Transition Considerations**

**Karen Piraino**

### **Section A**

During this session we will discuss the importance of understanding yourself, your unique “why,” where you are in your career, the different considerations given where you are and the critical role these elements play in the creation of your career narrative and path while avoiding the most common career transition mistakes. We will discuss the importance of networking and participants will receive a step-by-step guide for building a robust LinkedIn profile and networking through the tool.



**Lifetime Financial  
Services**

**Jodi L. Bukowski**

Wealth Manager  
Osaic Wealth, Inc.

38 E. Lancaster Avenue  
Shillington, Pa 19607  
tel. (610) 777-7300  
fax (610) 796-7905  
jbukowski@osaicwealth.com  
<https://www.lfs-pa.com>



## **The Art of Personal Storytelling – Pam Gockley**

### **Lounge**

The art of personal storytelling is a powerful means of sharing experiences, connecting with others, and conveying emotions and lessons learned. Learn critical elements and tips when crafting and sharing your personal stories.

By mastering the art of personal storytelling, you can effectively communicate your experiences, connect with others on a deeper level, and inspire meaningful conversations and reflections.

## **Mindful Leadership – Dr. Marnie Aylesworth**

### **Section E**

In order to transform an organization's culture you must begin with self. The most meaningful change can happen when others witness your growth and feel inspired to follow your lead. She has dedicated more than 10-years on working to develop a mindful and compassionate community within her organization and it altered the environment in the most incredible ways. Come to this session to learn how you can do the same.



# Thank You to Our Sponsors

## Presenting Sponsor



## Keynote Sponsors



**PennState Health**  
St. Joseph Medical Center

**Perennial Financial Group**

## Education Sponsors



Lifetime Financial  
Services

## Breakfast Sponsor

**Susan W. Green     Focused, LLC**

## Student Sponsor



**Special Thanks to Cloud 9 Café, Fightin Phils, Redner's  
Center and AWC Volunteers and Presenters**



# Upcoming AWC Programs

**September 18 –**

**Help A Girl Out presented by Suzanne Cody**

**5:00 PM, Alvernia University Upland Center**

**[Register Here](#)**

**November 7 –**

**Total Experience Learning**

**featuring Adelle Schade and Team**

