



MISSOURI CHAMBER OF COMMERCE AND INDUSTRY'S

# WOMEN IN LEADERSHIP CONFERENCE

**TUESDAY, JULY 22**

**1:30pm WELCOME** | Kara Corches, Missouri Chamber of Commerce and Industry

**1:35pm KICKOFF KEYNOTE**

**THE POWER OF ONE** | Gabriela Ramirez-Arellano, Cortex Innovation District

What if one conversation at this conference changed the course of your career? What if one moment of vulnerability led to a lifelong friendship? This keynote will challenge us to be fully present, to recognize the power in our individual contributions and to cultivate a community where every woman leaves stronger, more connected and ready to lead.

**2:15pm BREAK**

**2:30pm WORKSHOPS** (CHOOSE ONE)

- **ENERGIZED, FOCUSED AND RELAXED: DISCOVER YOUR BEST SELF** | Dr. Lynn Rossy, Tasting Mindfulness, LLC

Have you ever wondered how to effectively transform stress into a source of strength? Enter the fascinating realms of mindfulness and energy medicine—two powerful practices that can elevate your well-being and unlock your true potential. Mindfulness, often described as present-centered awareness, has been utilized for centuries through practices like meditation and yoga. Energy medicine, rooted in traditional Chinese medicine, taps into ancient wisdom to help harmonize the energy within your body, paving the way for health and happiness.

This workshop will explore simple yet impactful strategies to reduce stress, sharpen your focus, ignite your creativity and foster stronger relationships. You'll learn how to work smarter, not harder, and gain tools to nurture your emotions and enhance your overall health.

- **EXPLORING EMPLOYMENT LAW** | Courtney Steelman, Husch Blackwell

This workshop is an engaging and interactive session designed to help managers confidently tackle the twists and turns of employment law. Perfect for leaders at any level, this session will touch on Proposition A and a variety of other timely workplace topics. Walk away with practical tips, helpful insights, and a better understanding of how to foster a positive, compliant work environment—while having a little fun along the way.

**4–5pm BREAK/CHECK-IN TO THE HOTEL**

**5–7pm WELCOME RECEPTION**

— DAY 1 —

## WEDNESDAY, JULY 23

### 8-8:30am BREAKFAST

#### 8:45am WELCOME | Kara Corches, Missouri Chamber

#### 8:55am BE THE CEO OF YOUR LIFE | Dr. Ashley Smith, Peak Mind

Anxiety, doubt and limiting beliefs can act as powerful barriers to success in both professional endeavors and personal growth. Fear and uncertainty can prevent individuals and teams from doing what is right, taking chances or chasing big goals, ultimately confining them within the bounds of their comfort zone and holding them back from pursuing their full potential.

In this inspiring session, licensed psychologist Dr. Ashley explains the captivating brain science and psychology behind fear, self-doubt and limiting beliefs. You will uncover the tools needed to squash these mental barriers, enabling you to take bold steps toward unlocking your full potential and reaching new heights.

### 10:25am BREAK

#### 10:40am WOMEN'S VOICES IN THE POLITICAL ARENA | Kara Corches - moderator; Terri Barr-Moore, Kansas City Area Transportation Authority; Rep. Sherri Gallick, Missouri House of Representatives; Pat Thomas, Missouri Senate

This dynamic segment will spotlight the evolving role of women in politics. Hear from four women working in government as elected officials, chiefs of staff, political operatives and lobbyists. They'll discuss why it's important for women to be involved in shaping public policy and the efforts currently underway to grow Missouri's business climate for all.

#### 11:25am LEADING WITH EMPATHY: BUILDING MENTALLY HEALTHY WORKPLACES | Dr. Sarah Getch, Kansas City University

Mental illness is not just a personal challenge; it's a workplace reality that affects teams, productivity and culture. In this powerful and practical session, licensed psychologist Dr. Getch shares a research-rooted framework for how leaders can create mentally healthy teams grounded in psychological and medical science. Dr. Getch will explore the five key conditions that promote well-being at work, including psychological safety, inclusion, work-life harmony, a sense of purpose and growth opportunities. You'll leave this session better equipped to build human-centered workplaces where people and potential can thrive.

### 12:10pm NETWORKING LUNCH

#### 1pm MOMS WHO MEAN BUSINESS | Kellie Ann Coats, Missouri Women's Council - moderator; Kara Corches, Missouri Chamber; Meghan Henderson, Missouri Health Care Association; Anna Hui, Missouri Department of Labor

In this candid conversation, four mothers who are also leaders in their professional fields tackle the complexities of work and family life. Nothing's off limits as they discuss their experiences, challenges and successes in navigating careers and motherhood. Finding a support system is crucial, and these moms are here to share how they lean on others through the balancing act.

#### 1:45pm PSYCHOLOGICAL SAFETY & CONFIDENCE – A MUST-HAVE FOR WOMEN IN LEADERSHIP AT ALL LEVELS | Dr. Kasi Lacey, H & L Legacy Consulting

Psychological safety is no longer a "nice to have"—it's a leadership necessity. Without it, employees hold back ideas, avoid difficult conversations and struggle to lead with confidence. For women, the stakes are even higher. Women often lead in powerful yet distinct ways—but just as often, we hold ourselves back by second-guessing, over-apologizing or shrinking in spaces where we should be taking up more room. In this session, you'll discover strategies to communicate with confidence, advocate for yourself and lead with impact.

### 2:30pm WRAP-UP

— CONCLUDES —