LIVE2LEAD

COLUMBUS CONFERENCE 2023

A LEADERSHIP DEVELOPMENT EXPERIENCE FOR GROWTH-MINDED PEOPLE

HOSTED BY

Forrest Street
CONSULTING

FRIDAY, JANUARY 27

THE GRAND EVENT CENTER
AT GRANDVIEW YARD
GRANDVIEW HEIGHTS, OH

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LETTER FROM DAWN TYLER LEE

I am elated that you have gone out of your way to seize the inaugural **"Live2Lead Conference 2023: A Leadership Development Experience for Growth Minded People."** A powerful day has been planned with you in mind.

This experience has been designed to give you space to focus on a goal you have and the opportunity to begin to develop an action plan towards achieving it. Table facilitators have been recruited specifically for their giftedness in leading meaningful conversations. After each speaker, your facilitator will guide you through table discussions that will help you begin to identify the next best step you can take to move you closer to achieving your goal. Your table cohort is your community for the day where you will build new connections of support and accountability. It's been said that growth doesn't happen in comfort zones. Today, I encourage you to move outside of yours to achieve the following objectives:

- Engage in a meaningful day of learning, growing and connecting with others with a growth mindset;
- Gain new insights and growth tools from thought leaders, cohort facilitators and peers; and
- Develop the framework for their own growth plan and ignite a new excitement to achieve their goals.

I can honestly say that I have only recently discovered my purpose. I've known what I was good at but was it really my purpose? I can now say confidently that my purpose is helping grow leaders and helping leaders grow.

John Maxwell says, "Jump and your wings will grow." My "jump" was the leap of faith I took in 2021 when I left the comfort and security of full time employment and started Forrest Street Consulting.

In what area of your life do you need to jump? Is it in your relationships, at work, your finances or your physical, mental or spiritual health? Today is all about you and I invite you to take the first step towards your jump!

Thank you for making the investment in you and seizing what I believe will be a transformative growth experience.

Let's grow together!
#InvestingInMeIn23

Dawn Tyler Lee

Dawn Tyler Lee
Founder & CEO

"Success is knowing your purpose in life, growing to reach your maximum potential, and sowing seeds that benefit others."

- John C. Maxwell

SCHEDULE

TIME	EVENT
7:30 - 8:30 AM	Registration
8:30 - 10:00 AM	Welcome & Opening ***The Law of Intentionality*** **| Dawn Tyler Lee**
10:00 - 10:15 AM	Break #1
10:15 - 11:15 AM	***The Laws of Communication*** **| John Maxwell**
11:15 - 11:30 AM	Break #2
11:30 AM - 1:00 PM	Lunch ***"Leadership is Self Care" Panel*** **| Kristin Harper, David Key, Matt Scantland, & Stephanie K. Starks**
1:00 - 1:15 PM	Break #3
1:15 - 2:15 PM	***A New Kind of Diversity*** **| Dr. Tim Elmore**
2:15 - 2:30 PM	Break #4
2:30 - 3:30 PM	***Leading with Courage*** **| Dr. Mysheika Roberts & Tracy Townsend**
3:30 - 3:45 PM	Snack Break
3:45 - 4:45 PM	**Table Sharing**
4:45 - 5:00 PM	Conference Closing

TABLE FACILITATORS

JENNIFER BEARD
TONI BELL
DIONNE BLUE
KIM CAMPBELL
BO CHILTON
CRAIG CONLEY
TONI CUNNINGHAM
SHAYNE DOWNTOWN
W. SHAWNA GIBBS
NATALIE GRAYSON
JOHN HAYNES
FON HOLLOWAY
DARRELL HUNTER
SHANTELL JOHNSON
CHENELLE JONES
DEMIA KANDI
ROBERT E. LEE III
ELIZABETH MARTINEZ
TERESA McINTYRE
LIZA PAUL
DEIDRA REESE
SUZANNE ROBERTS
ERICA SHAW
ELON SIMMS
STEPHANIE STARKS
QIANA STEWART
CYNTHIA TYSON
MICHELLE VANDER STOUW
RAYSHAWN WILSON
MINDY WRIGHT

SESSION DESCRIPTIONS

THE LAW OF INTENTIONALITY | DAWN TYLER LEE

In The 15 Invaluable Laws of Growth by John Maxwell, the Law of Intentionality states that growth doesn't just happen. If we want to grow, we must develop and execute a plan of action. This session will define the 8 growth gap traps, how to overcome them and how to get started on the path of developing your growth plan.

THE LAWS OF COMMUNICATION | JOHN C. MAXWELL

John C. Maxwell will share brand new content from his soon-to-be-released book on the 16 Laws of Communication, provide an overview of some of the laws and the importance they have on one's ability to effectively communicate as a leader.

LEADERSHIP IS SELF CARE | KRISTIN HARPER, DAVID KEY, MATT SCANTLAND, & STEPHANIE K. STARKS

Nothing can be poured from an empty cup. Leaders must ensure that they are taking care of themselves so that they can serve others. Following a video where Dr. Portia Jackson Preston describes the six dimensions of self care, a panel of local leaders will share how they prioritize self care in their lives and share strategies on how you can too.

A NEW KIND OF DIVERSITY | DR. TIM ELMORE

Tim Elmore explores the fact that for the first time in history, up to five generations find themselves working alongside each other in the workplace. The result? There can be division. Interactions between people from different generations can resemble a cross-cultural relationship with different values and customs. Learn how to make the most out of the strengths of each age group, foster effective communication instead of isolation, build connectedness and learn how how both veterans and rookies can mentor each other.

LEADING WITH COURAGE | DR. MYSHEIKA ROBERTS & TRACY TOWNSEND

Whether you are leading at work, at home or in the community, you are likely faced with having to make courageous decisions. No one knows that better than Columbus Health Commissioner Mysheika Roberts who courageously led us through the COVID-19 pandemic which included making some really tough decisions. Hear her share how she leads with courage.

SPEAKERS (IN ALPHABETICAL ORDER)

TIM ELMORE



Dr. Tim Elmore's passion for leader development began in 1983 when he worked alongside and was mentored by best-selling author, Dr. John C. Maxwell. Since then, he's emerged as an author, leadership expert, and keynote speaker who's trained more than 500,000 leaders in hundreds of organizations worldwide. He's also the Founder and CEO of Growing Leaders, a non-profit team that equips students & young professionals around the world to become life-giving leaders.

In his 40+ years of teaching, Tim has consulted with top leaders in business, academia, and sports. He's advised corporations such as Chick-fi l-A, Cox Communications, The Home Depot, Cici's Pizza, Delta Global, Coca-Cola Consolidated, and more.

DAWN TYLER LEE



A change agent, strategist, relationship builder, thought partner, problem solver and proven and committed leader in public service, higher education and the nonprofit sector, Dawn Tyler Lee is the Founder and CEO of Forrest Street Consulting (FSC), a firm that specializes in helping grow leaders and helping leaders grow through coaching and training. Dawn is a certified John Maxwell coach, trainer and speaker who thrives when she can support people in reaching their full potential.

In addition to developing leaders, FSC provides interim leadership for organizations in leadership transition. Forrest Street also executes and manages special projects and helps to introduce, acclimate and integrate African American professionals, and their families into the central Ohio community.

JOHN C. MAXWELL



John C. Maxwell, the #1 New York Times best-selling author, coach, and speaker who has sold more than 30 million books, has been identifi ed as the #1 leader in business by the American Management Association® and the world's most influential leadership expert by Business Insider and Inc. magazine. John has also received the Horatio Alger Award, as well as the Mother Teresa Prize for Global Peace and Leadership from the Luminary Leadership Network. His organizations — Maxwell Leadership, The Maxwell Leadership Certified Team, EQUIP, and the Maxwell Leadership Foundation— have trained millions of leaders from every nation in the world.

SPEAKERS

MYSHEIKA W. ROBERTS, MD, MPH

Health Commissioner Dr. Mysheika W. Roberts leads Columbus Public Health in focusing on neighborhood-based approaches that address the social determinants of health from safe, affordable housing and education to jobs and violent crime in order to decrease the health disparities that exist.



Dr. Roberts has a prolific 20 year public health background at the local, state and national levels. Prior to her appointment as Health Commissioner in 2017, she was the Medical Director and Assistant Health Commissioner at Columbus Public Health. She also built a solid foundation in public health early in her career by investigating outbreaks in Ohio for the Centers for Disease Control and Prevention and leading an STD clinic and hepatitis prevention efforts at the Baltimore City Health Department.

TRACY TOWNSEND

Tracy Townsend is Emmy Award-winning News Anchor and Medical Correspondent at WBNS-TV (CBS) in Columbus, Ohio. She is a graduate of The Ohio State University.



Tracy reports on health issues affecting families, including breakthroughs and helpful strategies for families. She is a member of the Association of Health Care Journalists (AHCJ) and a 2016-2017 Fellow in the AHCJ Regional Health Journalism Program. In addition, she works with 10TV Productions on “Toward A Cancer Free World,” which is a weekly segment featuring the world-renowned experts at The Ohio State University Comprehensive Cancer Center - James Cancer Hospital and Solove Research Institute.

Tracy led 10TV’s coverage of Campaign 2012: Race for the White House. Townsend and her team won several awards for their work, including the prestigious Walter Cronkite Award for Excellence in Television Political Journalism in 2013 for their voter-education efforts preceding the 2012 primary and general elections.







1803

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Commissioners.FranklinCountyOhio.gov











"You must be able to take the new thing you've learned today and build upon what you learned yesterday to keep growing."

-John C. Maxwell

Wisdom from the Columbus City Schools

STUDENT AMBASSADORS

What is the greatest lesson you have learned?

The greatest lesson I have learned is to have integrity at all times.

-Caleb

There are always ways to improve.

-Malcom

Thinking outside the box with a open mind is your best luck

-Brea

Although simple the greatest lesson I've learned is to never give up and keep working for what you want to actually make it happen.

-Meia

Time is the most valuable essence you have on this planet.

-Caden

The greatest lesson I have learned is that you don't grow from staying in the same place you started.

-Patience

It's not always about what you want to do, but more so about what you need to do.

-Joshua

The greatest lesson I have learned is to just try your best, even if things don't go the way you want as long as you try your best that's all that counts.

-Elektra

Take chances and risks because the burden of regret lies harder than failure.

-Citlali

Have a good community by your side.

-America

One of the greatest powers you have is the ability to choose how you react.

-Hafsa

Saying no is okay, you can't please everyone.

-Nia

The greatest lesson I have learned is that life isn't about findin yourself, it's about creating yourself. It's about discovering what we are capable of and learning from our challenges in life to evolve into the person we inspire to be.

-Hosaena

Hard work is always fruitful!

-Bidya

Never give up, especially when you have not failed yet. Sometimes you might quit because you feel that the specific task is too hard, but often times you might be able to complete it if you just tried to push through it and work it out.

-Brian

Being yourself gives others permission to do the same.

-Madelyn

Patience is key.

-Kaidyn

PANELISTS (IN ALPHABETICAL ORDER)

KRISTIN HARPER



Kristin Harper is the founder and CEO of Driven to Succeed LLC, an award-winning global market research and consulting firm that "helps brands grow, and people thrive." Named 2022 Ohio Minority Supplier Development Council Class Supplier of the Year, Kristin has grown Driven to Succeed from a solopreneur in 2018, to a global team with two divisions.

An award-winning businesswoman, Kristin went from college intern to a Global Vice President of a Fortune 15 company in her 30s. Throughout her corporate career at Procter & Gamble, The Hershey Company, and Cardinal Health, she led global iconic brands including Crest®, Oral-B®, and Hershey's KISSES®. Kristin has been featured in CNBC, Business Insider, Entrepreneur magazine, and more.

DAVID KEY



With a BS in Kinesiology from The University of Michigan and more than 30 years of dedicated service, David Key has gained the reputation as one of the best fitness instructors and personal trainers in central Ohio.

As a professional in football (NFL), body building (IFBB) & kick boxing (K1), David offers a unique and diversified perspective on fitness and wellness programs. In addition, David performs as an expert consultant for several media venues, clubs and Corporations in Central Ohio.

David has helped thousands of individuals over the years become healthier and happier individuals, and he looks forward to his continued dedication to the fitness industry.

PANELISTS

MATT SCANTLAND



Matt is the Founder and CEO of AndHealth, a leading digital health company that helps people reverse chronic diseases. AndHealth operates employer-sponsored Virtual Centers of Excellence for autoimmune conditions and migraines, two of the most disruptive and costly conditions facing employers. To learn more, please visit **www.andhealth.com.**

Previously, Matt was Co-Founder and CEO of CoverMyMeds, one of the largest and fastest-growing healthcare technology companies in the United States. CoverMyMeds helps millions of patients get the medications they need to live healthy lives and is ranked nationally as a top workplace. CoverMyMeds was one of digital health's first Unicorns when Matt led its sale to McKesson for $1.4B. Matt was ranked as the #14 US CEO of Large Companies by Glassdoor, and the #3 CEO in Healthcare. He lives in Columbus, Ohio with his wife and two children.

STEPHANIE K. STARKS, LISW-S



Stephanie K. Starks, LISW-S is an independently licensed, trauma-focused therapist and Clinical Director of Starks Counseling and Consultation Services, LLC. Ms. Starks has built her career counseling and advocating for children, families, couples, and groups in the greater Columbus community for close to 20 years.

Ms. Starks' practice includes counseling, clinical supervision and training, consulting, and facilitating trainings and workshops. Topics covered include trauma, mental health, self-care and resiliency. In addition, she has spent the last 4 years providing free traumatic grief support groups for mothers of children who have died due to gun violence in greater Columbus. Her dedication to service lead to Starks Counseling securing a $75,000 grant from the City of Columbus which allowed her to expand her free services to also include free counseling services as well as free support groups and workshops to families impacted by traumatic grief.

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"You must go out of your way to seize growth opportunities."
-John C. Maxwell



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THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

ABOUT **FORREST STREET CONSULTING**

Anna Williams raised her four children – Carol, Donald, Joyce and Pat - on Forrest Street in Jersey City, New Jersey in the 1940's and 50's. Anna's father, affectionately called, "grandfather," by the children, lived with them too.

Forrest Street was a mixed income neighborhood with apartments and single family homes. White collar and blue collar families lived side-by-side. Everyone knew and supported one another and genuinely cared about your wellbeing. There were five apartment buildings and the Williams family lived in the middle building. Donald roomed with grandfather. Carol and Joyce shared a room and the youngest, Pat roomed with Anna. The apartment was modest, but full of love.

The "village" included Dorothy Dixon who often looked after the kids while Anna was at work, Dr. Furlong and Mr. Ford worked for Borden's. Aunt Laura who was a domestic and a cook and a bus driver. For specials outings, the city kids went to the farm to see the animals. **On Forrest Street, neighbors celebrated your accomplishments just as quickly as they disciplined you.**

It was thriving community and everything you needed was close by including the butcher where you could make payments on your meat at the window, the grocery store, the cleaners and the barber. Worrless flower shop was black owned as were the funeral homes owned by Mr. White and Mr. Murray, and Dr. Waters and his brother both owned pharmacies. **On Forrest Street, anything was possible.**

Mr. Black was a blind man who owned the candy store on the corner and despite his visual impairment, no one took advantage of him. **On Forrest Street, there was trust and support.**

The kids played outside and did normal kid stuff – jumped rope, played ball and created sidewalk masterpieces in chalk. They never got bored. They played in West Side Park and on special occasions took the bus after Sunday dinner to go to Burge Point, the local amusement park.

They went to the Surprise Club in the afternoon to watch Westerns. It was like an informal after school program that provided a safe place for kids and no one seemed to mind that it was actually a bar later in the evenings.

Frankie Dinks mom had a beauty salon in the basement of her home, the same basement that was also where Frankie had his infamous Friday night parties. Big Junior was Frankie's uncle who was a longshoreman and Mr. Dinks was known for his barbeque. **On Forrest Street, people worked hard and had fun.**

Anna's kids went to day camp and sleepaway camp and took piano lessons and learned to swim -- activities that were not typical for black children in the 50's.

But that was the type of mother Anna was. She had a vision for what she wanted for her children and she set the bar high. She worked to ensure that they were exposed to different types of people and experiences. Her children didn't go to neighborhood school, she sent them to the school with the white children where she believed they would receive a higher quality education. She wanted them to have greater opportunities than she did. She wanted them to be prepared for the world. **On Forrest Street, mediocrity was not an option**

But she didn't only want this for her family, she wanted the same for the people in her community. Anna worked at the welfare office. When her clients came to pick up their checks, she told the men to get the picks out of their heads, take pride in their appearance, encouraged them to be responsible, get a job and take care of their families. She was barely 5 feet but people knew not to mess with her. Anna consistently demonstrated tough love because she wanted everyone around her to reach their full potential.

Ms. Parker introduced Donald to his first fish tank and as the only boy in the family, the men on the street were invested in helping him grow from a boy to a man. Mr. Harold Jefferson taught him how to tie and Bubbie Carter taught him how to ride a bike and drive a car. Dr. McQueen was a dentist who one day asked Anna what Donald was going to do when he finished high school. Donald wanted to go to airforce but Dr. McQueen told him he was going to attend his alma mater, Lincoln University. And he did. **On Forrest Street, you were introduced to new possibilities.**

Carol, Anna's first born, went to Jersey City College and became a teacher. At age 22, she came home discouraged after one of her early days of teaching because her students weren't behaving the way she wanted. Mrs. Barnes, Carol's first grade teacher, still lived across the street. Anna sent Carol to Mrs. Barnes who would help Carol plan her lessons and gave her tips on how to manage her classroom. **On Forrest Street, you got connected to the resources you needed to be successful.**

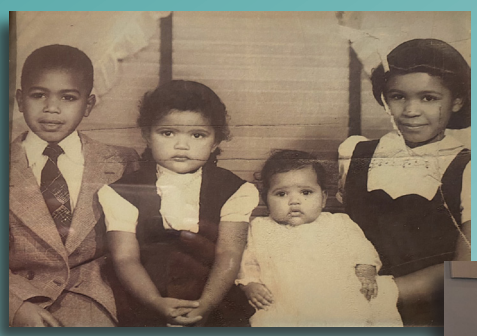
Joyce and Pat also went to Jersey City College and became teachers. Anna, a single mom who worked at the welfare office, raised four college graduates.

My name is Dawn. I am Anna's granddaughter and the Founder and CEO of Forrest Street Consulting. "To whom much is given, much is required." -Luke 12:48.

At Forrest Street Consulting, we value what my grandmother valued - **connection, community and helping people reach their full potential.**



Anna Louise Williams
December 12, 1917 to June 14, 2005



Anna's children; Donald, Joyce, Pat, & Carol in 1949



Anna's grandchildren also know as "her peaches"



Pat, Donald, Joyce, & Carol in 2022

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