LIVE2LEAD

COLUMBUS CONFERENCE 2024

Building Your Leadership Legacy

Thursday, January 25, 2024

The Grand Event Center
800 Goodale Boulevard
Grandview Heights, Ohio

Presented By:

Forrest Street
CONSULTING



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Forrest Street
CONSULTING

30-Day Leadership Boot Camp

LET'S GET READY TO GROW!

JOIN US
MARCH 6 - APRIL 3, 2024

Led by Dawn Tyler Lee of Forrest Street Consulting, this 30-day Leadership Boot Camp is designed to equip you with the tools, mindset, and strategies needed to lead with confidence, influence with impact, and achieve your goals.

Visit the Forrest Street Consulting Vendor Table for more information.

"I hit a rough patch in my life and needed some thought partnership to help me think through next steps. My experience in the Leadership Bootcamp provided the safe space to not only unearth the root causes but develop a tight plan of action to move forward. I'm glad I had the courage to set aside the time to invest in ME!"

-Y.S.

★★★★★

"Dawn challenged each of us to grow exceptionally and exponentially for 30 days. I am thankful for the "homework" assignments, as they resulted in helpful reflections and practical actions for me, especially in the much needed area of self-care."

-G.D.

★★★★★

"Leadership Bootcamp kick started my journey to the next level in personal and professional growth. The format and materials met us where we were, and cultivated thought and attainable goals. I learned more about myself and connected with amazing, diverse individuals, enhancing my overall experience."

-T.H.

★★★★★

LETTER FROM
DAWN TYLER LEE

I am elated that you have gone out of your way to seize the inaugural “Live2Lead Conference 2024: Building Your Leadership Legacy.” 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!

Dawn Tyler Lee

Dawn Tyler Lee
Founder & CEO

AGENDA

WELCOME

OPENING ACTIVITY

SESSION 1: High Road Leadership
John C. Maxwell

MORNING BREAK

SESSION 1 (CONTINUED): High Road Leadership Panel
Joy Bivens, Michael Corey, Betty Dye, Kenston Henderson, Elizabeth Martinez, Elizabeth Seely

TABLE CONVERSATION

LUNCH

SESSION 2: Born to Shine: Do Good, Find Your Joy and Build a Life You Love
Kendra Scott, Valerie Burton

TABLE CONVERSATION

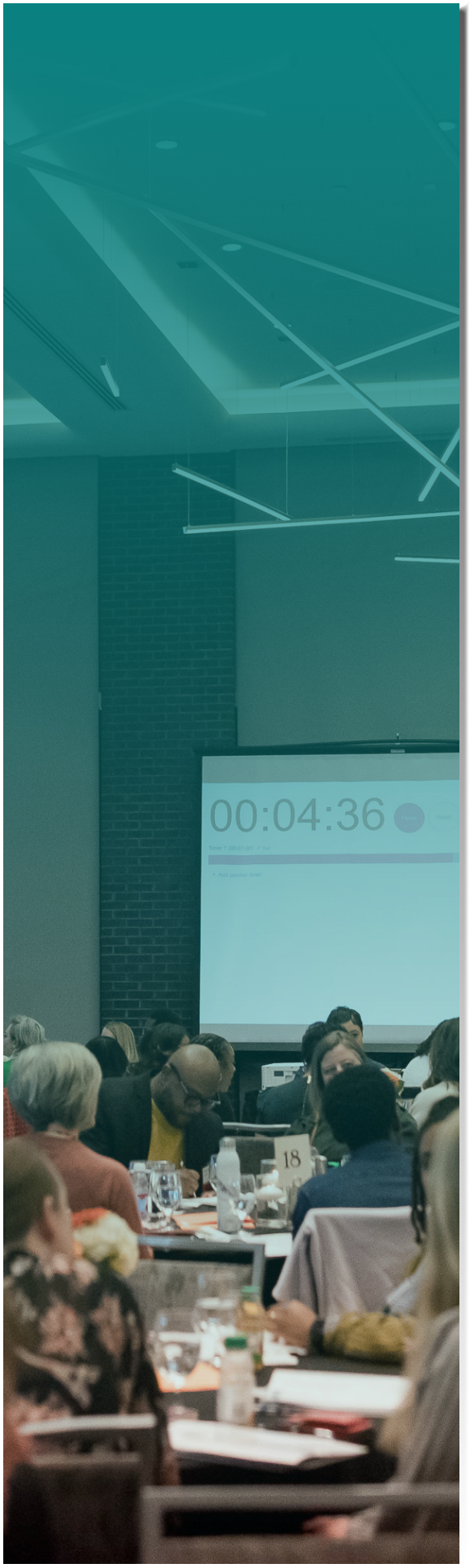
SESSION 3: Chasing Failure
Ryan Leak

AFTERNOON BREAK

TABLE CONVERSATION

SESSION 4: Law of the Rubber Band
Dawn Tyler Lee

CLOSING ACTIVITY: What is your leadership legacy?



"Growth inside fuels growth outside."

– John C. Maxwell

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LIVE2LEAD

Helping you learn and apply the most essential leadership principles; follow them and people will follow you.

alvis





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Alvis serves individuals with justice involvement and their families, those facing addiction issues and their families, as well as individuals with intellectual and developmental disabilities.

















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 identified 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.

@johncmaxwell

@johncmaxwellofficial

@johncmaxwell

maxwellleadership.com

Session Description - *Pre-Recorded Session*

From his forthcoming book on High Road Leadership, John Maxwell walks through what a "High Road Leader, Middle Road Leader and Low Road Leader looks like. John describes High Road Leaders as people who consistently do the following:

- Value others
- Bring people together
- Close the gap between people
- Give more than they receive
- Give First
- Don't keep score (unconditional giving)
- Want you to win
- Return to the high road to correct low road behavior
- Treat other better than the are treated

"The place where you start should not be the place where you stay."

-John C. Maxwell

THE PRACTICES OF HIGH ROAD LEADERS

- Value All People
- Acknowledge Their Humanness
- Do the Right Things for the Right Reasons
- Give More than They Take
- Develop Emotional Competency
- Place People Above Their Own Agenda
- Embrace Authenticity
- Are Accountable for Their Actions
- Live By the Bigger Picture
- Don't Keep Score
- Desire the Best for Others

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ROAD COMPARISON

High Road Leaders	Middle Road Leaders	Lower Road Leaders
• Value others • Bring people together • Close the gap between people • Give more than they receive • Give first • Don't keep score • (unconditional giving) • Want you to win • Return to the high road to correct low-road • behavior • Treat others better than they are treated	• Seek value from others • Move back and forth • Live with the gap • between people • Give equal to what they've received • Give back • Keep score • (conditional giving) • Want *us* to win • Return to the middle road to correct low-road behavior • Treat others the same as they are treated	• Devalue others • Divide people • Widen the gap between people • Take more than they give • Give nothing • Don't keep score • (unconditional taking) • Want *me* to win • Stay on the low road and make excuses for low-road behavior • Treat themselves at others' expense

Discussion Questions

1. John stated one of his core beliefs is that, "everyone deserves to be led well." Do you agree or disagree? Why?

2. Name a high road leader who has influenced you. What makes them a high road leader?

3. When you're having a low road moment, how do you recognize it and what do you do to get back to the high road?

4. As you look at the practices of high road leaders, which ones do you already do well?

Notes

Notes

PANELISTS



Joy Bivens

Deputy County Administrator Bivens oversees the Board of Commissioners' health and human services agencies and the Franklin County Department of Animal Care and Control (including the Franklin County Dog Shelter and Adoption Center). The health and human services agencies include Job and Family Services (JFS), which is the county's largest agency and core social safety net, the Office on Aging, Child Support Enforcement, and Justice Policy and Programs. Ms. Bivens first joined Franklin County in 2004 as a JFS case manager before leaving to begin her own home healthcare administration agency. She returned to Franklin County in 2015 to serve as Chief Operating Officer for JFS and was appointed Director of the agency the following year.

Ms. Bivens holds leadership positions on the National Association of Counties Human Services and Education Policy Steering Committee, and the Ohio Job and Family Services Directors' Association. She also serves on numerous local boards and workgroups, including the Franklin County Community Based Correction Facility Governing Board, the Franklin County Criminal Justice Planning Board, and the Children of Incarcerated Parents Action Group. She previously served as an elected member of the Whitehall City School Board, as Vice President of the Whitehall Area Chamber of Commerce, and as chair of the Board of OhioMeansJobs Columbus-Franklin County. Ms. Bivens is a graduate of Capital University.



Michael Corey

Michael Corey has served as Executive Director of the Human Service Chamber since 2017, during which time HSC's membership has quadrupled to nearly 200 health and human services nonprofits. He is a board member for RAPID 5, and the Rise Together Innovation Institute. He is also on the Moritz College of Law's National Council.

An attorney, Michael holds a B.A. from Duke University, an M.A. in Education Policy & Leadership from Ohio State, and a J.D. from the Moritz College of Law. He lives in Columbus with his wife, Lori, who serves as Clinical Program Director of Community Housing at the YMCA of Central Ohio; their four-year-old son, Elijah; their newborn, Teddy; and their dog, Ruby.



Betty Dye

Betty Dye serves as the Vice President of Human Resources at the Columbus Metropolitan Housing Authority. Her role encompasses extensive oversight of day-to-day operations, leadership initiatives, labor relations, compensation strategies, contract negotiations, regulatory compliance, policy formulation, and the enhancement of Human Resources Management programs. With a robust background spanning 30 years in Human Resources, Betty has honed expertise in recruitment and talent management, HR systems administration, workers' compensation, and records management. Her journey commenced as a Human Resources Professional, evolving into roles as a mentor and personal development coach. Betty pursued education at Bliss and Columbus State Community College, furthering her studies at Ashford University.

Throughout her career, she has established herself as a thought leader and motivator within the Human Resources field. Betty continues to contribute substantial value to the Columbus Metropolitan Housing Authority.



Kenston Henderson

Known as "The Game Changer", Kenston Henderson Sr. is a transformative leadership speaker, trainer, and author, dedicated to igniting, inspiring, and empowering individuals and organizations. Kenston is a seasoned leadership speaker, trainer, and coach with a passion for empowering individuals and organizations. He is the founder and CEO of Live With Lyfe, LLC, a talent development company, where he leverages his 20+ years of experience in Human Resources to deliver transformative presentations and training sessions.

A certified John Maxwell Leadership Speaker and a TEDx Signature Speaker, Kenston has delivered hundreds of presentations across 35 states and extended his impact internationally, reaching audiences in Europe, Asia, the Middle East, Africa, and South America.

His expertise is further solidified by his authored books, "Winning Conversations: How to Communicate Successfully and Courageously about Race" and "Parenting Like a Boss: Intentionally Committed." He created an online course, "Cultural Transformation in the Workplace: The 7 Keys to Create and Cultivate Racial Equity," further demonstrating his commitment to fostering inclusive and equitable environments.

Kenston lives by the quote, "If you're doing life alone, you're doing it all wrong," reflecting his belief in the power of community and collaboration. His goal is to ignite, inspire, and empower the champion inside each individual, driving personal and professional growth.



Elizabeth Martinez

Elizabeth Martinez is President and Chief Executive Officer of Big Brother Big Sisters of Central Ohio (BBBSCO); a youth empowerment organization that creates and supports one-to-one mentoring relationships and educational experiences to walk alongside youth as they reach their biggest possible futures. BBBSCO is one of the largest BBBS agencies in the country, spanning 15 counties across Ohio and serving more than 4,000 children.

Considered a purpose driven, solution-forward oriented, transformational leader with experience that expands multiple areas of organizational management and business development in the education and non-profit sectors. She specializes in supporting executives and professionals helping them gain clarity, identify barriers, elevate their impact and influence, and provides new strategies in order for them to develop into their next level of authentic leadership and growth.

In 2020, Elizabeth was recognized among the most admired executives in Central Ohio as an honoree of Columbus Business First's C-Suite awards. She received the 2021 CEO of the Year award in the small non-profit category by Columbus CEO magazine. 2022 also brought recognition from the National Diversity Council as one of the top national Latino leaders. Additionally, she was honored as Woman of the Year from the Ohio Diversity Council and a 2023 Smart 50 awards Honoree.



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Elizabeth Seely

Elizabeth brings extensive experience and a track record of outstanding leadership in hospital operations and community engagement to her role in the Wexner Medical Center. In October 2017 she assumed the position of Chief Administrative Officer – Hospital Division for the OSUHealth System with responsibility for University Hospital, the East Hospital, Ross Heart Hospital, Harding Hospital, the Brain & Spine Hospital, and the Dodd Rehabilitation Hospital. In collaboration with the Health System's Chief Clinical Officer, Elizabeth was also responsible for leading the organization's response to the Covid19 pandemic. Prior to her current role, she served for 10 years as the Executive Director of OSU's East Hospital, leading the hospital through significant growth in admissions; increases in patient satisfaction, excellent quality metrics, and improved financial performance and for 16 years at University Hospital in positions of progressive leadership, culminating in the Associate Executive Director of University Hospital and the Ross Heart Hospital.

Elizabeth is a founding board member and currently serves as board chair of Partners Achieving Community Transformation (PACT), guiding a $10 million commitment by OSU to create a healthy, financially and environmentally sustainable community where residents have access to safe and affordable housing, quality health care, education, and employment opportunities on the Near East side of Columbus. She also serves on the MedFlight (medical helicopter service) and MedCare (ambulance service) Board of Directors.

Elizabeth has achieved recognition as a Fellow in the American College of Healthcare Executives, Distinguished Alumnus Awards from both the OSU Graduate Program in Health Services Management and Policy Alumni Society and OSU's College of Public Health and was honored as a Columbus YWCA Woman of Achievement. She is an active member of WELD, YPO Gold (Young Presidents Organization), and devotes significant volunteer time to Upper Arlington Lutheran Church and the Girl Scouts of Ohio's Heartland, serving on their Board of Directors and finance committee, as well as 17 consecutive years as a former troop leader.

Notes

Notes

Shine Bright, Do Good

JOIN US FOR A KENDRA GIVES BACK EVENT

DATE & TIME

January 25, 2024

DETAILS

Join Kendra Scott for an offsite and virtual shopping experience where 20% of sales will go back to Live to Lead Scholarships!

Shop online at www.kendrascott.com from 1/23-1/27 with code: GIVEBACK-FTTNW

KENDRA SCOTT | LIVE2LEAD



Kendra Scott

Kendra Scott, a designer, founder, and philanthropist, started her company in 2002 with just $500, shortly after the birth of her first son. With her vibrant personality and unique design sensibility, Kendra captivated businesses and customers by going door-to-door with her jewelry. Her commitment to innovation and quality led her small start-up to become a billion-dollar business, expanding beyond fashion jewelry into fine jewelry, home decor, and beauty. Kendra Scott's company is headquartered in Austin, TX, with a state of-the-art corporate office, design lab, and distribution center.She values both career goals and family-life balance for her employees.

Philanthropy is a core pillar of Kendra's business, and since 2010, her company has donated over $40 million to various causes. In 2018 alone, they gave significant monetary and in-kind donations, volunteered thousands of hours, and partnered with numerous philanthropic organizations.

Kendra's accomplishments have earned her prestigious awards, including the EY Entrepreneur of the Year National Award and recognition from Forbes as one of America's Richest Self-Made Women. She serves as Executive Chairwoman of the Board for Kendra Scott, LLC, and is actively involved in philanthropic endeavors and fashion industry associations.

@kendrascott

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kendrascott.com

Session Description - *Pre-Recorded Session*

In a fireside chat, Kendra will share key lessons that she has learned along the way, starting from building a business with $500 and growing it from a small start-up to a billion-dollar business that has won over loyal fans, media and celebrities alike. Kendra will also share what success to significance looks like for her, as her entrepreneurial spirit has taken her beyond her business to numerous endeavors to include becoming an incredible philanthropist, member of "Shark Tank", to the founding of the Kendra Scott Women's Entrepreneurial Leadership Institute and University of Texas, Austin, to name a few.

"The best lessons are the ones you never realize are being taught."

-Kendra Scott

Discussion Questions

1. Kendra talks about knowing her passion for fashion at a young age. What you are passionate about? Does it relate to the work you are currently doing? If not, what can you do to move towards working in your passion?

2. What is your "why?"

3. When Kendra first started, she heard "no" while going store to store trying to sell jewelry, but she persevered and continued to visit boutiques to sell her pieces. She used the motivation of her young child to push past the "no" until she heard "yes." What motivates you to push past the "no?" Think of a time you persevered. What did it look like? How did you feel? Is there an area now where you need to persevere?

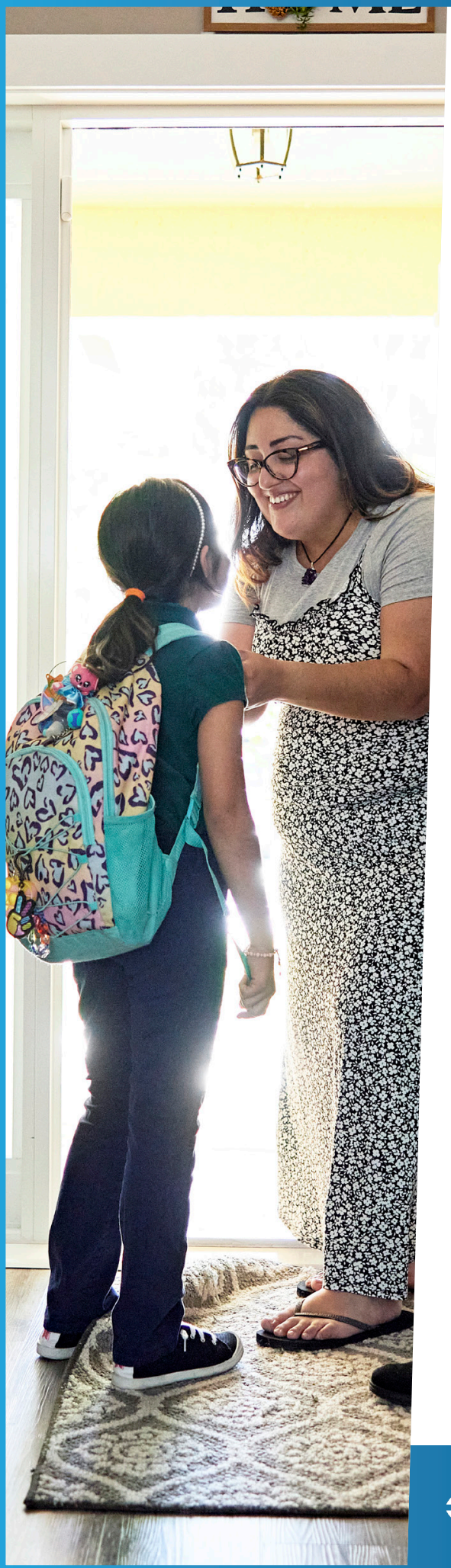
4. What is one way you can "stay open" to what's in store for you?

5. What advice can you give yourself for the future "you?"

**Remember to surround yourself with people who will reignite your light!*

Notes

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Ryan Leak

The CEO of a leadership development firm based in Dallas, Ryan and his team train over 15,000 leaders every year - from Fortune 500 companies to professional sports teams.

Ryan's passion is helping leaders push past autopilot and level up in their lives and careers. He spreads this empowering message through coaching, speaking, and leveraging the power of video to reach thousands through his online platforms.

Author of the USA Today bestselling book *Chasing Failure* and the Wall Street Journal bestselling book *Leveling Up*, Ryan and his work have been featured in dozens of media outlets, including Good Morning America and The Today Show.

He's widely known for that one time he planned a viral proposal and wedding on the same day. Most importantly, Ryan is married to his best friend, Amanda, and is the proud assistant coach for his son's basketball team.

@ryanleak

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Session Description - *Pre-Recorded Session*

What would you do if you knew you could not fail? Chasing Failure is all about having a vision for a dream, a goal, a mission, and knowing that the road will be paved with failure, but still proceeding with conviction and passion. This is what sets those who succeed beyond measure, from those who simply exist. The fear of failure will keep you inside a box, stall innovation, and make sure you hesitate anytime you even think about taking a risk that could help you achieve goals beyond your wildest dreams. As leadership expert Ryan Leak shares, you don't actually have to get over the fear. Just do it scared and take really good notes.

When you're Chasing Failure, you're either going to win or you're going to learn. Hopefully, both will happen.

Discussion Questions

1. Which of Ryan's 6 Lessons resonated with you? Why?

2. What is one lesson failure taught you?

3. In what area of your life is it time to take a risk? What is holding you back?

4. What would you do if you knew you could not fail?

5. Zig Ziglar states, "You don't have to be great to start, but you have to start to be great." What's one step you can take now to shift your mindset from "What if they say no?" to "What if they say yes?"

Notes

Notes

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

- John C. Maxwell

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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.

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Session Description

If I were to ask the question, “Do you want to grow?”; How would YOU respond? I believe it would be a resounding yes, I want to grow! But the truth of the matter is that for most of us, we avoid any form of pressure because we don’t want to feel uncomfortable. You see, we have been taught that comfort is a place to be desired and strived for. May I introduce a new thought? Consider this - all living things grow and that growth requires stretching. John says: “True life begins at the end of our comfort zone and we arrive there by stretching.” Let’s stretch!

Discussion Questions

1. Rate your satisfaction in areas of your life (growth worksheets starting on page 37 will help).

2. In what areas have you become "average" and may have lost your stretch and settled in?

3. What habits have you developed that have hindered your progress toward your potential? What is one thing you can do to begin to break those habits?

4. Sometimes others see more potential in us than we see in ourselves. If this is you, who is a trusted friend, family member or colleague who can help you identify your possibilities, perhaps beyond that which you can currently see or imagine? By what date will you ask for this support from them?

5. Develop an action you want to take in an area of your life for where you want to stretch and WIN! Develop an action you want to take in an area of your life for where you want to stretch and WIN! (you can reference Overcoming Growing Pains on page 51)

**Remember to establish a balance between your potential and your present place so that stretching is both possible and challenging. This tension is critical, but you do not want to get so overwhelmed that you simply give up.*

Notes

Notes

VENDORS

AB3 Films
Alfredo Battle, Owner
AB3films.com

DJ BeatBanguz
Elijah Edwards, Owner
beatbanguz.com
614-674-1157

AromaCulture*
Breya Evans, Owner
breyaevans15@gmail.com

A Touch of Balance*
Keesha Steadly, Owner
keesha@atob4u.com
atob4u.com

Beard Haven*
Marlon Burton, Owner
info@beardhavenco.com

Comfort Photography
Comfort Witcher, Owner
comfortphotography.com

Franklin County
franklincountyohio.gov

JaDour*
Jacqueline Harrison, Owner
contact@jadourbeauty.com

Kendra Scott*
Hollind Chernoff-Taylor, Store Owner
Allison Kerman Miller, Asst. Store Manager
kendrascott.com
allison.kerman@kendrascott.com

Key Fitness*
David Key, Owner
davidkey44@me.com

Monk's Copy Shop
monkscopyshop.com

Sage Nine Creative*
Noelle and Brandon Anderson, Co-Owners
sageninecreative.com
noelle@sageninecreative.com
brandon@sageninecreative.com

Sarah Smith
Freelance Graphic Designer
sarsmithcomm@gmail.com

Tha Arrangements
Darius Walters, Owner
thaarrangements.com

The Grand Event Center
Kendall Shonkwiler, Sales & Events Manager
thegrandeventscenter.com
kshonkwiler@columbushospitality.com

Top of Mind Tees*
Kedada Bethel Thompkins, Owner
info@topofmindtees.com

***Please visit these vendor tables in the Scioto Room**

Thank You!

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Talya Horton
Braydan Johnson
Prinesha Smith
Shannon Taylor
Shelbi Toone

LIVE2LEAD COLUMBUS 2023





"Loved the table discussions, it was such a wonderful and safe place to talk without judgment of any kind."







"This conference pushed me to think about how I am a leader in all areas of my life and what's important to grow my skills and replenish my whole life."

"Live2Lead was a powerful experience that I will carry with me throughout my leadership experience. I can't wait for next year!"





"This conference pushed me out of my comfort zone through making new connections, goal planning and facilitated conversations."



"You'll walk away transformed and inspired!"







"Live2Lead is a powerful investment in your leadership that you need to make. It is a refreshing invitation to reflect and relaunch."





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Your GROWTH Worksheets

STATE OF YOUR LIFE

Taken from Chapter 2 of *What's Really Holding You Back?* by Valorie Burton

Where are you now? Determine the State of Your Life.

This "State of Your Life" assessment is a simple measurement tool to gauge your progress in different areas of your life. I have included the five key areas—your relationships, work, finances and resources, physical health and environments, and spiritual life—all of which impact the "whole you."

When any area of your life is lacking or draining your energy, it weakens your ability to move your whole life forward. By strengthening the basics of your life, you give yourself the energy and muscle to move forward and close gaps in all areas. There are twenty statements regarding each of the five areas of your life for a total of one hundred points. Check each statement that is true for you right now, not that you wish were true. Respond as honestly as possible. This isn't about getting a "high score," but about breaking free from what's holding you back. The only way to effectively do that is by embracing the truth. Please do not be concerned with what you may view as a "low score." This is an opportunity to gauge where you are, pinpoint the gaps that exist between where you are and where you want to be, and measure your progress in the weeks ahead. You may only be able to check 25 of the statements today, but through adjustments in your thoughts, words, actions, and energy you may find that in just a few weeks, you can check 85 statements.

Relationships

___ If I were in need of a trusted confidant in a crisis, I have two or more people I can confidently call upon.

___ I do not feel manipulated in any way.

___ No relationships are draining my energy.

___ I can say "no" with ease.

___ I feel connected in a meaningful way to my community.

___ I know that I am making a positive difference for others on a daily basis.

___ There is no one in my family with whom I am not on speaking terms.

___ I feel loved.

___ I have no relationships that I need to hide from anyone.

___ I feel free to say "I love you" in my closest relationships without any risk of rejection.

___ I am not withholding forgiveness from anyone.

___ I do not maintain friendships with people who only take from me but rarely give.

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___ My relationships with my parents and/or children are peaceful and loving.

___ My boss, co-workers and/or customers treat me respectfully.

___ I am as nice to the janitor, receptionist, or cashier in a business as I am to the manager or president.

___ I do not gossip.

___ I tell others what I feel even when it is difficult or uncomfortable for me to do so.

___ When I have wronged someone, I always apologize and make amends.

___ There is no one in my life that I am trying to change.

___ When someone offers constructive criticism, I listen without being defensive or arguing.

____ Total number of statements you could truthfully say today

Work



___ I love my work.

___ I feel “on purpose” when I am working.

___ There is no other work I would rather be doing than the work I am doing now.

___ I have a clear path to advancement.

___ I feel well-compensated for my work.

___ I am at the top of my game.

___ I do not overwork.

___ I enjoy the people I work with.

___ I am not interested in changing careers (that’s careers, not jobs) in the next two years.

___ I have the education or training to qualify me for the type of position I aspire to.

___ Most people would consider me a role model of excellence in my work.

___ I am proud of my professional reputation.

___ I have no overdue projects looming at work.

___ I have a mentor or someone I can ask questions about my career.

___ My supervisors and/or clients are very pleased with my performance.

___ I rarely (once per month or less) bring work home.

___ My work schedule suits my lifestyle.

___ I use my vacation time every year.

___ I have a compelling vision for my professional life.

___ My work does not consume my personal conversations.

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Finances and Services

___ My finances do not cause me stress.

___ I pay my credit cards in full each month (or don't carry any credit card debt at all).

___ If I lost my job today, I could live off my savings for at least six months.

___ I have not bounced a check in more than three years.

___ I am not avoiding anyone or any company to whom I owe money.

___ My financial situation is actively improving.

___ I have a plan to eliminate any debt that I have accumulated and I am following it.

___ Based on my network, I feel confident in my ability to land a new job if needed.

___ I know when I plan to retire and how much money I will have at that point, and I am actively engaged in realizing my plan.

___ In the event that I become disabled, I have insurance that will replace at least 50 percent of my income.

___ My life insurance and/or financial holdings are more than enough to ensure my loved ones will not suffer financial loss in the event of my death.

___ In the event of a major illness, I have health insurance to cover my medical expenses.

___ In my current line of work, I can chart a course that would allow me to double my income if I wanted to.

___ On a monthly basis, the amount of money I spend is at least 20 percent less than my income.

___ My credit report is a positive reflection of excellent financial habits.

___ I know my net worth.

___ I know exactly how much consumer debt I have, if any, and by what point it will be paid off. (For purposes of this exercise, we will define consumer debt as credit cards, student loans, car loans, personal or home equity loans, and personal debt other than your mortgage.)

___ I consistently commit a tenth of my income to giving.

___ I use my gifts and talents on a regular basis to give back to my community in a meaningful way.

___ I can honestly say I am a great steward of the money and resources with which I've been blessed.

____ Total number of statements you could truthfully say today

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Physical Health and Environments

___ I have had a complete physical within the last three years.

___ I am not afraid to go to the doctor.

___ My relationships are peaceful.

___ My blood pressure and cholesterol levels are within healthy limits, according to my doctor.

___ I exercise at least three times per week for 30 minutes or longer.

___ I laugh at least a few times every day.

___ I smile often and every day.

___ My home feels inviting and peaceful, a sanctuary from stress.

___ I don't make a big deal out of small problems.

___ My home provides a clutter-free, supportive, safe, enjoyable environment for me.

___ My work environment is safe, clean, organized, and reflective of my values.

___ When driving, I am never aggressive, rude, or acting out in "road rage."

___ My car is consistently well-maintained, clutter-free, and not a source of stress.

___ If I were in a health or family crisis, I have more than enough supportive family or friends to help me through it.

___ Based on medical recommendations, my weight is within healthy limits.*

___ I eat healthy meals in regular intervals throughout the day.

___ I get cardiovascular exercise as a part of my workouts.

___ I drink at least 48 ounces of water every day.

___ I do not use tobacco products or drugs, nor do I misuse alcohol.

___ I regularly set aside time for relaxing, having fun, and rejuvenating.

____ Total number of statements you could truthfully say today

According to the National Institutes of Health, the following formula works for both men and women in determining your body mass index (BMI) and assessing total body fat, which is related to risk for disease and death: Multiply your weight in pounds by 705, then divide that number by your height in inches squared. So a person who is 5-foot-8 and weighs 140 pounds would calculate it like this: (140 x 705) divided by (68 x 68)=21.35

• Underweight = less than 18.5 • Normal weight = 18.5-24.9 • Overweight = 25-29.9 • Obesity = BMI of 30 or greater

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Spiritual Life

If you are working with clients for whom faith is central to their lives, you may choose to include the spiritual category of the assessment. If not, use only the first four categories and calculate the assessment based on 80 points rather than 100.

___ The people I work with can see God's love through the way I treat them and the way I carry out my responsibilities.

___ I seek ways to be of service daily.

___ I have a fulfilling relationship with God.

___ I am not easily annoyed or angered.

___ I pray daily.

___ My faith is stronger today than it's ever been.

___ I have stepped out on faith toward my vision despite my fears or doubts.

___ I completely trust God to direct my steps and close the gaps in my life.

___ In every area of my life in which I have felt God leading me in a particular direction, I am following.

___ I am content with my life, but I also seek to live a better life.

___ I am not easily offended.

___ I am disciplined about how I take care of my body, handle my professional and financial responsibilities, and maintain my spiritual habits.

___ I know my divinely ordained purpose.

___ I live my purpose on a daily basis.

___ I am constantly discovering opportunities for spiritual growth.

___ I am faithful over the "few things" God has placed in my care.

___ I study and meditate on God's Word regularly.

___ I am using the gifts God has given me to serve others in a meaningful way.

___ My life is filled with peace.

___ I enjoy my life.

____ Total number of statements you could truthfully say today

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State of Your Life

____ Total score for all five areas of your life

Now that you have identified the gaps—the specific targets you haven't reached—think for a moment about why you haven't closed them before now. How you can turn your frustration about being stuck into power to forge ahead?

Closing the Gap

Think back over the State of Your Life assessment. Which statement(s) did you most wish you could mark as being true? Your answers are a great starting point for setting goals.

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PERSONAL GROWTH PLAN

Step One: Awareness

The first step to creating your personal growth plan is to identify the areas of your life that need a little TLC. The best way to do this is to rank the following areas on a scale of 1-10 based on how satisfied you are with them. 1 means you're struggling and 10 means you're satisfied with that area.

Physical Health

→ Do I get enough physical exercise each day?
→ Do I eat a balanced diet?
→ Do I have a healthy sleep schedule?

Mental Health

→ Am I kind to myself?
→ Do I reach out for help when I need it?
→ Do I know how to calm myself down when I'm stressed?

Spirituality/Personal Growth

→ Do I have regular practices that help me connect with myself?
→ Do I make time for learning to improve my skills?
→ Do I have goals to improve myself?

Relationships

→ Do I have reliable friends and people I can count on?
→ Do I spend quality time with other people?
→ Do I feel that my relationships with others (romantic or non-romantic) are healthy?

Recreation

→ Do I make time for hobbies and fun activities?
→ Do I take enough time to simply relax?
→ Do I allow myself to have fun without guilt?

Finances

→ Do I make smart choices with my money?
→ Do I keep track of my finances?
→ Do I have money goals for the future?

Career

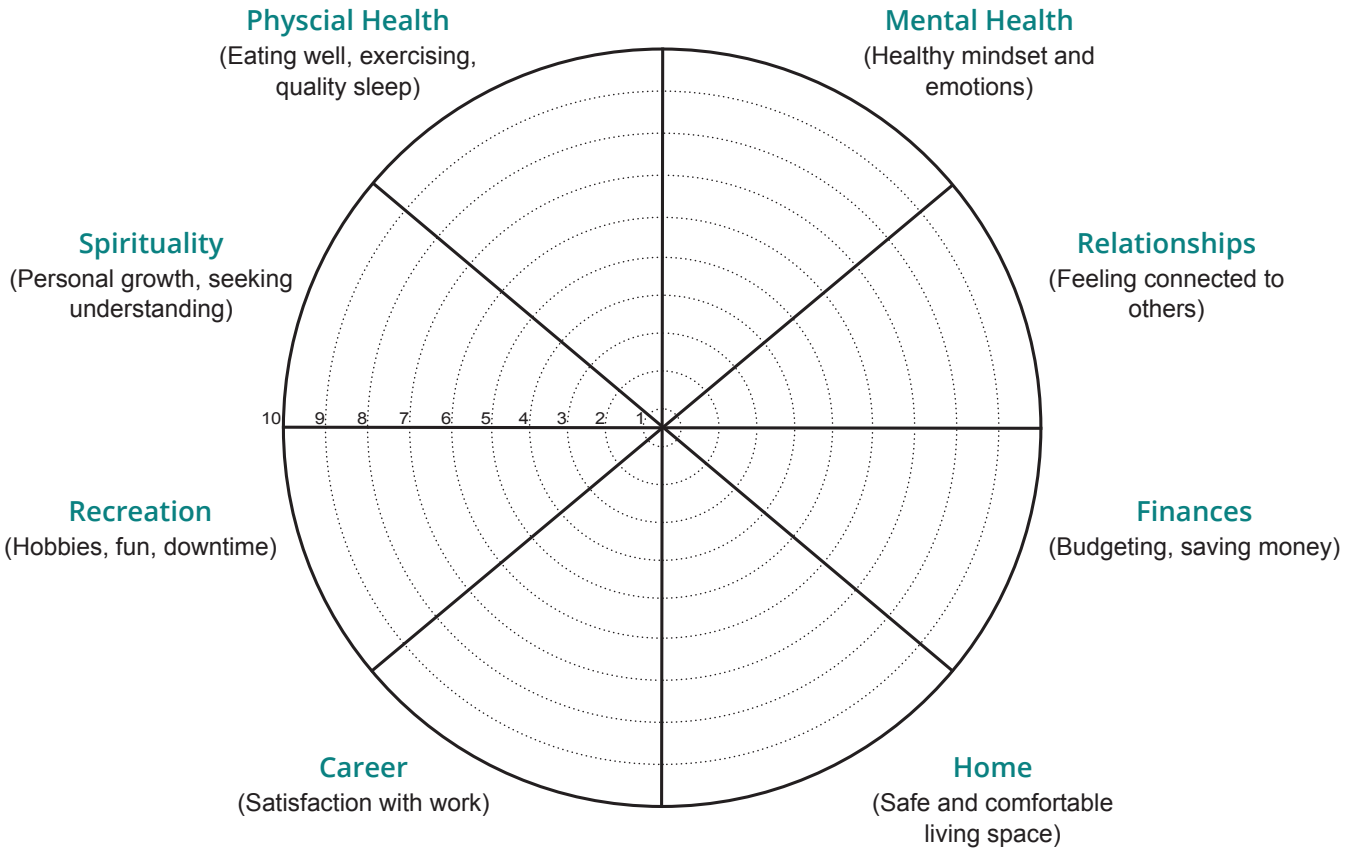
→ Do I feel a sense of purpose with my work?
→ Do I feel valued and affirmed at work?
→ Am I appropriately compensated for my work?

Home

→ Do I feel comfortable and secure at home?
→ Do I live in an area that I enjoy living in?
→ Am I comfortable with who I share my home with?

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Color the number of spaces on the wheel that match your ranking starting from the inside out and/or enter your scores in the boxes.



What score did I give each area?

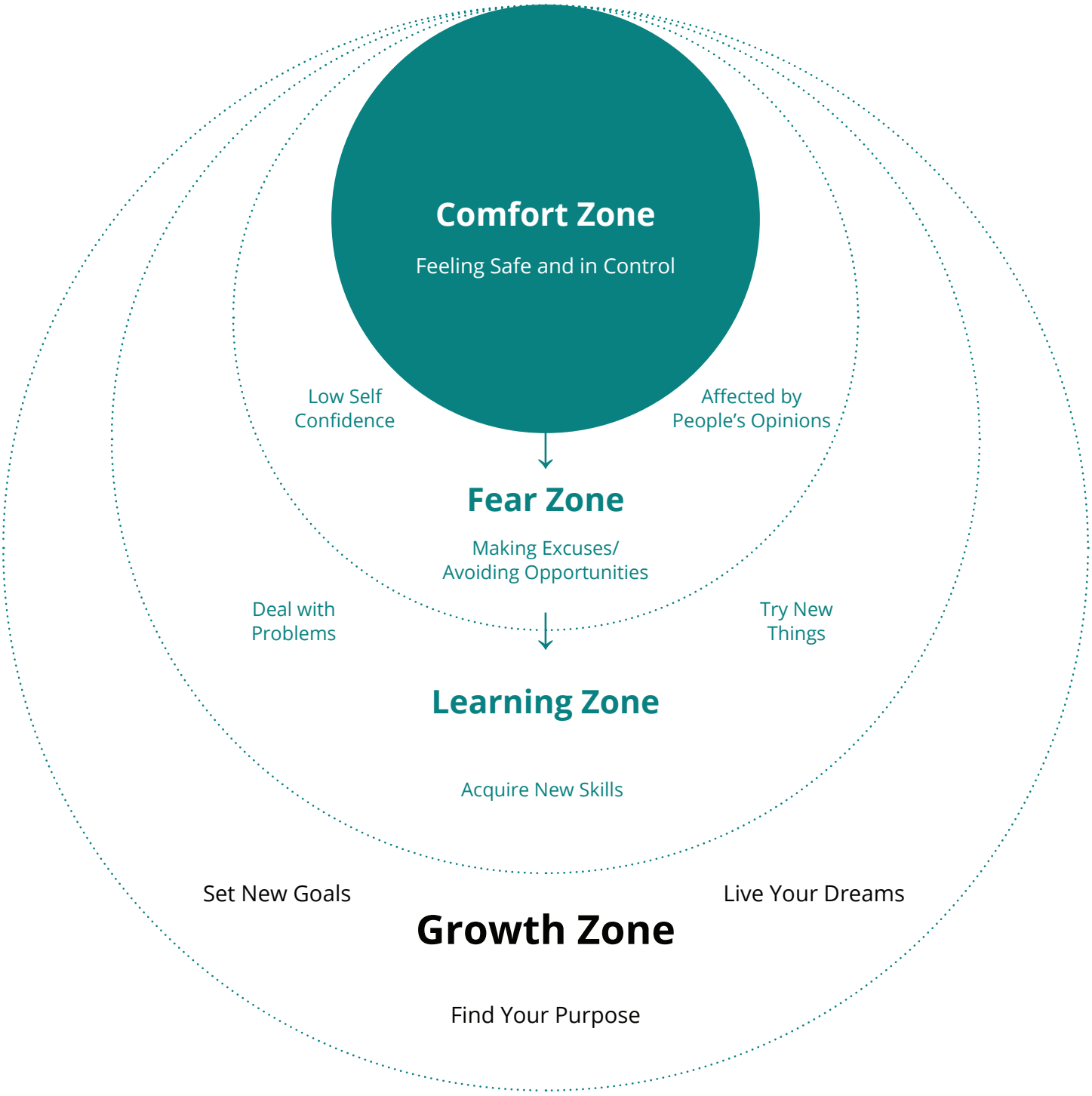
Physical Health	
Mental Health	
Spirituality	
Relationships	
Recreation	
Finances	
Career	
Home	

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ESCAPING THE COMFORT ZONE

Notice how the comfort and fear zone are the smallest circles. This is a great visual representation of how staying in your comfort zone limits your future outlook.

Also note how the growth zone still encompasses the fear and comfort zones. This means that even in the growth zone, you will still experience fears, it's just that your comfort zone will start to expand as you spend more and more time in the learning and growth zones.



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Reflect on Your Comfort Zone

1. What are some of the things in your life that you'd like to do but feel uncomfortable doing? (Ex. starting a new career, starting to work out at the local gym, asking someone out, giving a presentation or speaking in public, going to an event where you don't know anybody.)

2. What fears are holding you back? What kind of thoughts does this bring into mind? What do you think will happen or what will you experience if you do it anyway?

3. What are you missing out on by letting your thoughts and fears hold you back? (For example, you can list experiences and skills)

4. What would happen in your life if you decided not to listen to your fears and do the things that are making you uncomfortable? What kind of a person would you then be? What would you be able to achieve?

5. What small steps could you start taking to make yourself face your fears? If you were to embrace the discomfort and do it anyway, what would you do?

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ARTICULATE YOUR VISION

This content comes from the book *Successful Women Think Differently* by Valorie Burton.

Best Possible Future Self Exercise

Dr. Laura King, a researcher at Southern Methodist University, found that writing about life goals is beneficial. One of the exercises she prescribes that leads to positive emotion and health benefits is to write about your best possible future self. You simply write about your life in the future, using present tense. Imagine what your best possible self is like at some given point in the future.

- How do you feel?
- Who are you with?
- What does your day look like?
- Where are you? Who do you impact?

What is different about your best possible future self compared to your current self? Write as vividly and specifically as you can about your best possible future self. Envision yourself there.

As you write, consider all of the key areas of your life: relationships, career, finances, health and spiritual life.

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OVERCOMING GROWING PAINS

Specific Steps to Amazing Growth

- In what areas of your life have you lost your stretch and settled in?
- Have you been able to define your own potential? If not, seeking aid in this area from a coach or mentor may be in order.
- What habits have you developed that have hindered your progress toward your potential?
- Rate your satisfaction in areas of your life. In what areas have you become “average” and may have lost some stretching?
- Create some specific means for stretching in the areas of your life for which you are no longer winning.
- Remember to establish a balance between your potential and your present place so that stretching is both possible and challenging. This tension is critical, but you do not want to get so overwhelmed that you simply give up.
- Your stretching goals should be **SMART:**
  Specific – words like “more, bigger, faster” are not specific
  Measurable – without measuring, how do you know if you succeeded?
  Attainable – they should be something you WILL actually do
  Realistic – they must be something you CAN actually do
  Timed – without a timed arrival, you are only creating a wish list

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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 special 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 a 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 air force 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 known as "her peaches"



Pat, Donald, Joyce, & Carol in 2022

Forrest Street
CONSULTING

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Thanks for joining us!

Let's connect!

Dawn Tyler Lee, Founder & CEO
Forrest Street Consulting
dawn@forreststreetconsulting.com
www.forreststreetconsulting.com

@forreststreetconsulting

@forreststreetconsulting

@forreststreetconsulting

forreststreetconsulting.com





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