LIVE2LEAD

COLUMBUS CONFERENCE 2025

Made for this Moment

Friday, January 24, 2025

Renaissance Columbus
Westerville-Polaris Hotel
409 Altair Parkway
Westerville, OH 43082

Presented By:

Forrest Street
CONSULTING















Letter from
Dawn Tyler Lee

Welcome to Live2Lead 2025!

I am elated that you have joined us for Forrest Street Consulting's 3rd annual conference "Live2Lead 2025: A Leadership Development Experience for Growth Minded People." This year's conference theme is "Made for this Moment," which embodies the belief that you are uniquely equipped to pursue your growth goals. It emphasizes the urgency of setting your intentions and taking action now. This conference is a call to embrace your potential, seize opportunities, and transform aspirations into achievements.

Whether you lead formally or informally, a powerful day has been designed with you in mind. I invite you to gain new perspectives on where you want to go on your growth journey and hope you will leave more equipped with practical tools to maximize your leadership abilities and trajectories. I give you permission to spend today laser focused on *YOU!*

Today, you join a sold-out crowd of emerging, mid-career, and seasoned leaders with diverse backgrounds, professional and life experiences, all with a growth mindset. I encourage you to move outside of your comfort zone 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
- Ignite a new excitement to develop an action plan to help propel you in the direction you want to go.

I call the table facilitators of Live2Lead the "secret sauce" of the conference. They have been recruited specifically for their giftedness in leading meaningful conversations. Throughout the day, your facilitator will guide you through table discussions that will give you the opportunity to reflect, share and 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 encouragement, support and accountability. Learn from them and allow them to learn from you.

Thank you to you to our sponsors, facilitators, speakers and volunteers for helping make today possible. And a tremendous thanks to you for seizing what I believe will be a transformative growth experience.

Let's make this moment count because after all, you were made for it.



Dawn Tyler Lee
Founder & CEO

About **Dawn Tyler Lee**



Dawn Tyler Lee is a transformational leader, accomplished strategist, and relationship builder with a proven track record in public service, higher education, and the nonprofit sector. As the Founder and CEO of Forrest Street Consulting (FSC), she specializes in growing leaders and driving organizational success through tailored coaching, training, and strategic solutions.

Dawn is a certified John Maxwell coach, trainer, and speaker who thrives on supporting individuals and organizations in reaching their full potential. FSC provides leadership development services, interim executive leadership, special project management, and integration support for African American professionals and their families new to the Central Ohio community.

Immediately after founding FSC, Dawn made history as the first African American woman appointed as Acting Franklin County Commissioner, overseeing 14 county agencies and managing a nearly $2 billion budget. Her leadership excellence continued as Interim Executive Director for both Dress for Success Columbus in 2021, supporting women's economic independence, and the Charitable Healthcare Network in 2022, championing resources and advocacy for free clinics statewide.

Prior to launching FSC, Dawn served as Deputy Chief of Staff for Columbus Mayor Andrew J. Ginther. In this role, she was the highest-ranking African American appointed official, leading the city's Equity Agenda, community engagement, diversity initiatives, education, and health strategies. Notably, she directed the city's first-ever national police chief search and served as Interim Director of CelebrateOne, a city initiative to reduce infant mortality.

Dawn's career is marked by transformative contributions, including her roles as Senior Vice President for Community Impact at United Way of Central Ohio, Founding Executive Director of Partners Achieving Community Transformation (PACT), and Assistant Vice President for Government Relations and Outreach and Engagement at The Ohio State University. Her early career includes impactful work with Columbus City Schools, Columbus City Council, and the Coalition on Homelessness and Housing in Ohio.

In 2024, Dawn was named a Woman of Influence in the entrepreneur category by Business First and was nominated for a Kingdom Image Award for Kingdom Business of the Year. Her numerous accolades include being featured in Mahogany Magazine, Columbus Monthly Magazine, and Who's Who in Black Columbus, as well as being honored as a YWCA Woman of Achievement. Dawn is a graduate of the Harvard Business School Young Americans Leadership Program and the African American Leadership Academy, where she also serves on the Advisory Board. Her board service extends to the City of Columbus Civil Service Commission and the OneOhio Recovery Foundation, an organization charged with allocating over $55 million, across Ohio, to help combat substance misuse by supporting prevention, treatment and recovery efforts.

Dawn holds a master's degree in urban affairs and public policy with a specialization in housing and community development from the University of Delaware and is a proud graduate of Hampton University. She is an active member of Delta Sigma Theta Sorority, Incorporated.

Dawn resides on the eastside of Columbus, Ohio, with her entrepreneur husband, Robert E. Lee III, and their two beloved, yet sometimes ornery, rescue dogs, Chiqui and Charli.

Forrest Street
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30-Day Leadership Boot Camp

LET'S GET READY TO GROW!

2 BOOT CAMPS WILL BE OFFERED IN 2025. PLEASE MAKE PLANS NOW TO JOIN US IN MARCH OR OCTOBER.

Led by Dawn Tyler Lee of Forrest Street Consulting, this 30-day virtual 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.

For more information, email dawn@forreststreetconsulting.com and put 'Boot Camp' in the subject line.

"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.

★★★★★

Agenda at a glance

8:30 - 9:15 AM	Plenary I | **Ready** *Pages 9-10*
9:15 - 9:35 AM	Table Conversations
9:35 - 10:20 AM	Plenary II | **Energy** *Pages 11-13*
10:20 - 10:40 AM	Break
10:40 -11:45 AM	Plenary III | **Next** *Pages 15-16*
	Workshop A | Speak Like a Game Changer: Public Speaking for Students *Pages 17-18*
	Workshop B | R.E.A.C.H. to Connect Within for Teens *Pages 19-20*
11:45 AM - 12:15 PM	**Break** | Get Lunch
12:15 - 1:00 PM	**Lunch** & Table Conversations
1:00 - 1:30 PM	Break (please clear ballroom)
1:30 - 2:20 PM	**Workshops** *Pages 23-29* Workshop A | Next: Part II
	Workshop B | Lead
	Workshop C | Balance
	Workshop D | Test
	Workshop E | Next - Student Edition
2:20 - 2:40 PM	Snack Break
2:40 - 3:15 PM	Plenary IV | **Joy** *Pages 31-32*
3:15 - 3:30 PM	Final Table Conversation
3:30 - 4:00 PM	Closing | Purpose (special presentation)







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Thank You!

Plenary I

Ready

8:30 - 9:15 AM
Admiral Ballroom

Speaker:
Dawn Tyler Lee | Founder & CEO, Forrest Street Consulting

Do you feel like Ordinary who lives in the Land of Familiar, afraid to leave in pursuit of your big dream?

Based on the book, *The Dream Giver*, by Bruce Wilkinson, participants will explore how to unlock the extraordinary potential and hidden dreams within, confront fears and obstacles and chart a path forward.

This year's conference theme, "Made for this Moment," embodies the belief that you are uniquely equipped to pursue your growth goals. It emphasizes the urgency of setting your intentions and taking action now. This conference is a call to embrace your potential, seize opportunities, and transform aspirations into achievements. This session will help you get READY for the inspiring day ahead.

Questions:

1. ***What do you do best? What do you most love to do? What would you do if you knew you could not fail?***
2. ***What is the big dream in the small corner of your heart?***
3. ***List 3-5 people who are or could be a supporter and encourager of your dream?***
4. ***What's keeping you from leaving your Land of Familiar?***
5. ***What sacrifice do you need to make to leave? Are you willing to make it? Why or why not?***
6. ***What obstacles might you encounter in pursuit of your dream? How will you overcome them?***
7. ***What hype music will encourage you along the way? (Be sure to play it loud when you need some motivation!)***
8. ***What next step are you ready to take?***

Notes

Plenary II

Energy

9:35 - 10:20 AM

Admiral Ballroom - *Pre-Recorded Session*

Speaker:

Valorie Burton | Certified Personal & Executive Coach, Bestselling Author

The goal setting theory states that the bigger the vision, the bigger the commitment must be. In this session, Valorie discusses the role of energy in achieving our vision and teaches how to evaluate our energy gap – the commitment between the commitment you need and the energy you have. You will learn about performance goals vs growth goals, the 4 categories of energy gaps and the steps we can take to manage, strengthen and protect our energy.

Questions:

1. On a scale of 1 to 10, how much discipline growth and effort will your vision/ dream/ goal take?

2. On a scale of 1 to 10, how much available energy do you have?

3. What is the key to your gas tank? What fuels you?

4. If you have an energy gap between where you are and where you want to be, what next step are you ready to take to close it?

5. What is a growth goal to pair with your performance goal?

Types of Energy:

1._____Energy

A. What fear(s) are taking up your mental energy?
B. Simone Biles and Valorie Burton say, "I got this," when doubt starts to creep in. What message do you need to say to yourself when you need to move differently? Write an affirmation here.

2._____Energy

A. Who brings you positive energy?
B. Who around you brings negative energy?
C. Self compassion is treating yourself as kindly as you treat people you care about when they deal with the same circumstances. Do you practice self-compassion. If so, how? If not, why not?

3._____Energy

A. If you are a person of faith, how do you tap into your spiritual energy?

4._____Energy

A. When is the last time you had good rest?
B. What do you do just for fun? Based on your idea of fun, what % of your time each week do you make for fun?
C. What physical clutter requires your attention?

Steps to take:

Step 1:_____ your mental energy

1. What thoughts energize you towards your vision?
2. How could you rally your resources and preserve your energy?

Step 2:_____ your emotional energy

1. What makes your vision meaningful and energizing to you?
2. What boundaries will protect your energy?
3. What would you say to someone you care about if they were facing your challenge?

Step 3:_____ your physical energy

1. What will you do to take better care of yourself physically?
2. What physical clutter do you need to let go of to make room for what you want?

Step 4:_____ into your spiritual energy

1. How does your vision reflect your values?
2. What are you God given strengths?
3. How will you leverage them?

The gap between the commitment you need and the energy you have is your energy gap. If you have a gap, what is one step you can take now to begin to close it? By when? Who will hold you accountable?

Notes

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Become a WrightChoice mentor



Olivia Nathan | Mentor



Kenston Henderson | Mentor

High School Seniors | College Students | Recent Graduates

The Wright mentor makes all the difference.

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Together, we're turning Dreams2Reality. | WrightChoiceMentoring.com

Plenary III

Next

10:40 - 11:45 AM
Admiral Ballroom

Moderator:

Dr. Geneva Williams | CEO, Dr. Geneva Speaks

Panelists:

Christie Angel | Managing Partner, Broadview Talent Partners

Erika Duncan | Senior Vice President & COO Global Human Resources, Bank of America

John Haynes | VP HR Business Partner, Cardinal Health & Leadership Coach

Tom Krouse | Retired, Former CEO, Donatos Pizza

Sapna Welsh | Partner, Leverage HR

In this dynamic and interactive workshop, attendees will be empowered to identify and take the next step in their leadership journey—whatever that step may be. Whether it's wanting to bloom where you are planted, advance in your current role, explore new career opportunities, start your own business, or pursue personal growth, this session will help you think about your next.

Our expert panelists — successful leaders from diverse fields—will share their strategies for navigating pivotal moments, overcoming obstacles, and seizing opportunities. You'll gain valuable insights into making bold decisions and preparing to move you closer to your aspirations.

Key takeaways include:
- Practical tools and frameworks to clarify your next step in leadership
- Insights into overcoming fear and uncertainty as you move forward
- Strategies for leveraging your strengths, network, and available resources
- Tips on staying motivated and accountable as you pursue your goals

This engaging session will not only inspire you but equip you with concrete steps to create momentum in your leadership journey. It's time to take that next step with confidence and clarity — because you are made for this moment.

Notes

Questions:

1. *What is the "next" for you? (Not sure? Keep asking yourself "What would I do if I I knew I could not fail?")*

2. *What next step are you willing to take?*

3. *By when?*

4. *Who will hold you accountable?*

Workshop A - Students

Speak Like a Game Changer

The Essentials of Public Speaking for Students

10:40 - 11:45 AM
Port

Speaker:
Kenston Henderson | Leadership Trainer, Speaker, and Author

Unlock the power of your voice in this engaging and interactive workshop designed to equip students with the skills, mindset, and confidence to become impactful public speakers. Whether you're speaking in the classroom, at an event, or in your community, this session will help you discover the art of delivering powerful messages that leave a lasting impression. Through real-world examples, hands-on activities, and expert guidance, you'll learn to connect with your audience and make your words count.

Key Takeaways:

1. Understand Public Speaking
    - Learn the true definition of public speaking and debunk common myths.
2. Find Your "Y"
    - Discover how identifying your purpose as a speaker strengthens your message.
3. Adopt the Game Changer Mindset
    - Learn how a positive and focused mindset can set you apart as a powerful communicator.
4. Build Courage and Confidence
    - Explore practical ways to overcome fear and project confidence while speaking.
5. Be Ready Anytime, Anywhere
    - Master strategies to stay prepared for speaking opportunities on short notice.
6. Stage Prep Routines
    - Develop simple routines to calm your nerves and sharpen your focus before taking the stage.
7. The Do's and Don'ts of Public Speaking
    - Gain insight into effective techniques to engage your audience and avoid common mistakes.

This workshop will empower you with the tools to step into the spotlight with confidence, courage, and clarity, ensuring that every word you speak inspires and impacts those who hear it.

Notes

Workshop B - Students

R.E.A.C.H. to Connect Within for Teens

10:40 - 11:45 AM
Starboard

Speaker:
Chelsea Elliot | Founder & CEO of Sōmōcom Lab

Teens constantly battle with negative thoughts and images from social media, which can fuel feelings of low self-esteem. Just as we exercise our muscles to stay fit, it's important to exercise our minds to stay mentally healthy by connecting with our inner selves through learning and growth. That's why the five principles outlined in the program, R.E.A.C.H. to Connect Within, are designed to teach teens how to connect with themselves using their senses while developing a meaningful relationship with their inner selves.

Teens can learn to strengthen their identity, set goals and priorities, make decisions, and plan ahead when they learn the five principles of R.E.A.C.H.:

- Respect for themselves and others
- Empowering oneself
- Adapting to life challenges
- Caring for themselves and for others
- Hearing with their senses

Notes

Hear from our *Student Leaders*

Imagine your dream leadership experience: What would you want to learn, and why is it important for your growth?

"I would really want to learn about what challenges leaders have to face and how they come up with solutions for them. I would also like to know about the speaking aspect of it because I want to be a public speaker and I want to learn to have influence."

"I would want to learn how to gradually grow. I would want to learn things that I've always been interested in, but have never had the opportunity to learn. This is important to my growth because I believe there is always space in people to grow. Learning from others helps me avoid the mistakes that person made and try to do better."

"In my dream leadership experience, I would want to learn the intricacies of emotional intelligence, particularly how to effectively manage interpersonal relationships and foster a positive team environment.

Understanding the emotional dynamics within a group can significantly enhance collaboration and innovation. Learning to navigate conflicts with empathy and perspective is vital for my growth, as it equips me with the tools to not only lead but also inspire others to reach their full potential."

"I want to have a comfortable environment where everyone can have a sense of belonging and a proper discussion about whatever topic is to be discussed and where everyone is engaged, heard, and does not interrupt. All of these things are important for my growth to be able to effectively communicate and understand others."

Favorite leadership quote for inspiration: What is one leadership quote or idea that inspires you?

"Real leadership is about transforming limitations into possibilities."

"Great leaders view role as an act of service, not an avenue for authority and attention."
- Adam Grant

"Forgive yourself for your mistakes and thank yourself by learning from them." - Fuad

"A leader is one who knows the way, goes the way, and shows the way."- John Maxwell

"Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others."
- Jack Welch, former GE CEO and chairman

"Discipline says do it anyway, so do it when you're tired, un-motivated, or don't feel good."

"Leaders are not born, but made by ordinary people like you and me."

"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader."

"Leadership is the capacity to translate vision into reality." - Warren Bennis

What does being a leader mean to you? How do you try to emobdy that in your daily life?

"To me being a leader means giving guidance or a path to those without. Being a leader is being able to be the source of guidance for the people around you unconditionally. Leadership is not a free pass to take over, but more an act of service to the community to help others."

"A leader is someone who takes action, and initiative and does the right thing when no one is looking. A leader embodies courage, inspiration, and integrity. I try to embody these characteristics in my everyday life during home time, school, and work. I do this by taking action. being the one person to speak up about something. because the small things matter. "

"Being a leader, to me, means being open-minded and free of judgment. We live in a world where we are constantly being compared, challenged, and expected to fit into certain molds. As a leader, it's crucial to create spaces where people can truly be themselves, without any fear of judgment or rejection. It's about embracing diversity, listening to different perspectives, and encouraging growth in others, helping them realize that no one is perfect and it's our imperfections that make us beautiful.

I embody this belief in my daily life by truly being myself, crazy, weird, funny, and unapologetically me. I love my flaws and show them to the world without shame. I remind others that I'm no different from themI'm as human as they are. I embrace my inner child, the one I once hid out of fear of judgment, but I realized I couldn't live with that fear forever. Eventually, I had to break through it. I'm honest with myself, and honest with others. It's this honesty that has given me the strength to love my flaws, accept my rejections, and embrace my failures."

"To me being a leader means to step up to lead, inspire, and motivate others toward an achievable goal by taking initiative, making choices, and creating an environment of encouragement where others are inspired and encouraged to provide their best efforts. I demonstrate leadership by articulating my vision clearly, accepting accountability, and setting an example that inspires and enables others to perform at their highest level."

Concurrent Workshops

1:30 - 2:20 PM

Choose your workshop and turn to the corresponding page for more information.

All students will attend Workshop E.

A notes page is provided on page 29.

Workshop A | Next: Part II
Planning Your Next: Okay, now what's next?
page 24

Workshop B | Lead
Self-Leadership: Stand Up and Lead Yourself
page 25

Workshop C | Balance
Grounded Leadership: Balancing Care for Self and Service to Others
page 26

Workshop D | Test
Put Your Dream to the Test
page 27

Workshop E | Next - Student Edition
Planning Your Next: Okay, now what's next?
page 28

Workshop A

Next: Part II

1:30 - 2:20 PM
Admiral A

Speaker: **Dr. Geneva Williams** | CEO, Dr. Geneva Speaks

How can I take what I heard from the panelists and apply it to my own goals? So glad you asked! This session is intended to be a “deeper dive” into planning your next and will offer help navigating your personal and professional growth. Dr. Geneva will guide participants through actionable steps they can take to help get them to their “Next.” Using her proven ‘What’s Next Formula,’ she will introduce how to create a high-value, personal action plan for a vibrant, happy life and business full of purpose and power.

Workshop B

Lead

1:30 - 2:20 PM
Port

Speakers:

Kenston Henderson Sr. | Chief Empowerment Officer, Live with Lyfe

Dr. Terah Davis-Henderson | Chief Mental Health + Wellness Expert, Live With Lyfe

Leadership doesn't start with managing others—it begins with leading yourself. Self-leadership is about knowing who you are, understanding your talents, and setting a clear direction for your life. It's the foundation for achieving personal and professional success. The ability to effectively influence yourself directly impacts how you navigate challenges, make decisions, and thrive in every aspect of your life.

This transformative session is co-facilitated by a dynamic husband-and-wife duo with extensive expertise in leadership, mental health, and personal development.

What You'll Gain:

By attending, you'll uncover the essentials of self-leadership through 5 Key Takeaways:

1. Understand Self-Leadership: Discover what it truly means to lead yourself and why it's essential.
2. Cultivate a Winning Mindset: Learn how to shift your thinking to overcome obstacles and achieve your goals.
3. Master Emotional Awareness: Gain control of your emotions to respond thoughtfully instead of reacting impulsively.
4. Face Your F.E.A.R: Break free from limitations by addressing and overcoming False Evidence Appearing Real.
5. Actionable Strategies: Walk away with practical tips and a clear plan to immediately implement self-leadership in your daily life.

Together, Kenston and Dr. Terah will provide you with real-life examples, reflective exercises, and actionable insights to inspire and equip you for success. Whether you're leading a team or focusing on your own growth, this session will leave you empowered, confident, and ready to stand up and lead yourself toward a brighter, more impactful future.

Workshop C

Balance

1:30 - 2:20 PM
Admiral B

Moderator:
Davia Williams Stevenson | Licensed Therapist, Life Coach, Davia Stevenson Counseling and Coaching, Ltd

Panelists:
Shannon Ginther, Esq | Senior Manager at Accenture Health and Public Service, First Lady City of Columbus, Chair at Columbus Women's Commission
Karen Hewitt, M. Ed | Co-Founder and COO at The Ohio REST Collective, Founder and Principal Consultant at K Hewitt Consulting
Deja Redman | Restorative Vision Oracle at Replenish WELL + brands
Suzanne Roberts | Founder at Unifying Solutions, Master Somatic Coach and Consultant

In a world where constant connectivity and overstimulation are the norms, how can we lead and serve others when we're physically, mentally, and spiritually drained? This session delves into the vital connection between self-care and effective leadership. Explore how the foundational practice of intentionally nurturing your well-being can unlock your fullest potential as a leader. Self-care is more than just the occasional indulgence, it's a comprehensive, holistic approach to maintaining and reclaiming your inner power. By integrating strategies for mental clarity, physical vitality, and spiritual replenishment, you can ensure that you have the resilience to lead with strength and compassion.

Join us as we examine practical tools for creating a personalized, sustainable care plan that goes beyond surface-level treatments like manicures and massages. You'll leave with actionable strategies to prioritize your well-being amidst the demands of leadership, while embracing your unique purpose in this pivotal moment.

Workshop D

Test

1:30 - 2:20 PM
Starboard

Speaker: **Carlene Saxon** | Project Manager, Forrest Street Consulting

Do you dream big? Now you can put your dream to the test and bring it to life!

What's the difference between a dreamer and someone who achieves a dream? According to best-selling author and leadership expert Dr. John C. Maxwell, we can't leave our dream to chance.

The answer lies in answering ten powerful, straightforward questions required of every successful dreamer.

Whether you've lost sight of an old dream, or you are searching for a new one within you, this session will provide a step-by-step action plan that you can start using today to see, own, and reach your dream.

It's one thing to have a dream. It's another to do the things needed to achieve it. If you're willing to put your dream to the test and do what's needed to answer yes to the ten dream questions, then your odds are very good for seeing your dream become reality.

Workshop E - Student Edition

Next

1:30 - 2:20 PM
Admiral CD

Moderator:
CarolineINSPIRES | Storyteller, Spoken-Word Artist, and Vocalist

Panelists:
Jauronika Armstrong | Student, Columbus State Community College
Joshua Goshay | Student, Otterbein University, Anna L. Williams Memorial Scholarship Recipient
Gus Hooley| Trades Inspector Trainee at City of Columbus, Building and Zoning Services
Derrik T. Pannell Jr. | Owner, Works of Madness
Monika Wiggins | Assistant Director at Gear Up, Reynoldsburg City Schools

Are you ready to take charge of your future? Join us for Planning Your Next, an engaging and inspiring workshop designed for high school student leaders. As part of the Made for This Moment conference, this session will empower you to envision and prepare for life after graduation.

Our dynamic panel of experts and young professionals will share their diverse pathways, including entrepreneurship, higher education, and workforce opportunities. Gain practical insights, hear personal success stories, and discover strategies to chart a course that aligns with your goals and passions.

Leave this workshop informed, inspired, and equipped with the tools and confidence to make your next move your best move. Whether you're dreaming big or just beginning to explore your options, Planning Your Next has been specifically designed for high school student leaders looking to get excited about the possibilities and plan their next steps with clarity and purpose.

Notes

Workshop Attended: _____

Questions:

1. What are your key takeaways from your workshop?
2. What is one action you want to take in the next 30 days?



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Game Changing Strategies to Cultivate a Thriving Workplace -In the face of a rapidly changing world, organizations need to evolve and adapt, but this can be difficult without the right guidance and support. When organizations struggle to foster effective leadership, communication, promote resilience, navigate HR roles, and create a inclusive and diverse workplaces they risk decreased employee engagement, high turnover rates, and a lack of innovation.

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Speaking + Workshop Topics

45-60 minute Keynotes & **1-Hour | 2-Hour | 3-Hour | Full-Day Workshops + Retreats**

Leadership + Manager Development Program
- Cultural Transformation in the Workplace
- Cultivating Trust: The Manager's Blueprint
- Conflict Resolution + Bully Prevention in the Workplace

Inclusion, Diversity, Equity Program
- The Power of DEI
- Implicit (Unconscious) Bias, Conscious Decision Maker
- The Power of Belonging

Effective Communication Program
- Winning Conversations
- Communicating with Tact + Diplomacy
- Active Listening to Improve Communication

Mental Health + Wellbeing Program
- Mental Health for the Busy Business Leader
- Burnout Prevention + Stress Management
- Workplace Community + Belonging

NMSDC MBE Certified · Certified Virtual Presenter · NSA CSP · Mental Health First Aid · Maxwell Leadership

LWL Testimonials

"Kenston inspired and energized the audience, leaving a lasting impact—his powerful message on being true game changers captivated over 250 HR professionals at our annual conference, making him a must-book speaker for any event."
~L.B., President of GMA SHRM, Hausmann Group

"The mental health for busy business leaders session was engaging with practical exercises to help me and the audience learn more about mental health. The information presented was insightful and practical with actionable tips.." **~HR Leader, The Bahamas Society of Human Resource Management**

"Dr. Terah's session about mental health really help me focus on myself as a leader, whether me just focusing on everyone else. She really grounded me and the other attendees.
~HR Leader at University of Madison Wisconsin

"Live With Lyfe transformed a tough crowd into an engaged, motivated team, delivering relatable, impactful training that left our supervisors asking for more—a true game changer for leadership and communication development. **~M.R., HR Generalist, Inteplast-Pitt Plastics**

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Plenary IV

Joy

2:40 - 3:15 PM
Admiral Ballroom - *Pre-Recorded Session*

Speaker:
John C. Maxwell | Bestselling Author, Coach & Leader

The joy in life is discovered in the journey, not the destination. In this session, John will share 15 ways to find joy in the journey.

Questions:

1. What small things bring you joy on a daily basis? Do you need to incorporate more things that bring you joy into your day, week, month? If so, how will you do it?

2. List 3 people you would like to spend more time with who bring you joy.

3. John asks himself these questions annually. After the conference, spend some time reflecting on them. Where do you need to make some adjustments for 2025? Provide your answers on pages 33-34.

- ***What made me proud?***
- ***What did I learn?***
- ***Who and how did I love?***
- ***Who did I lead?***
- ***What held me back?***
- ***What bottlenecked me most?***
- ***Do I still love what I do?***
- ***Am I willing to pay the price again this year?***
- ***What is most important as I move into 2025?***
- ***What do I need to change?***

Notes

2024 Reflection

1. What made me proud?

2. What did I learn?

3. Who and how did I love?

4. Who did I lead?

5. What held me back?

6. What bottlenecked me most?

7. Do I still love what I do?

8. Am I willing to pay the price again this year?

9. What is most important as I move into 2025?

10. What do I need to change?

2025
Potential, Promise, and Purpose

Write an affirming statement for each of the following prompts.

How will you honor and nurture your potential in the coming year?

I will...

How will your personal promises create positive changes in your life and the lives of those around you in 2025?

I will...

How will your purpose as a leader inspire and uplift those you serve in 2025?

I will...

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STAR - Building stronger Franklin County households, neighborhoods and communities.

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Cheryl Brooks Sullivan
Franklin County Treasurer

The STAR Program supports mortgage-free homeowners who are at risk of foreclosure due to unpaid property taxes*.

Since 2020, the Starfish Retention Fund has been a resource to provide financial resources for the STAR Program. Established by the Franklin County Treasurer at The Columbus Foundation, it's funded through contributions and donations.

*qualified applicants

Donate online here



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BIOGRAPHIES



Christie Angel

A leader by example, Christie Angel has spent three decades engaging her community, building relationships and advising leaders—all while transforming organizations. She specializes in leadership development and integration, helping senior-level executives drive positive shifts within their organizations. As Managing Partner, her focus is not only on helping clients identify their next best leader, but also coaching both clients and candidates through the onboarding and transition processes, nurturing positive relationships and lasting impacts.

Prior to joining BroadView Talent Partners, Christie founded Halo Partners, a leadership coaching firm, and served as CEO of YWCA Columbus. There, over five years, she reinvented their brand, a transformation that aligned with the national conversation on women's equity and inclusion. Prior to the YWCA, Christie's past professional experiences spanned the public, private, and nonprofit sectors, including Principal for public affairs firm, Calfee Strategic Solutions and VP in the consulting firm, Sean P. Dunn & Associates where she served on numerous search and transition committees for nonprofit organizations.

Christie served as a Legislative Analyst for Columbus City Council, and—supporting the transition teams for three mayors—served as a trusted advisor to city and state leaders. She was recruited to Deputy Chief of Staff by Mayor Coleman in 2012. With a Master of Business Administration and Bachelor of Science in applied communication from Franklin University, she is a contributing board member to numerous local organizations, including Campus Partners, Columbus Downtown Development Corporation, Equity Now Coalition, and the Greater Columbus Arts Council, where she serves as board chair.

A three-time recipient of Columbus Business First's "Power 100," Christie was also named a YWCA Women of Achievement in 2015 and selected by her peers as CEO of the Year in the large nonprofit category (2020). She is the 2020 recipient of the Nancy Jeffrey Advocate Award from the Community Shelter Board, and the Dorothy I. Height Award from the National Council of Negro Women. Inducted into the Leadership Columbus Hall of Fame in 2013, she resides with her husband in downtown Columbus.



Jauronika Armstrong

Jauronika Armstrong is a second year student at Columbus State Community College studying Communications. She has a plethora of experience working in Human Resources for companies such as the Columbus Metropolitan Housing Authority and currently at IGS Energy as an intern. Jauronika has a passion for public speaking, writing, collaborative work, and all things Communications related. Jauronika is spending her last semester at Columbus State this Spring with plans to transfer to the University of Cincinnati for her junior year this Fall.



Valorie Burton

Certified Personal and Executive Coach, and Best-selling Author Valorie Burton, is a life strategist, and international speaker, and is CEO of the Coaching and Positive Psychology (CaPP) Institute. Her life-changing message has an intriguing, research-based emphasis in the pioneering field of applied positive psychology – the study of what happens when things go right with us. Her companyprovides coaching, coach training, and resilience training and has served clients in all 50 states and 20 countries on six continents. Since 1999, she has written 13 books translated into multiple languages, including Let Go of the Guilt, It's About Time, and Successful Women Think Differently.



CarolineINSPIRES

As a 2x TEDx Speaker and 3x TEDx Artist, with more than 10 years of experience in youth and community outreach efforts, CarolineINSPIRES has captured and transformed the lives of over 35K+ students across more than 19 states. She is surely a sought-after unapologetic authentic force whose transformative inspiration you would not want to miss! CarolineINSPIRES is an experienced speaker, artist, and educator whose liberating energy is sure to captivate, create, and connect with all whom she comes in contact with.

As a native of North Tulsa, Oklahoma with a Master's degree in Women's Gender, & Sexuality Studies from The Ohio State University, CarolineINSPIRES is a cross-cultural influencer, entrepreneur, philanthropist, artist, speaker, author, and educator who advocates for those who mirror a familiar journey of overcoming disen-franchisement, poverty, and bias. In her first curated documentary, This Girl! That Smile. Her Spirit, and in her forthcoming books, she endeavors to document the journeys of youth while empowering them to re-write their narrative.

Through her artistic gifts, CarolineINSPIRES has left her mark sharing the stage with award-winning artists such as Eric Roberson, The HamilTones, Zacardi Cortez, Big Daddy Kane, Da Brat, Musiq Soulchild, and Sa-Roc. She is sure to be a light that unapologetically and authentically illuminates every space she occupies. Her imprint and light are further embodied in her #BE #YOUR #MARK Collection, an apparel line that combines her invigorating inspiration and colorful legacy.

As First Lady of the City of Columbus, Shannon chairs the Columbus Women's Commission, focusing on economic empowerment for women, specifically implementing gender equity in the workplace strategies with local companies. She and her husband, Andrew, have one daughter.



Dr. Terah Davis-Henderson

Dr. Terah Davis-Henderson, a seasoned professional with over 15 years of expertise in the clinical and mental health field, is a Licensed and Nationally Certified Counselor. Her contributions as a Clinical Therapist and author of “The Couch: Where Life Happens” have been significant. With over 11 years in higher education, including roles as a professor and Department Chair, she has also guided the professional and personal growth of Master’s and PhD students.

Currently, as the Chief Mental Health + Wellness Educator at Live With Lyfe,LLC, Dr. T leads mental health and wellness workshops and serves as a guest speaker for organizations and conferences. Her passion lies in empowering individuals to prioritize mental health, particularly aiding busy business leaders in achieving work-life harmony and well-being in their demanding roles.

Outside work, Dr. T is a wife, Madre to a 17-year old son, and enjoys coffee shop hopping in her free time.



Erika Duncan

Erika Duncan is the COO, Business Support Executive for the Head of Global Human Resources Governance, Operations, Analytics and Transformation (GOAT). In this role Erika supports Bank of America’s global workforce analytics, data and vendor governance, benefits and payroll delivery services, business controls, and global real estate strategy, governance, and operations teams. She is responsible for the management of budget/financials, organizational project management, facilitation of management routines, engagement and communication, and leadership for HR processes.

Erika is the Executive Sponsor for the Charlotte market’s Bank of America Community of Volunteers and the American Heart Association’s annual Heart Walk. She is on the leadership team of the D&I Council for Global Human Resources and is responsible for the publication of their bi-monthly newsletter.

In her previous role, Erika was a Community Relations Manager for the Charlotte market. Her strategic leadership led to the distribution of 10,000 chromebooks in 100 days to Title I schools resulting in an unprecedented transformative impact to the digital divide for Charlotte’s most vulnerable students. During her 26-year tenure, she has held various roles in Consumer & Small Business Banking, eCommerce & ATM, Global Sourcing and Quality & Productivity where she earned her Six Sigma Green and Black Belt certifications.

Erika currently serves on the Board of Directors for The Greater Charlotte American Heart Association and is on the External Advisory Board for Hampton University, School of Science. She is a Charlotte native where she resides with her husband and two children. Erika holds an undergraduate degree in Mathematics from Hampton University and a graduate degree in Biostatistics from The University of Michigan.



Chelsea Elliott

Chelsea Elliott, MSW, Founder & CEO of Sōmōcom Lab and creator of the EQ Kids Crew! ® The Social-Emotional Card Game for Kids. Using her childhood mental health challenges, her company helps adults create emotionally healthy and safe environments for kids while building kids' confidence, resilience, and communication skills through emotional wellness.

She received her Bachelor of Arts degree in Psychology from the University of Cincinnati, a Master of Macro Social Work degree from Boston College, an Emotional Intelligence Coaching certification, and completed business programs through Cornell University and Goldman Sachs. She has been featured on the Today Show, Parents Magazine, Good Housekeeping, Nasdaq Entrepreneurial Center, Authority Magazine, The Karen Hunter Show on Sirius XM Radio, and other news and media outlets.



Shannon Ginther

Shannon is a Senior Manager in Accenture's Strategy and Consulting practice, specializing in health and public service. She is visionary-an outcomes-driven, community-focused leader, with over 20 years of proven success translating strategy into action. Shannon has deep expertise developing partnerships and leading teams to design, build, and strengthen strategic healthcare delivery, community health, higher education, and nonprofit infrastructure outcomes. As an attorney steeped in public service, she is also skilled in analyzing and implementing regulatory compliance infrastructure, legislation, and law.

As First Lady of the City of Columbus, Shannon chairs the Columbus Women's Commission, focusing on economic empowerment for women, specifically implementing gender equity in the workplace strategies with local companies. She and her husband, Andrew, have one daughter.



Joshua Goshay

Joshua Goshay is a committed second-year Political Science major at Otterbein University, pursuing a minor in Leadership. An alum of Beechcroft High School and former Superintendent Student Ambassador for Columbus City Schools, class of 2023, Joshua has a strong foundation in community involvement and public service.

At Otterbein, Joshua serves as a second-year class Senator, contributing to the Dining Advisory Board and the Diversity & Inclusion Committee. He also holds positions as a peer mentor—guiding first-year students through their transition to university life by offering academic support and fostering personal development—and as an international student mentor, assisting international students in acclimating to the campus and American culture. Recently, he joined the Otterbein Pluralism Collaborative as a student fellow.

Beyond campus, Joshua is an executive board member of the Central Ohio Young Black Democrats (COYBD), acting as the College Connector for Otterbein University. In this capacity, he empowers and mobilizes young Black voters and advocates for social justice policies. Additionally, as a Democracy Fellow with the Campus Vote Project, he collaborates with the League of Women Voters of Ohio to promote voter engagement and enhance political participation among youth, fostering a more informed electorate.

Joshua's commitment to public service extends to volunteering for local state representatives, supporting events and campaigns, which has enriched his understanding of grassroots politics and community relationship-building. His hands-on experience includes serving as a Legislative Page for the Minority Caucus at the Ohio House of Representatives, where he assisted lawmakers and staff, gaining deeper insights into legislative processes and government operations.

Guided by a strong faith in Christ Jesus, Joshua is undergoing ministerial training, preparing to serve and uplift his community. His dedication to service, both academically and civically, underscores his commitment to effecting positive change and fostering leadership within his community.



John Haynes

John Haynes joined Cardinal Health as VP HR Business Partner in February 2022. In providing strategic HR support in the areas of organizational development and design, change and transformation, engagement, leadership development, performance, talent management, and high performing culture development, he serves as the business partner to the Chief Legal Officer (LRCGQA) and Chief Financial Officer (Finance), and has served as HRBP to the Chief HR Officer (PS&S). He also leads a team of director-level HR colleagues.

John previously joined Johnson Controls in December 2007 and initially served as Director HR and strategic HR Business Partner for VP & GM for Service Mid-Atlantic, and then amidst organization change, the position Director Organizational Development was designed for him, allowing him to support a billion-dollar business' efforts to increase the development of the company's front line talent.

Haynes left JCI in 2011 to leverage VP HR executive leadership roles at TruGreen LandCare as they divested from ServiceMaster and GridPoint as they were structuring the organization for acquisition.

Prior to returning to JCI in 2017, John served as a leadership and business coach to emerging, established, and evolutionary leaders and was a trusted resource for Boards and for presidential appointees exiting the Obama administration.

Upon returning to JCI, as it merged with Tyco International, John served as Senior Director HR and strategic HR Business Partner for two of the company's primary business units (HVAC and Security) and their VP GMs. With the next and current promotional opportunity to Corporate Director HR, he operated as the strategic HRBP to several of the company's C-Suite leaders and their organizations: General Counsel, Chief Information Officer, Chief Procurement Officer, Chairman of the JCI Growth Board.



Kenston Henderson Sr.

Get ready to be ignited, inspired, and empowered by Kens-ton Henderson Sr.! As the CEO of Live With Lyfe, LLC, Kenston is a powerhouse in HR and talent development with over 20 years of experience. He's a Certified Speaking Professional CSP®, ICN awardee, certified John Maxwell Leadership Speaker Trainer, TEDx Speaker, and bestselling author of Winning Conversations and Parenting Like a Boss. His impact is global, reaching audiences across Europe, Asia, the Middle East, Africa, and South America.

Kens-ton recently released his groundbreaking course, Cultural Transformation in the Workplace, the 7 keys to create and cultivate equity. His unique ability to inspire and engage HR and business leaders sets him apart.

Beyond his professional success, Kens-ton is a devoted husband, father, brother, and friend to many. Please welcome Kens-ton Henderson!



Karen Hewitt, M. Ed.

Karen earned their BS in Mathematics at St. Francis University (PA) and their Master of Arts in Educational Policy and Leadership at The Ohio State University. Her career began as a collegiate Women's Basketball Coach and evolved into a Workforce Development focus. Karen is committed to doing the work of creating experiences that connect, foster belonging, and curate community. Karen is the Founder of K Hewitt Consulting and Co-founder of The Ohio REST Collective and her areas of expertise are Culture and Diversity Strategy & Management, Leadership Development, Team Building, and Gender and Sexuality; centering Black and LGBTQ+ experiences and wisdom.

Karen is deeply committed to community and servant leadership. Currently, Karen serves as the President of the Board for The Buckeye Flame, a member of the Board of Directors for Zora's House, and a Volunteer Leadership Team member for Creative Mornings Columbus (CLB).

Karen is also a creative, donning the name Karen Marie. Karen's latest writing project was a 2023 anthology chapter for a book called Culture Impact: Strategies to Create World-Changing Workplaces. Her work and presence compels others to journey inward, and encourages them to see the world in more expansive and hopeful ways.



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Angus "Gus" Hooley

Angus “Gus” Hooley is a dedicated Trades Inspector Trainee with the City of Columbus, Building and Zoning Services. A 2024 graduate of the electrical program at Fort Hayes, Gus is currently working toward becoming a certified Electrical Safety Inspector (ESI). With a strong commitment to professional growth, Gus aims to build a long, fulfilling career with the City of Columbus.

Beyond his career ambitions, Gus enjoys spending his free time immersed in the excitement of watching his favorite sports, football and baseball. He is also deeply involved in youth ministry. Gus never misses an opportunity to indulge in his favorite dish—birria tacos.

With a passion for his craft and a heart for service, Gus is excited to make a meaningful impact in his community.



Tom Krouse

With a commitment to innovation, growth, and the brand’s core values, Tom Krouse etched an extraordinary journey as a leader at Donatos Pizza. Krouse was named the fourth CEO in the company’s history in October 2010. He led the brand to new heights through both traditional franchise growth and strategic partnerships that have expanded the Donatos footprint to over 460 locations in 29 states. During his tenure, he has nearly doubled the company’s revenue and increased overall profitability six times. Krouse’s forward-thinking approach and passion for growth has been instrumental in the success of a partnership with Red Robin, a pivotal achievement that established a coast-to-coast presence for Donatos.

Under Krouse’s leadership, the brand earned numerous awards and recognitions. Most recently, Donatos Pizza was named one of five innovative restaurant brands recognized by Nation’s Restaurant News with a 2023 CREATORS Award. Krouse was named CEO of the Year in the large business category by Columbus CEO in 2019, and one of Nation’s Restaurant News’ most influential restaurant CEOs in the country. Krouse was recognized as one of the top four pizza executives in the country at the 2023 International Pizza Expo and was also included in the 2022 Columbus Smart 50 Awards recognizing the region’s top leadership.

As an active member of the community, Krouse combines his passion for music, leadership, and giving back. Tom currently serves on the Board of the International Franchise Association (IFA) and the Columbus Association of Performing Arts (CAPA). He is a Co-Founder, Board Member, and past Chair of the Columbus Music Commission, past Chair of the Board of Junior Achievement of Central Ohio and past board member of Harmony Project and SproutFive. In addition, Tom is a founding member and front man for Grassinine, a popular mountain rock band in central Ohio. Through his popular LinkedIn series, The Corner Piece: Leadership Insights by a Pizza Man, Krouse inspires and shares candid leadership advice. He is a frequent speaker on topics of leadership and impact.

Tom is a graduate of The Ohio State University with a bachelor’s degree in business administration. He and his wife, Jane, reside in Bexley. Tom has 3 sons and Jane has 1 son, 2 daughters and 4 grandchildren.



John C. Maxwell

John C. Maxwell #1 New York Times Best-selling Author, Coach, and Speaker 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.



Derrik T. Pannell Jr.

Derrik T Pannell Jr., 24, is the founder of Works of Madness, a clothing brand established in 2021. Born in Columbus, Ohio, Derrik, was a scholar athlete who graduated with honors in 2019 from Eastmoor Academy & The Downtown High School, with a focus on computer technology. Derrik leads a team of 5 full-time employees and has achieved $2 million in sales! He takes pride in creating a business that operates independently and successfully with a huge online presence. A fun fact about Derrik is that he only attended college for one day!



Deja Redman

With concern for more care in the world, Deja Cierston brings present moment awareness to entrepreneurship. Her leadership journey of 17 years has been shaped and cultivated from the soil of her DNA. Co-founder of a collection of 4 brands: Replenish Well, The Yoga Carriage, Homeostasis & The Livelihood-The central hub of hospitality care & being well for The City of Columbus has been in business for 15th years. As restorative Vision Oracle Deja has re-imagined the wellness industry as now an equitable restorative space for care that belongs to all of us.

Deja is a leading evolutionary of intuitive based wellness & care curricula that can be infused into logical and technology based environment's. Her pathway with alternative therapies, integrative nutrition and African American leadership academy has elevated the development of a black women co led yoga + care 200hr. teacher training. Human centered restorative care programs are vital in the spirit of the times. Deja's focus is to develop more human centered programs, grow more self aware leaders and revive organizational well being for the purpose of the mission as a whole.



Suzanne Roberts

Suzanne Roberts, Principal of UnifyingSolutions, is a seasoned trainer, speaker, and facilitator with over four decades of experience in guiding organizations and individuals toward transformative change. Since 1979, she has worked with a diverse range of corporations, businesses, and non-profits, specializing in leadership development, cultural competence, and organizational resilience.

Suzanne provides training and facilitation in Polarity Coaching and Consulting, helping individuals and teams cultivate vibrant, purposeful, and liberated lives and cultures..Polarity Coaching is more than just a coaching method—it's a transformative pathway designed to help you reclaim YOU and step into your authentic power. Through this process, you'll align with your deepest self, unshackled from the weight of external pressures and societal expectations.

Polarity Coaching introduces you to a transformative relationship with rest—one that unlocks access to your inner resources and aliveness. By moving beyond survival-driven reactivity, you cultivate intentionality and choice, restored. Through intentional rest, clients report being able to navigate complex challenges with greater ease.

Suzanne, a Master Somatic Coach, is certified in the FEBI Leadership Assessment facilitator, the Decision Wise 360 Assessment practitioner, and the Enneagram. Her approach integrates an intersectional lens to promote social equity, cultural diversity, and systemic healing. She works with organizations to humanize across differences, fostering inclusive environments where individuals feel a deep sense of belonging and can contribute fully.

Deeply committed to advancing social justice and dismantling systems of oppression, Suzanne teaches how social systems of dominance are constructed and internalized. Her work is rooted in empowering people to unpack these inherited patterns, enabling both personal and collective healing.

Ultimately, Suzanne is driven by a mission to uphold human dignity and the liberated potential of all individuals, creating spaces where people can thrive, contribute, and experience authentic transformation.

Her book and documentary, It's Deeper ThanThat: Pathway to a Vibrant, Purposeful, Life, will be premiered September, 2025.



Carlene Saxon

Carlene hails from Columbus, Ohio, and proudly wears many hats: mom, consultant, entrepreneur, friend, mentee, leader, and more. Known for her ability to foster relationships and engage with others, Carlene is frequently commended for empowering those around her. She takes great pride in her achievements.

In her professional life, Carlene is a passionate leader dedicated to growth and development. She offers a unique, specialized experience tailored to the individual needs of her clients, strategically crafting personalized plans.

Carlene earned her bachelor's degree in Sociology from The University of Akron and a master's degree in Organization Development from Bowling Green State University. She is certified as a speaker, coach, and facilitator/trainer through the John Maxwell Leadership Team, as well as a certified AIIR Team Effectiveness practitioner.

Additionally, she has served as a champion and advisor for diversity, equity, and inclusion, promoting accountability for inclusive conversations and actions. Carlene resides in Columbus with her delightful nine-year-old son, Aiden. In her personal life, Carlene enjoys dancing, reading, and watching movies. She cherishes spending time with loved ones, playing with her son, and exploring new interests.

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Sapna Welsh

Sapna is the Founding Partner of Leverage HR where she is committed to creating authentic connections and tailored approaches to develop leaders and craft cultures. For over 15 years, Sapna has ensured that Leverage HR is intentionally diverse by design with experienced, credentialed consultants who can deliver solutions in five languages.

She has led Talent Development roles with JPMC, Nationwide, Deloitte, and e-Bank. She was recognized as an “Enterprising Women” 2023 award winner, an “Outstanding Diversity Champion” by Columbus Business First 2022 and the firm was recognized among the “Top 20 Diversity and Inclusion companies 2022” by Manage HR magazine. She has published two books, consulted and spoken on the topic of talent development and women’s leadership, her specialty, at various conferences, panels and workshops in the US and Europe including PMI Development Conference, TEDx (Southlake Salon & individual), DHL WISC conference, AIG Japan women’s ERG, and AACE conference. Sapna focuses on inspiring clients to understand their talents and leverage them to maximize their personal leadership and achieve their goals.

Sapna received her MLHR from The Ohio State University and her BA from George Washington University. She currently serves on the Board for NC4K (exec committee), Leadership Westerville and was a former National Board (exec committee) for WELD. She is a proud mother of three and committed to her family, community, and profession.



Monika Wiggins

Monika Wiggins is a college access professional who has been working within the industry for the last 8 years. Monika currently serves as the Assistant Director of Gear Up at the Columbus based non-profit, I Know I Can, where she manages and oversees the Gear Up Ohio grant through Reynoldsburg City Schools. Through Monika’s professional career at I Know I Can, she has worked in a variety of roles, and is passionate about educating and guiding underrepresented students and families through their post-secondary journeys and helping them achieve their higher education goals. Monika is a Columbus, OH native, and a proud graduate of Columbus City Schools and The Ohio State University. In her personal life, Monika is married and her and her husband have two children, Darious Jr. and Skye.



Davia Williams Stevenson, MACC, LPCC, NCC

Davia Williams Stevenson is a Licensed Professional Clinical Counselor, Life Coach, Speaker, Podcaster, and Author. With fifteen years of private clinical experience, Davia helps individuals, couples, and families grow toward mental, and relational health. As an impassioned advocate for the normalization of mental health care, particularly for people of color, she brings her message of honest, compassionate self-assessment and strengths-building to a diverse array of audiences. From women's organizations to youth groups, civic organizations to universities, Davia's voice resonates with authenticity, empathy, and unwavering conviction.

At the heart of Davis's philosophy is the belief that every experience - whether it's loss, trauma, or victory - can be purposeful in guiding you towards your fullest life. This ethos permeates not only her coaching and speaking, but also her approach to business, service, and advocacy. Davia is a firm believer in the power of resilience, self-discovery, and the boundless potential that lies within each of us.

Davia holds memberships in the American Counseling Association, the Ohio Counseling Association, and The Association for Spiritual, Ethical and Religious Values in Counseling. As advocacy and service are core values, Davia is a member of Delta Sigma Theta Sorority, Inc., The Columbus Chapter of the Links Incorporated, and is a sustaining member of The National Coalition of 100 Black Women, Central Ohio Chapter.

She holds a BA in Psychology from the University of Oklahoma and a Masters in Clinical Counseling from Ashland Theological Seminary.



Dr. Geneva Williams

Dr. Geneva J. Williams is a transformational leadership strategist who inspires midlife leaders and nonprofit executives to achieve extraordinary outcomes.

From making history as the first female CEO of Detroit's United Way, where she orchestrated a groundbreaking merger, to raising over $120 million for innovative community initiatives through pioneering national models, to founding Dr. Geneva Speaks, she has consistently pioneered paths for others to follow.

A Morgan State University alumna and proud HBCU graduate, Dr. Geneva holds a doctorate from Wayne State University and a master's from Bryn Mawr College. Her impact has earned recognition as one of Crain's Detroit Business "Most Influential Women" and the Urban League's Distinguished Warrior Award for Lifetime Achievement.

Her expertise spans launching over 50 public-private partnerships, revitalizing neighborhoods and schools, and shaping policy through appointments to numerous boards, including the Chair of the Michigan Women's Commission. As an author, her works include the Amazon bestseller "Justice on the Jersey Shore," honoring her father's transformational civil rights leadership, and essential guides for professional reinvention: "Living Life Over 50" and "Creating Your Next You."

Through her LinkedIn newsletters, "The Future is Female" and "What's Next After 50," and global livestream events, Dr. Geneva continues to share strategies for leadership, legacy, and transformation, reaching thousands with her message:

"Your next move is the start of your legacy. Lead boldly, transform courageously, and leave the world changed for the better."

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Jen Patterson
Suzanne Roberts
Tracy Ross
Erica Shaw
Shameikia Smith
Stephanie Starks
Qiana Stewart
Danielle Sydnor
Christopher Thomas
Cynthia Tyson
Michelle Vander Stouw
Nichelle White
Lucretia Williams
Deanna Wilson
Mindy Wright
TyKiah Wright
Monica Womack

Volunteers

Nikki Brandon
Joyce Craddock
Kim Dillard
Currecia Gamble
Shelly Lewis
Marque Majors
Barbara McGee Harper
Camille Robinson
Stephanie Robinson
Chanie Scott
Talya Small-Horton
Shelbi Toone

Thank You!



TOGETHER WE BUILD MORE THAN HOUSES.

WE HOUSE THE LEADERS OF TOMORROW.

At Columbus Metropolitan Housing Authority, we know just how important collaboration is to building community. Along with vital partners, we work hard to build more than houses. Together, we build our future.

CMHA is a proud sponsor of the Live2Lead Leadership Conference. Learn more about how collaboration helps the entire community at cmhanet.com.

COLUMBUS METROPOLITAN HOUSING AUTHORITY
COMMUNITY. COMMITMENT. COLLABORATION.

Your GROWTH Worksheets

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

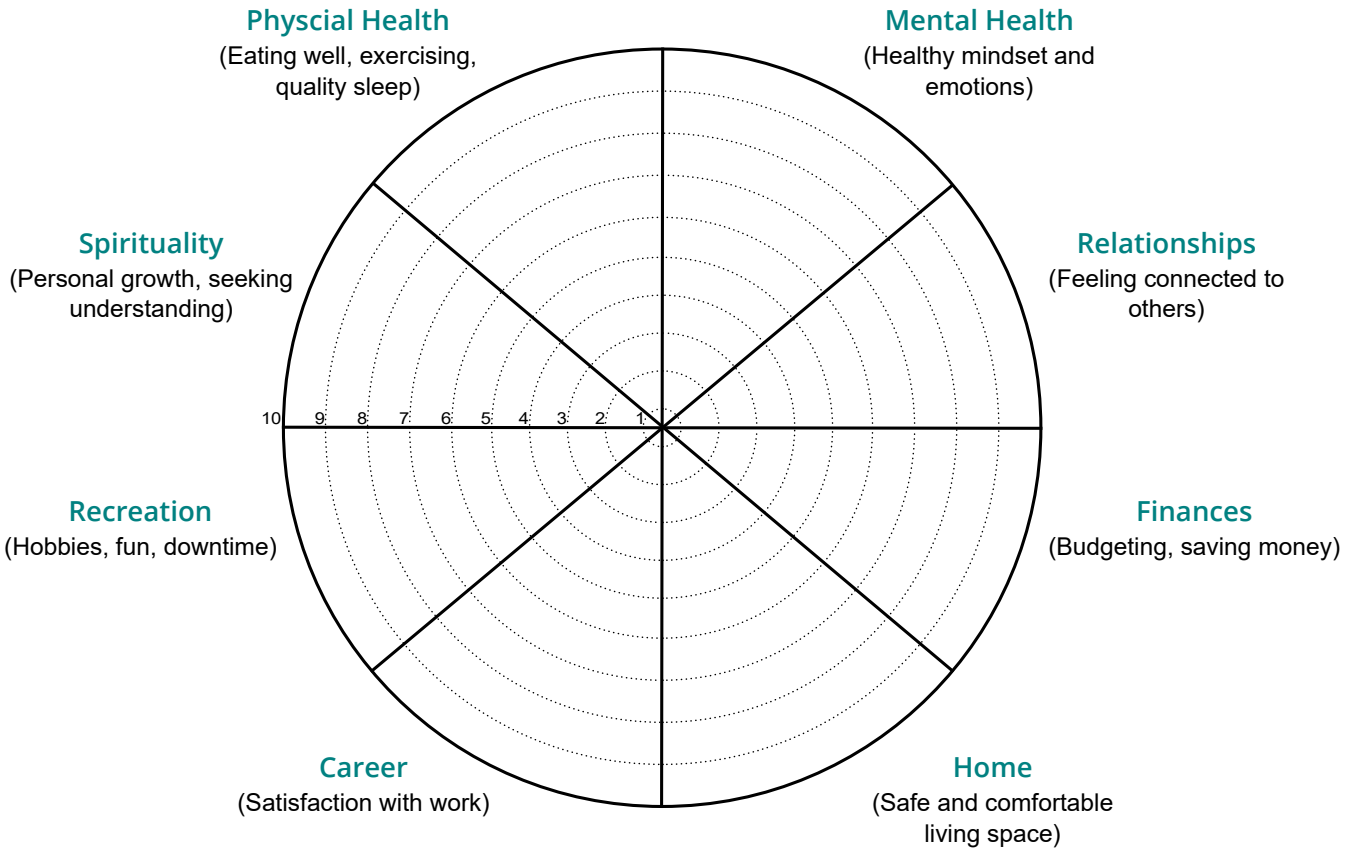
→ Do I feel a sense of purpose with my work?
→ Do I feel valued and affirmed at work?
→ Am I appropriately compensated for my work?

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

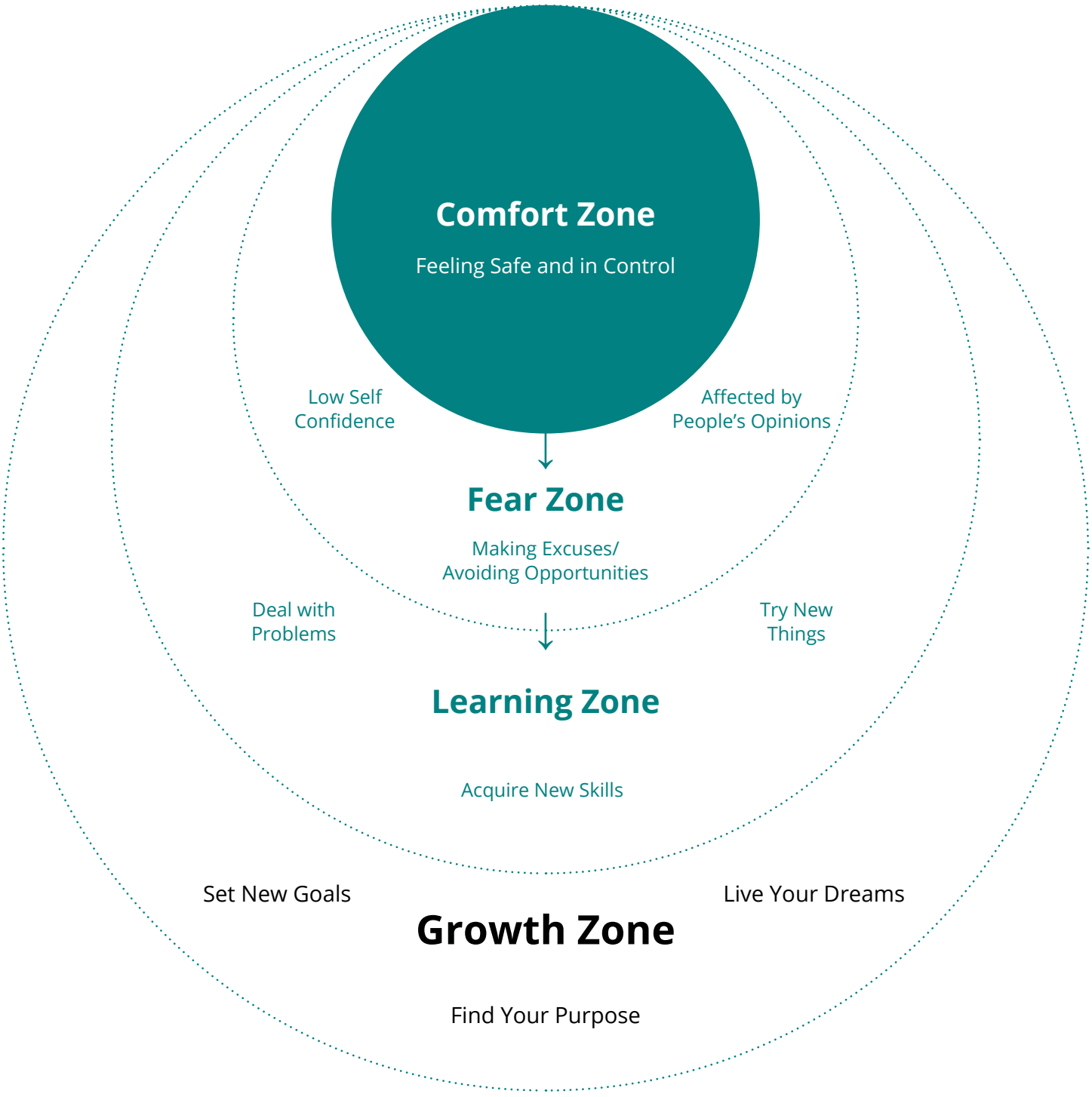
Home

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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.

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.



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

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.



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

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.**



Pat, Donald, Joyce, & Carol in 2022

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's grandchildren, also known as "her peaches"

Forrest Street
CONSULTING

CONNECT WITH LIVE2LEAD LEADERS WORLDWIDE

By attending this event, you're joining thousands of people around the world who are becoming the best versions of themselves. You are a part of a community that is learning relevant leadership life lessons and intentionally living them out. We want to hear and share your stories of growth and transformation! Tag @MaxwellLeasdership and use the hashtag #Live2LeadColumbus so we can connect with you and share your story.

Thanks for joining us!

Let's connect!

Dawn Tyler Lee, Founder & CEO

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