

MARCH 7

UT Tyler Ornelas Activity Center | Tyler, TX

Welcome!



About the Host

The 1 in 3 Foundation is a 501(c)(3) tax-exempt, philanthropic organization that provides recovery tools, healing resources, fellowship and support to women who are adult survivors of childhood sexual abuse and sexual assault. The focus of the 1 in 3 Foundation is the healing journey of survivors as they enter various stages of life and providing resources, tools and support to cope with daily emotional and physical demands. Founded by a survivor of sexual abuse and assault, our goal of providing recovery tools and support systems focuses not only on the healing journey itself but also to allow survivors to live a free, vibrant and hopeful life no longer shackled to the trauma of the abuse.

Our Mission: The mission of the 1 in 3 Foundation is to educate and empower adult women survivors of childhood sexual abuse and sexual assault by providing comprehensive healing and transformation through counseling, advocacy and support.

What we do: The 1 in 3 Foundation cultivates programs in the community to support recovery and provide an outlet for women still healing from childhood sexual abuse and assault. Programs include a focus on addiction recovery. According to the Sexual Abuse Recovery Center, because sexual abuse is a traumatic experience, self-medication often seems like a preferable option to seeking help. This can lead to sex and love addiction, alcohol abuse and drug use. Often times women are not aware their sexual abuse trauma is directly related to their behaviors as adults and how it impacts every aspect of their relationships with others. The 1 in 3 Foundation will help to link survivors in a pattern of "acting out" with counselors, literature and organized support groups to help break the cycle. Survivors may be embarrassed or afraid to seek counseling or medical treatment and it will be the highest priority of the 1 in 3 Foundation to protect the anonymity of those it serves.

For additional information about our weekly PTSD Support Group for Survivors of Sexual Trauma, Lunch and Learn Programs and how you can become involved or change a woman's life in Smith County, please visit www.lin3foundation.org.









EVOLVE WOMEN'S CONFERENCE SCHEDULE

UT TYLER ORNELAS ACTIVITY CENTER MARCH 7, 2019

Schedule-At-A-Glance



7:30 – 8:30 a.m. On-Site Registration, Check-In and Breakfast

8:30 – 8:45 a.m. Welcome and Conference Kick-Off

8:45 – 9:15 a.m. Keynote Speaker – Rachel Muir

9:30 – 10:30 a.m. Breakout Sessions #1

10:45 – 11:45 a.m. Breakout Sessions #2

11:45 a.m. – 12:15 p.m. Lunch

12:15 – 12:20 p.m. Monarch Awards Presentation

12:20 - 12:50 p.m. Keynote Speaker – Erika Bazaldua

1:00 – 2:00 p.m. Breakout Sessions #3

2:15 – 3:15 p.m Breakout Sessions #4

3:15 p.m. Close



Thursday, March 7, 2019

8:45-9:15 a.m. KEYNOTE SPEAKER

From a Maxed-out Visa to Oprah: An Extraordinary Tale of an Ordinary Woman's Decision to Change the World

Rachel Muir, Founder, Girlstart

Each of us has the power to impact someone's life. We do it every day. We've all changed someone's life – usually without even realizing it. What happens when we decide to expand our impact? Join us for an engaging and inspiring talk celebrating individual impact, with Rachel Muir, winner of Oprah's Use Your Life Award and founder of the nonprofit organization Girlstart.

9:30-10:30 a.m BREAKOUT SESSIONS

Getting Onstage Naked: Secrets of Great Presenters Rachel Muir, Founder, Girlstart

Fantastic presenters aren't born. They become great by sharpening their presentation skills, practicing, and loving their topic. Take your presentation skills to the next level in this engaging workshop where you'll get tips to mastering public speaking. Learn to command your audience's attention from the get go, leverage the power of storytelling and present like a pro.

S.T.E.P. into the Woman You were Created to Be

Lisa Pulliam, Founder, Step With Lisa

"S.T.E.P. into the Woman You were Created to Be" is for women who sense the current of something fresh and new happening in your life and are hungry for direction, encouragement, and the steps to take toward discovering the deeper and greater purpose for which you were created.

10:45-11:45 a.m. BREAKOUT SESSIONS

How to Love Food and Love Your Body

Kelly Gill, Certified Specialist Sports Dietitian, Baylor Scott & White Texas Spine & Joint Hospital

The desire to be a certain size or look a certain way runs deep, especially for women. Yet, many of us get hung up on an either/or relationship with food and our body. We can either enjoy eating or enjoy feeling thin. The idea of doing both seems counter-intuitive and impossible. In this session, Kelly aims to teach us how we can have our cake and eat it too!

Writing as an Outlet for Anxiety and Depression

Erin Irvin, Author, Moon-Swell: The Lone March Series

Learn how to bridge therapeutic and creative writing to release the negative energy in your mind and heart while simultaneously replacing it with the positives of artistic expression.

5 Steps to an Impactful Introduction

Karie Price, Brand Messaging Coach, Karie Price Consulting, LLC

Whether you're networking in person or online, needing to provide a bio, or generally just trying to explain what you do, you need an Impactful Introduction. You have just 7-15 seconds to make that first impression, so your introduction has a lot of work to do. Karie will break it all down.



11:45 a.m.-12:15p.m. LUNCH

12:15-12:20 p.m. Presentation of the Monarch Awards

12:20-12:50 p.m. KEYNOTE SPEAKER

What Now? Making the Next Big Decision in Your Life

Erika Bazaldua, Anchor, KLTV 7 News

All women have come to a point of "what next?" in their lives. But the steps following these pivotal moments can result in two outcomes: What happened to you, or what you did to change your life. KLTV 7 News Anchor/Producer Erika Bazaldua walks you through how to identify when it's time to make a big decision, the steps you can take to "fall forward," and what happens when things don't go according to plan.

BREAKOUT SESSIONS

1:00-2:00 p.m. Put the Gloves Down: You CAN Do This - Practical Ways to Empower Your Heart, Body & Mind

Shannon Reynolds Morrell, Fitness Enthusiast, Shake It Like Shannon

Do you feel defeated before you even get started, whether it's a fitness program, a balanced diet, adequate sleep, relationships, feeling accomplished, accepted,or enough? First and foremost, it's time to put the gloves down; stop beating yourself up. Breathe, you are enough! In this session, Shannon's goal is to "BE REAL", offer suggestions, tools, and a growth mindset -YOU CAN DO IT: Fitness goals, better health, balanced nutrition, overall wellness - mind & body. She hopes to equip you with practical steps/suggestions to help you to set attainable goals, find what works best for you, re-ignite your passion, recognize distractions, empower the warrior inside, encourage you to get started and inspire you to pick up your toolkit to succeed and help you acknowledge/discover your gifts, talents, value and strength.

Mentoring Matters - How Mentors Change Your Life

Aleksandra Cregler, Assistant Professor of Sociology, UT Tyler

Trying to do great things is difficult. Trying to do them alone is, more often than not, impossible. That's why many great leaders have mentors, and also mentor others. No matter how competent you may feel, at any segment of your life, success is, in reality, a team sport. "In order to have influence, you have to be influenced."

An Introduction to Tension & Trauma Releasing Exercises Brenda McBride, LCSW, Certified Provider in Tension & Trauma Releasing Exercises (TRE), McBride Counseling Solutions, LLC

Life is busy, and women are multi-tasking more than ever before. This can result in increased physical and psychological tension and stress. TRE is an innovative series of exercises that assist the body in releasing deep patterns of stress, tension, and trauma. The state of Texas only has 7 certified TRE providers. Join the only TRE certified providers in East Texas at the Evolve Women's Conference as we empower women with the skills to perform these exercises which can help raise their resilience. Whether you are a parent or spouse who would like more patience with your family, a victim of violence or accident, an athlete, a person with PTSD, or simply a person who wants to increase your resilience and decrease your stress, you can benefit from TRE.



2:15-3:15 p.m BREAKOUT SESSIONS

The Power of Effective Networking

Nancy Rangel, President/CEO, Tyler Hispanic Business Alliance

Time and time again, it has been said that "it is not about what you know, but about who you know." For this reason, being a powerful and effective networker is so important. However, mastering the crucial skill of networking requires much more than just "schmoozing," there is an actual art to it. In this session, you will learn about the power of effective networking and tips on how to build and sustain mutually beneficial relationships all while building your network.

21st Century Women Faithfully Working In Ministry LaQuesha McQuay, Pastor & Community Outreach, Women Cloths Community Outreach Fellowship

This topic is designed to focus on women walking out their spiritual journey uniquely designed just for them in this multifaceted world: What having faith as a 21st century woman looks like. This session will explore creating women's ministries and dealing with women's issues not discussed in your ordinary traditional worship service. We will also incorporate how to "balance" the messages of the church with the messages we receive daily in our own personal lives and in the lives of others around us.

The Power of Your Story

Teresa Hawley-Howard, CEO, WOM Enterprises

We each have a story to share. Your story will inspire and encourage others. Each of us has overcome and survived something that will help another to come through. We have a duty and a destiny to walk a path and give others a light and path to follow. Teresa will share the abuse she came through and how it shaped her and what she choose to do in life.

(Brenda McBride, LCSW and Kendra Bennett, M.A., LPC will be on hand)

3:15 p.m CLOSE



2019 Evolve Women's Conference Keynote Speakers



8:45 a.m. Rachel Muir, Founder, Girlstart

Rachel is a recovering Executive Director who has worked every side of the Rubik's cube that is the nonprofit sector. When she was just 26 years old, Rachel founded Girlstart, a non-profit dedicated to empowering girls in STEM in the living room of her apartment with \$500 and a credit card. Several years later she had raised over 10 million dollars and was featured on Oprah, CNN, and the Today show. A winner of Oprah Winfrey's Use Your Life award, Rachel is a three-time finalist for Ernst & Young's Entrepreneur of the Year Award, was named "Outstanding Fundraising Executive of the Year" by the Association of Fundraising Professionals, and one of Fast Company Magazines "Fast 50" Champions of Innovation. Rachel is a sought-after speaker, trainer and nationally recognized nonprofit founder and thought leader.

www.rachelmuir.com Twitter: @rachelmuir www.facebook.com/RachelMuirFundraising rachel@rachelmuir.com (512) 970-7983)



12:25 p.m. Erika Bazaldua, Anchor, KLTV 7 News

A DFW native, Erika Bazaldua is the anchor of Good Morning East Texas. Erika earned a B.S. in Mass Media at Stephen F. Austin State University in December 2014. Erika started her career in media at a very early age. She worked as a kid DJ for ABC's Radio Disney from ages 11 to 18. Following her graduation from SFA, Erika began working at KTRE/KLTV in 2015 as a general assignments reporter. That same year, Erika began producing and anchoring Good Morning East Texas Weekend on Saturday's and Sundays. Outside of work, Erika remains active in the community. She is a board member of The First Tee of Greater Tyler where she works with east Texas students on character building through the game of golf and college preparedness. A proud Lumberjack, Erika remains highly involved with her alma mater. She is an alumnus of Alpha Chi Omega Sorority, where she served two years as VP of Philanthropy. Raising awareness about domestic violence is a mission for Erika, and she works to continue her volunteer efforts for the cause throughout east Texas. On weekends, Erika enjoys traveling to different places to hike. She keeps a blog about her personal adventures, which often include her recent donut reviews.

www.erikabazaldua.com Twitter: @ Erika_KLTV Instagram: @erikabazaldua www.facebook.com/ErikaBazalduaKLTV ebazaldua@kltv.com (903) 510-7700



2019 Evolve Women's Conference Speakers



Aleksandra Cregler

Aleksandra Veleva Cregler is born and raised in Macedonia (Eastern Europe). Coming from a long line of educators, she has worked with upper-level governmental departments in her native country, including the President, the Ministries of Education and Foreign Affairs, as well as many diplomatic embassies and consulates. She is an author of a monograph book (The Intercultural Communication within Mass-Culture), which had been awarded on many occasions. Her academic dedication has been recognized with the prestige award for "Best Young Researcher for 2013". The initial concern of her work is to adapt the theoretical knowledge to actual social situations, producing knowledge that is pragmatic. She was a part of the faculty team at the University of Texas of the Permian Basin, and the University of Texas in Tyler. Aleksandra is strongly dedicated to enriching the lives of students outside the classroom, attempting to inspire growth in her students by giving them tools to take into disciplines and into other domains of their life. Among these tools are a sense of curiosity, open-mindedness and a thirst for knowledge.



Brenda McBride, LCSW

Brenda McBride is a Licensed Clinical Social Worker, Licensed Brain Gym Instructor, Registered Parent Educator, TBRI practitioner, and EMDR Certified Clinician that is among one of only seven providers in the state of Texas that is certified in Tension and Trauma Releasing Exercises (TRE). With over 20 years of clinical experience, it is her passion to provide healing to mind, body, and soul.

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Erin Irvin

Novelist, singer/songwriter and longtime sufferer of Generalized Anxiety Disorder. Twitter:@erinirvin www.facebook.com/erin.m.irvin Instagram: @ erin.m.irvin



Karie Price

Karie Price is a Brand Messaging Coach helping ambitious service-based business owners find and own the words to stand out, be heard, and Make Your Message ROAR®. With more than 20 years of experience in branding and business analysis, she guides her clients to uncover and master their Relatable, One-of-a-kind, Actionable, and Reliable message, so that they can boldly and confidently own their place in their market.

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Kelly Gill

Kelly has her master's degree in nutrition and has been a registered dietitian for 20 years. Currently, she works for Baylor Scott & White Texas Spine & Joint Hospital in the new Sports Medicine department. Getting into sports medicine motivated her to complete her requisites to become a sports dietitian, and she is the only CSSD (Certified Specialist Sports Dietitian) in east Texas. She runs a weight management program at BSWTSJH, as well. Kelly has a knack for reaching people where they are and helping them to achieve their goals, one small change at a time.

Twitter: @KellyGillRDN Instagram: @kellygillrdn



LaQuesha McQuay

Quesha McQuay is an effortless role model that has been called for such a time as this. She accepted Christ at a very young age and is passionately devoted to her relationship with Christ. She has been graced to call others out of darkness into the light. Her greatest joy apart from her family is bringing hope and love to people suffering with everyday life battles. She began her first outreach ministry that extended beyond the four walls of the church in October 2017. Women Cloths has already brought much needed healing, deliverance and change to many broken women! She's a great encourager to the body of Christ with a purpose to turn the hearts of people back towards their faith in such a faithless generation. www.facebook.com/Women-Cloths-Community-Outreach-Fellowship queenlyanointing@yahoo.com (903) 343-2289



Lisa Pulliam

Lisa Pulliam is on a mission to live a courageous and impactful life. For 16 years, Lisa's joy was at home raising their four children, and as a ministry leader and pastor's wife. Her entrepreneurial spirit led her into the direct sales industry in 2009 and she became an Executive Consultant in her company. Lisa is the author of three books: Toes in the Sand, Behind her Brand, and Souls in the Sand and her passion is to inspire women to face fears, overcome their past, and realize who they were created to be.

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Nancy Rangel

Nancy Rangel is the President/CEO of the Tyler Hispanic Business Alliance. Her passion, leadership, organizational, and strategic planning skills have assisted the Tyler HBA during its initial transition years of its formation to a nonprofit status and has remained the thriving force behind its continued growth and success. She is highly engaged in the development and improvement of the Tyler community. Her community and leadership service include organizations such as the Tyler Area Chamber of Commerce, Better Business Bureau, Literacy Council of Tyler, Tyler Area Business Education Council, City of Tyler Municipal Court, Smith County Seat Coalition, Census Complete Count Committee. Nancy is married to her best friend, Misael, and mother to her two sons: Moses and Aaron. Both she and Misael have come to love and enjoy the east Texas lifestyle and love teaching their boys the vast number of opportunities that are available to serve the amazing community of Tyler and east Texas.

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Shannon Reynolds Morrell

Shannon loves to learn, help and encourage others. Fitness has been her vehicle for almost 20 years. Crossfit, Zumba, kickboxing, running, sculpt, strength classes - all of it has allowed her to help others. She is a Native American, Choctaw, navy brat born in Oklahoma, who had a very colorful upbringing (alcoholism/abuse) and left home at 15 years of age. Hardships created an opportunity for determination, strength, healing, faith which has made Shannon's journey all the more worth it: Beauty from ashes. Shannon is a newlywed. Bryant is her husband. Her family & children are her world. Blended now she has 4 children: Sydney (18), Gracee (15), Aidan (14) and Madison (10). Together we serve.

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Teresa Hawley-Howard

Teresa Hawley-Howard is an international best-selling author and publisher. Her mission in life is to help others find their voices and share their stories! She also wants to help them walk through their pain, limitations, and their own doubt to live the life they deserve. She knows their words, stories, scars, and their pain can inspire, heal and give hope to another person. She is an empowerment/writing coach, publisher, speaker, #1 international best-selling author, radio host, and CASA volunteer. She is also Co-Founder of Tribute Magazine, spotlighting entrepreneurs. She is also the founder of WOM Enterprises.

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Special Thanks to Tyler ISD Career and Technology Center's Advanced Marketing Class and Teacher Summer Tillson, Volunteers at the 2019 Evolve Women's Conference!





2019 1 in 3 Foundation Monarch Award Winners



Brenda McBride, LCSW

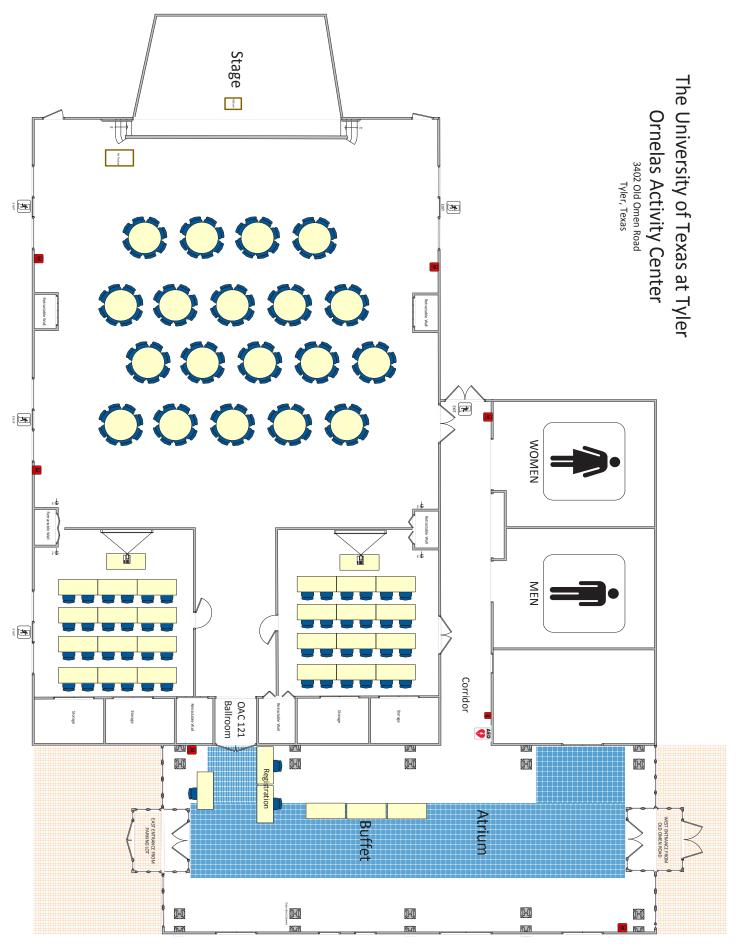
Brenda McBride is a Licensed Clinical Social Worker, Licensed Brain Gym Instructor, Registered Parent Educator, TBRI practitioner, and EMDR Certified Clinician that is among one of only seven providers in the state of Texas that is certified in Tension and Trauma Releasing Exercises (TRE). With over 20 years of clinical experience, it is her passion to provide healing to mind, body, and soul. Brenda currently leads a weekly PTSD Support Group for Sexual Trauma Survivors for the 1 in 3 Foundation. Brenda also performs individual, group, marital, and family therapy to adults, children, and adolescents, many of whom are sexual trauma survivors or have been impacted directly by behaviors related to coping with trauma. Brenda also provides mental health training and has served on multiple mental health expert panelists regarding mental health issues in the east Texas Community. She has provided recent trainings for the 1 in 3 Foundation, Texas EMS Alliance, Texas Association of Directors of Volunteer Services, East Texas Crisis Intervention Stress Management Team, City of Palestine Fire Department and Police department, Smith County Peace Officers Association and The Leadership Academy. In addition to her work with sexual trauma survivors, Brenda also created the "Helping our Heroes" PTSD Warrior Peer Group.



Ricklan Holmes, Head Football Coach/Athletic Coordinator/John Tyler High School

Ricklan Holmes is currently the head football coach and athletic coordinator for the John Tyler Lions. Coach Holmes is a 1998 graduate of John Tyler High School. He was a track and football athlete at Oklahoma State University where he earned Honorable Mention All-Big 12 Honors as a defensive back. Ricklan was a free agent player with the New England Patriots from 2003-2005. He served as an assistant coach for Putnam City High School in Oklahoma from 2005-2006 before returning to his alma mater and working as an assistant coach from 2007-2011. Ricklan was named the head football coach of the Lions in 2011. In 2017, Ricklan gathered captains from the boy's athletic teams of John Tyler to attend a workshop hosted by the 1 in 3 Foundation and the Washington, D.C. organization Men Can Stop Rape. Coach Holmes encouraged his players' participation in the *Where Do You Stand?* workshop that addressed bystander intervention, healthy masculinity and social and emotional learning for high school boys. Coach Holmes also participated as a storyteller in the 1 in 3 Foundation's *What Does Healthy Masculinity Mean to You?* town hall conversation, also presented in conjunction with Men Can Stop Rape.







A Special Thank You To Our Sponsors









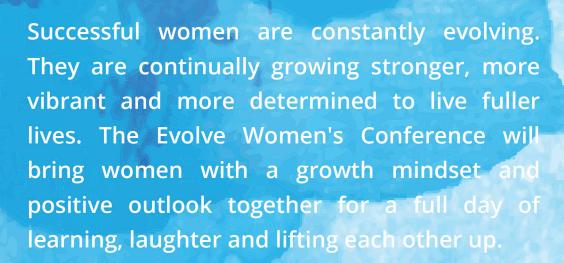
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