

2025 She Rises Conference Agenda

GENERAL SESSION

- 8:30AM - 8:40AM **Announcements & Opening**
Her Pantry Conference team
- 8:40AM – 8:50AM **Welcome Address**
Dionne Mack, City Manager, El Paso Texas
- 8:50AM – 9:20AM **Terrible Twos & Other Negative B.S. (belief systems)**
Rikki Smith, Owner and Founder
Stratus Training and Consulting
- 9:20AM - 9:30AM BREAK**
- 9:30AM – 10:10AM **Key Note Address**
B. Abigail Tarango, Ph.D, Executive Director
University Medical Center Foundation
- 10:10AM - 11:00AM **Inner Harmony (Anxiety Panel discussion)**
Mireya Cepeda, LCSW, Self Love Clinic, Diana Castillo, LCSW, Self Love Clinic, Rocio Bickei, LPC, Emergence Health Network
- 11:00AM – 11:30AM **Song and Music (or Networking & Shop Vendors)**
Ronderrence Kent with Worship Culture
- 11:30AM – 1:00PM **LUNCH (Networking & Shop Vendors)**

Breakout Sessions

| She Rises PROFESSIONALLY | She Rises SPIRITUALLY (Spiritual references will be used) |
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| 1:00PM - 1:30PM Boldy Positive - Rocio Bickei, Ariel Mess, Bianca Saucedo, Emergence Health Network | The Unseen Weight (Invisible Mental Strain) - Connie Moreno, Founder, Her Pantry |
| 1:35PM - 2:05PM Effective Communication - Melissa Carrillo, Deputy County Administrator, County Operations | Beyond Colleagues (the value of your circle) - Cynthia Horton, President, Shift to Grow Company, LLC |
| 2:05PM - 2:30PM BREAK | BREAK (Don't forget to visit the vendors) |
| 2:30PM-2:45PM Women Talk Money, Raiz Federal Credit Union | She Shall Wear A Crown - Rita Wheelright, District Missionary, Texas Western Jurisdiction; Certified Coach, Speaker, and Trainer - Maxwell Leadership |
| 2:50PM - 3:20PM From Leading You to Leading Others, Stephanie Valle, National Murrow Winner, Borderland Crimes Podcast, Former KVIA Anchor | The V.A.L.U.E.S Principle of Confidence - Rikki Smith, Owner and Founder StratusTraining and Consulting |

**Times subject to change*