

# EMPOWERED

JUNE 2021



LEAD HER FORWARD

WOMEN EMPOWERING WOMEN  
VIRTUAL CONFERENCE

## WOMEN EMPOWERING WOMEN CONFERENCE

JUNE 2021: KATHRYN  
BALOGUN

# INTRODUCTION

## Key Takeaways:

- 1) You are born for such a time as this!
- 2) You are responsible for your own learning.
- 3) Our conference is a tool on your journey.

## *Thoughts From Our Founder:*

### **You are my WHY!**

You, the one reading this. You, the one who decided to take this opportunity and make the most of it. You are why Women Empowering Women came to exist. You are why 21st Century Women was founded. I may never meet you outside of this conference, but your story, your success is important to me and I am committed to providing you resources and encouragement so you can live your best life, your **EMPOWERED** life starting today. Do not let anyone tell you you are too young, too poor, too stupid, too smart, too independent, too dependent, too ugly, too pretty, too girly, too anything. You are born for such a time as this. You are born to leave YOUR impression on this world, and you are the only one who can leave it! It is my hope that this conference inspires you, encourages you and equips you for the mountains you are bound to face, but also gives you some practical help to know you are not alone in your journey.

*Kathryn Balogun*



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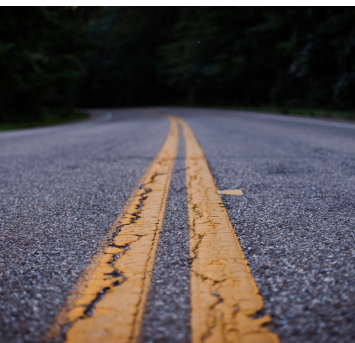
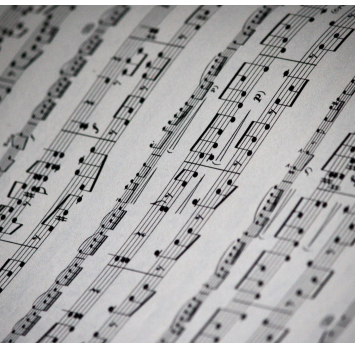
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The definition of the word "empowered" means having the knowledge, confidence, means or ability to do things or make decisions for oneself. The word gained recognition in the early 1980's as speakers and writers began to share knowledge allowing their consumers to empower themselves to make wise and very personal decisions.



# Speakers



TRISHA AMBOREE

PHD STUDENT

## TRISHA

Trish is currently a doctoral student at University of Texas Health where she is majoring in Epidemiology with a focus in Infectious Diseases. Additionally, she is a Field Supervisor for research involving populations at high-risk for poor health outcomes with the CDC. Trish has a passion for fitness, as she played DI college basketball for two years at University of Texas A&M Corpus Christi. When not working or in class, Trish can be found serving at church or hanging out with friends and family.

Trish is going to be talking about **SELF CARE IS NOT TABOO**. Check out her video and [Section One](#) to learn more.



MELISSA BAEZA

## MELISSA

Melissa is an Attorney at ScottHulse PC. She is an El Paso native and went to Montwood High School. She left El Paso to pursue a BA at St. Mary's University and a Juris Doctor at Texas Tech University School of Law. After returning to El Paso to practice commercial litigation, she was named El Paso's Outstanding Young Lawyer and is an active member in the National Association of Women in Construction (NAWIC). Melissa and her husband, Raymond, can be found at get-togethers with family and friends when they aren't practicing law.

Melissa is going to be talking about **A GIRL'S DECISIONS!** Check out her video and [Section Two](#) to learn more.



# Speakers



## KATHRYN

Kathryn is the current Head Soccer Coach at UTEP and Co-Founder of 21st Century Women. Prior to her arrival at UTEP she was the head coach at Texas Southern University in Houston, TX where she met and coached with her husband, Michael. She has a passion to grow and empower young women. True to her Colorado roots, when she is not leading the program at UTEP she can be found enjoying the outdoors with her dogs, George and Koda.

Kathryn is going to be live on Zoom during the interactive portion of our conference. She will covering LEADING ME and DEVELOPING YOUR ACTION PLAN. Tune in and check out [Section Three](#) to learn more.



## MOLLY

Molly is the owner and founder of Faithfully Spoiled Creations, a custom t-shirt business. She also works as a Stylist with Color Street as well as an Enroller with Young Living Essential Oils. After working in the corporate world for 12 years, she decided to make a big career change. She wanted to make a difference with people, and is passionate about bringing positivity and confidence to their lives and helping them live a more natural lifestyle. In her free time, she enjoys spending time outside with her husband and pets, cooking, and growing her skills in gardening.

Molly is going to be talking about the THE NEXT STEPS! Check out her video and [Section Four](#) learn more.



# Speakers



## NINA

Nina currently works at Lakewood Church where she oversees the New Beginnings ministry. There she helps people as they begin their faith journey to find connection and community within the Lakewood family. Nina is passionate about leadership development, and helping people discover their identity and purpose. A Texas girl, living in the heart of Houston, Nina believes in joy and making it as contagious as possible.

Nina is going to be talking about the **POWER OF BEING PRESENT**. Check out her video and [Section Five](#) to learn more.



## ASHLEE

Ashlee is the founder and content creator of RX Ashlee. Former Director of Clinical Operations and Faculty at the University of Southern California, she now leads the company with a mission to teach ambitious, high level female health care professionals how to stand out in a competitive marketplace and thrive in their careers. She currently resides in Orange County, California with her husband, daughter, and two rescue dogs.

Ashlee is going to be live on Zoom during the interactive portion of our conference. She will be covering **FINDING MY VOICE**. Tune in and check out [Section Six](#) to learn more.

# Speakers



## RACHEAL

Dr. Racheal Lawler serves at Lee University in Cleveland, Tennessee as an Assistant Professor and Coordinator of Clinical Education for the Master's in Athletic Training Education Program. Prior to coming to Lee University, she had over 15 years of varied clinical experiences as a Certified Athletic Trainer at the college, professional and physical therapy clinic settings. She has been a NATABOC certified athletic trainer since 2000. When not teaching, Racheal can be found fixing houses and caring for her adopted dog, Sarge.

Racheal is going to be talking about **FAILURE ISN'T FINAL**. Check out her video and [Section Seven](#) to learn more.



## ADAIXA

Adaixa "Adee" is a mother, enthusiastic, entrepreneur and first generation Mexican American. Originally from Salinas, California raised in a small border town called Yuma, Arizona mostly known for agriculture where her soccer career started playing in lettuce fields leading her to her path.

Adee is going to be talking about being a **PRODUCT OF ILLEGALS**. Check out her video and [Section Eight](#) to learn more.

# Speakers



## SHANNON

Shannon grew up with her brother as a pastor's kid, in El Paso, TX. Originally thinking she would be pursuing a path in law; however, God had greater plans than her own. Shannon currently serves as one of the Lead Pastors at Abundant Church and is the founder of One Sisterhood, Abundant's Womens Ministry. She is passionate about female empowerment, parenting, and building relationships within the community. Shannon is a devoted mother to her two children.

Shannon is going to be live on Zoom during the interactive portion of our conference. She will covering ..... Tune in and check out [Section Nine](#) to learn more.



## REBECCA

Rebecca is the Director of Marketing at UTEP Athletics where she oversees all marketing and promotions for the athletic department. A former collegiate student-athlete who has a passion for all things athletics. When she is not working a gameday you can find her hanging out with her chocolate lab, Dunkin.

Rebecca is going to be talking about **HAVE A MENTOR... BE A MENTOR**. Check out her video and [Section Ten](#) to learn more.



# Speakers



## COURTNEY

Courtney is the managing partner of Pearl Stone Partners, LLC and Associate Director Collegiate Growth for Alpha Chi Omega.

Courtney is going to be talking about ... Check out her video and [Section Eleven](#) to learn more.



## KATE

Kate is currently the assistant soccer coach at UTEP. She is also the Captain of the USA Women's Deaf National Soccer Team where she has won two DIFA World Cups and two Gold Medals at the Deaflympics. Her and her dog, Ezra, can be found hiking the beautiful trails of El Paso when she's not on the road recruiting for UTEP or promoting opportunities for marginalized athletes.

Kate is going to be talking about EMBRACE THE UNCOMFORTABLE! Check out her video and [Section Twelve](#) to learn more.



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# Section One:

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# SELF CARE IS NOT TABOO

## Key Takeaways:

- 1) Self-care is a continual learning process.
- 2) We are our biggest impact into the future.
- 3) Self neglect is a real thing.
- 4) Process without the pressure of production.
- 5) Are you prioritizing time for yourself?

## Your Own Thoughts:

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What is your major takeaway:



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# Section Two:

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# A GIRL'S DECISIONS

## Key Takeaways:

- 1) Deciding between conflicting obligations.
- 2) Deciding to push through feelings of tension and being alone.
- 3) Deciding to pursue the dream of a lifetime.
- 4) Deciding to make sacrifices.
- 5) You can overcome every obstacle you face! Work hard, ask for help, push through!

## Your Own Thoughts:

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What is your major takeaway:



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# Section Three:

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# LEADING ME

## Key Takeaways:

- 1) Know your why!
- 2) Live your values!
- 3) Understand your example!

## Your Own Thoughts:

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What is your major takeaway:

# LEADING ME

## Key Takeaways:

- 1) Know your why!
- 2) Live your values!
- 3) Understand your example!

## Your Own Thoughts:

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What is your major takeaway:



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# Section Four:

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# THE NEXT STEPS

## Key Takeaways:

- 1) Have a diverse background.
- 2) Perseverance is a great teacher.
- 3) Grow yourself not just your resume.
- 4) Be passionate about what you're doing.
- 5) Do what makes you feel good about yourself.
- 6) DREAM  
BELIEVE  
ACHIEVE

## Your Own Thoughts:

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What is your major takeaway:



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# Section Five:

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# POWER OF BEING PRESENT

## Key Takeaways:

- 1) **Stop planning!**
- 2) **Be where your feet are.**
- 3) **Be present by leaning in.**
- 4) **Be present by getting your power stance.**
- 5) **Be present by finding your tribe.**
- 6) **Find a mentor!**

## Your Own Thoughts:

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What is your major takeaway:



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# Section Six:

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# OWNING MY VOICE

## Key Takeaways:

- 1) Hurdles that hold women back
- 2) Art of humble bragging
- 3) Pro tips on showing your value in the workpla

## Your Own Thoughts:

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What is your major takeaway:



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# Section Seven:

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# FAILURE ISN'T FINAL

## Key Takeaways:

- 1) **Importance of falling**
- 2) **Reaction vs Action**
- 3) **Importance of reflection**
- 4) **Get up**
- 5) **FAIL**  
First  
Attempt  
In  
Learning

## Your Own Thoughts:

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What is your major takeaway:



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# Section Eight:

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# PRODUCT OF ILLEGALS

## Key Takeaways:

- 1) **Not everyone has the same heart as you.**
- 2) **You do not make it to success on your own.**
- 3) **Your personality gets you in the room.  
Your energy will draw people in.  
Your aura is what drives you to success.**

## Your Own Thoughts:

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What is your major takeaway:



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# Section Nine:

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## Key Takeaways:

1)

2)

2)

## Your Own Thoughts:

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What is your major takeaway:



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# Section Ten:

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# HAVE A MENTOR, BE A MENTOR

## Key Takeaways:

- 1) **Your story matters.**
- 2) **Networking in a male dominated profession.**
- 3) **Mentor.... have one and be one.**
- 4) **Do not be afraid to reach out for help.**

## Your Own Thoughts:

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What is your major takeaway:



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# Section Eleven:

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# BUILDING YOUR MENTAL TOOLBOX

## Key Takeaways:

- 1) Dealing with the detractors.
- 2) Living your core values.
- 3) Done is better than perfect.
- 4) Knowing when to say no.
- 5) Asking the questions, pondering the answers.

## Your Own Thoughts:

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What is your major takeaway:



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# Section Twelve:

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# EMBRACE THE UNCOMFORTABLE

## Key Takeaways:

- 1) Be a role model.
- 2) Tell your story.
- 3) Authenticity and priorities.
- 4) Be your authentic self.

## Your Own Thoughts:

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What is your major takeaway:



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# Action Plan:

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## WHY

Benjamin Franklin once was quoted saying, "If you fail to plan, you are planning to fail." Why sit through these videos, listen to the Zoom meeting and take notes if you do not create an action plan. It is not to say you won't take anything from this conference; however, your return on investment will be significantly reduced. Get as much from this opportunity as you can by creating an action plan to help you follow through on what you have learned and wish to apply. Just like writer, Michael Kasum, said, "There's a big difference between simply being a tourist and being a true world traveler." Will you simply scratch the surface of knowledge available to you or will you dive deep into being a life long learner?

## THINGS TO KNOW ABOUT YOUR ACTION PLAN

- 1) Your plan is only as helpful as the energy you put into it.
- 2) Your plan can is not final. We live, learn and try again. If something you put down doesn't work that is ok! Just try again.
- 3) Work your plan. Do not just write it down. Do the work!
- 4) Re-evaluate and keep pressing forward.



# PERSONAL ACTION PLAN

## Key Take Aways:

- 1) Trisha Amboree:
- 2) Melissa Baeza:
- 3) Kathryn Balogun:
- 4) Molly Engen:
- 5) Nina Harrison:
- 6) Ashlee Klevens Hayes
- 7) Racheal Lawler:
- 8) Adee Mendez:
- 9) Shannon Nieman:
- 10) Rebecca Plescia:
- 11) Courtney Schmidt:
- 12) Kate Ward:

## SMART Goals:

**SPECIFIC:** your goal is detailed and meaningful

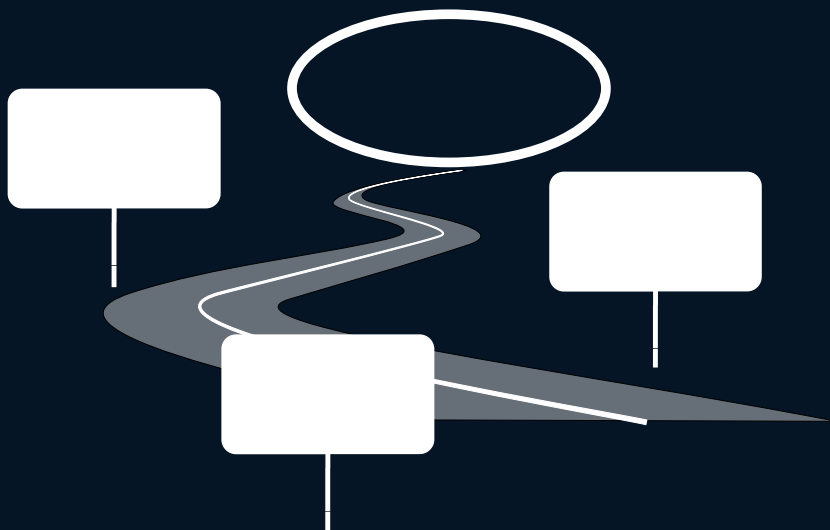
**MEASURABLE:** your goal is quantifiable to track progress or success.

**ATTAINABLE:** your goal is realistic and you have the tools and/or resources to attain it.

**RELEVANT:** your goal aligns with your values

**TIME-BASED:** your goal has a deadline (May, December, May)

*Your Goal*





## GOAL GRANT

You have invested in yourself and now we want to invest in you. You will need to submit a Goal Grant Application which will include your action plan, expense breakdown and anticipated success milestones.

All Goal Grant Applications need to be submitted before June 14th.

All Goal Grant Application winners need to be prepared give a 3 month recap.

All Goal Grant Application winners need to allow 21st Century Women to post their success.

All Goal Grant Application winners need to prepare a success video at the end of the 3 months follow up.

## THINGS TO KNOW ABOUT YOUR GOAL GRANT

- 1) You will need to document where and how you use the money.
- 2) You will need to use the grant money to positively impact your goals and action plan.
- 3) Work your plan. If you need to tweak it you will have the freedom to do so but must align with the purpose you have explained on your application.
- 4) Goal Grant is ment to provide you a resources but your process does not end here..



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# Additional Resources:

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## List of VALUES

Accountability  
Achievement  
Adaptability  
Adventure  
Altruism  
Ambition  
Authenticity  
Balance  
Beauty  
Being the best  
Belonging  
Career  
Caring  
Collaboration  
Commitment  
Community  
Compassion  
Competence  
Confidence  
Connection  
Contentment  
Contribution  
Cooperation  
Courage  
Creativity  
Curiosity  
Dignity

Diversity  
Environment  
Efficiency  
Equality  
Ethics  
Excellence  
Fairness  
Faith  
Family  
Financial stability  
Forgiveness  
Freedom  
Friendship  
Fun  
Future generations  
Generosity  
Giving back  
Grace  
Gratitude  
Growth  
Harmony  
Health  
Home  
Honesty  
Hope  
Humility  
Humor  
Inclusion  
Independence  
Initiative  
Integrity

Intuition  
Job security  
Joy  
Justice  
Kindness  
Knowledge  
Leadership  
Learning  
Legacy  
Leisure  
Love  
Loyalty  
Making a difference  
Nature  
Openness  
Optimism  
Order  
Parenting  
Patience  
Patriotism  
Peace  
Perseverance  
Personal fulfillment  
Power  
Pride  
Recognition  
Reliability  
Resourcefulness  
Respect  
Responsibility  
Risk-taking

Safety  
Security  
Self-discipline  
Self-expression  
Self-respect  
Serenity  
Service  
Simplicity  
Spirituality  
Sportsmanship  
Stewardship  
Success  
Teamwork  
Thrift  
Time  
Tradition  
Travel  
Trust  
Truth  
Understanding  
Uniqueness  
Usefulness  
Vision  
Vulnerability  
Wealth  
Well-being  
Wholeheartedness  
Wisdom

*Write your own:*

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## Grit Scale

Here are a number of statements that may or may not apply to you. There are no right or wrong answers, so just answer honestly, considering how you compare to most people. At the end, you'll get a score that reflects how passionate and persevering you see yourself to be.

1. New ideas and projects sometimes distract me from previous ones.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

2. Setbacks don't discourage me. I don't give up easily.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

3. I often set a goal but later choose to pursue a different one.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

4. I am a hard worker.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

5. I have difficulty maintaining my focus on projects that take more than a few months to complete.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

6. I finish whatever I begin.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

7. My interests change from year to year.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

8. I am diligent. I never give up.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

9. I have been obsessed with a certain idea or project for a short time but later lost interest.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

10. I have overcome setbacks to conquer an important challenge.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all



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GREATER GIFT YOU  
CAN GIVE OR  
RECEIVE THAN TO  
HONOR YOUR  
CALLING. IT'S WHY  
YOU WERE BORN.  
AND HOW YOU  
BECOME MOST  
TRULY ALIVE.

OPRAH WINFREY

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