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## Training

How and Why Women Hold Themselves Back  
(and What to Do About It)



Shawn Andrews,  
Ed.D., M.B.A.

Emotional Intelligence, Communication, Managing Risk

How Different People Cope Under Pressure



Kelly Accetta

Collaboration, Conflict Resolution, Communication

How to use Emotional Intelligence to Boost  
Your Career



Shawn Andrews,  
Ed.D., M.B.A.

Emotional Intelligence, Self Awareness, Developing Others

Set Goals, Not Resolutions, with the Truth  
Coach Kelly!



Kelly Accetta

Collaboration, Communication, Flexibility

You Are What You THINK!



Kelly Accetta

Intellectual Curiosity, Critical Thinking

Is Your Inner Critic Designing Your Future?



Carla Howard

Emotional Intelligence, Critical Thinking, Intellectual Curiosity

Know What You are FOR



Jeff Henderson

Strategic Vision, Storytelling - Communication, Presenting - Communication

Emotion Management and Business Success



Colleen Stanley

Emotional Intelligence, Flexibility, Adaptability

Overcoming Barriers: Let's Talk Confidence,  
Assertiveness, and Negotiations in the  
Workplace



Colleen Stanley

Emotional Intelligence, Communication, Influence

## Training

Moving from Over-Explaining to Influencing

Become a LinkedIn Rockstar!!!

Utilizing the Seven Levels of Leadership to Maximize Your Professional Super Powers

Overcoming the Misconception of Professional Success Being at the Expense of Personal Joy

Living on the Other Side of Fear

Creating and Cultivating Meaningful Relationships

The Power of Potential - Problem Solving Through a Mindset of Positivity

What's Missing in the Gap: Listening Verses Hearing

The Q's (IQ, EQ, AQ): Capitalizing on Human "Soft" Skills in Leadership

Speaking with Confidence

Capitalizing on Your Strengths

## Presenter



Carla Howard



Carla Howard



Cassandra Rambo



Kelly Accetta



Genein Letford



Cassandra Rambo



Genein Letford



Cassandra Rambo



Amy Pechacek



Carla Howard



Cassandra Rambo

## Skill Tags

Influence, Impact, Communication

Presenting - Communication, Storytelling - Communication, Communication

Critical Thinking, Adaptability, Communication

Communication, Self Awareness, Emotional Intelligence

Creativity, Critical Thinking, Innovation

Communication, Developing Others, Inclusive Leadership

Problem Solving, Creativity, Adaptability

Communication, Collaboration, Self Awareness

Emotional Intelligence, Communication, Collaboration

Communication, Influence, Impact

Collaboration, Self Awareness, Situational Awareness

## Training

Influencing with Empathy and Assertiveness

Embracing Change: Taking a Deeper Dive into the Adaptability Quotient

Developing a Leadership Mindset: Managing Different Verses Difficult Personalities

Emotional Intelligence Part 1: The 7 Superpowers of Women

Emotional Intelligence Part 2: The 7 Superpowers of Men

Empowered Decision Making: From Fear to Confidence

CAL<sup>2</sup>M Transformation

AI Tools to Boost Your Financial Acumen: Profit, Loss, and Everything In-Between

Building Your Marketing Foundation: Tips, Tools, and Strategies

7 Levels of Allyship

Communication Strategy for Building Stronger Teams

## Presenter



Colleen Stanley



Amy Pechacek



Amy Pechacek



Shawn Andrews, Ed.D., M.B.A.



Shawn Andrews, Ed.D., M.B.A.



Cassandra Rambo



Carla Howard



Edward Roske



Wendy Covey



Shawn Andrews, Ed.D., M.B.A.



Amy Pechacek

## Skill Tags

Emotional Intelligence, Situational Awareness, Adaptability

Adaptability, Communication, Managing Change

Adaptability, Inclusive Leadership, Communication

Emotional Intelligence, Developing Others, Communication

Emotional Intelligence, Developing Others, Communication

Managing Change, Decision Making, Self Awareness

Managing Change, Situational Awareness, Self Awareness

Business Acumen, Innovation and Trends, Managing Risk (General)

Business Acumen, Innovation and Trends, Managing Risk (General)

Collaboration, Emotional Intelligence, Influence

Communication, Conflict Resolution, Collaboration

## Training

Embracing AI-CoPilot & Chat GPT: Harnessing Technology for Enhanced Productivity

Coding Diversity into Technology

Cultivating Resiliency and Quieting Your Inner Critic

A Leader's Journey

The Neuroscience of Executive Presence

Stepping Over the Broken Rung

7 Superpowers of Men and Women: How to Shift Gender Bias to Gender Strengths

Leading in a Fast Moving World

The Next Generation of Leaders: WE Collegiate Panel

Values Based Leadership

## Presenter



Chris Samulski



Michael Knight



Carla Howard



Linda Johnson



Genein Letford



Roya Ansari



Dr. Shawn Andrews



Phil Gallagher



Suzanne Helbig  
Clarence Semple  
Sage Smith



Don Akery

## Skill Tags

Innovation and Trends, Technology Acumen, Managing Risk

Critical Thinking, Inclusive Leadership, Innovation and Trends

Self Awareness, Emotional Intelligence, Communication

Developing Others, Decision Making, Inclusive Leadership

Creativity, Impact, Innovation and Trends

Impact, Inclusive Leadership, Adaptability

Emotional Intelligence, Self Awareness, Collaboration

Decision Making, Developing Others, Situational Awareness

Innovation and Trends, Collaboration

Inclusive Leadership, Decision Making, Developing Others

## Training

Leading with Clarity and Confidence

The Transformational Power of Leadership

Rising Above AI: Master Critical Thinking Skills for Career Success

Understanding the Role of the CFO: Fireside Chat with William Lowe, WE Board of Directors

Elevate Your Career: the Art of Self-Advocacy & Salary Negotiation

Marketing Acumen - Understanding the Needs of Your Customer

Hidden Secret Power in Excel: 3 Tangible Takeaways to Utilize Power Query

Lead More by Doing L.E.S.S. – Transitioning from Achiever to Leader

## Presenter



Kelli Thompson



Cassandra Rambo



Carla Howard



William Lowe



Carla Howard



Wendy Covey



Anne Walsh



Kelli Thompson

## Skill Tags

Emotional Intelligence, Confidence, Communication

Inclusive Leadership, Self Awareness, Managing Change

Critical Thinking, Communication, Decision Making

Business Acumen, Critical Thinking, Managing Risk

Critical Thinking, Communication, Adaptability

Marketing Acumen, Innovation and Trends, Decision Making

Business Acumen, Decision Making, Impact

Emotional Intelligence, Collaboration, Decision Making

## Training Session / Presenter

### **Emotional Intelligence**

How and Why Women Hold Themselves Back (and What to Do About It) / *Shawn Andrews, Ed.D., M.B.A.*

How to use Emotional Intelligence to Boost Your Career / *Shawn Andrews, Ed.D., M.B.A.*

Is Your Inner Critic Designing Your Future? / *Carla Howard*

Emotion Management and Business Success / *Colleen Stanley*

Overcoming the Misconception of Professional Success Being at the Expense of Personal Joy / *Colleen Stanley*

The Q's (IQ, EQ, AQ): Capitalizing on Human "Soft" Skills in Leadership / *Amy Pechacek*

Emotional Intelligence Part 1: The 7 Superpowers of Women / *Shawn Andrews, Ed.D., M.B.A.*

Emotional Intelligence Part 2: The 7 Superpowers of Men / *Shawn Andrews, Ed.D., M.B.A.*

7 Levels of Allyship / *Shawn Andrews, Ed.D., M.B.A.*

Cultivating Resiliency and Quieting Your Inner Critic / *Carla Howard*

Leading with Clarity and Confidence / *Kelli Thompson*

The Transformational Power of Leadership / *Cassandra Rambo*

### **Communication**

How and Why Women Hold Themselves Back (and What to Do About It) / *Shawn Andrews, Ed.D., M.B.A.*

Set Goals, Not Resolutions, with the Truth Coach Kelly! / *Kelly Accetta*

Know What You are FOR / *Jeff Henderson*

Overcoming Barriers: Let's Talk Confidence, Assertiveness, and Negotiations in the Workplace / *Kelly Accetta*

Moving from Over-Explaining to Influencing / *Carla Howard*

Become a LinkedIn Rockstar!!! / *Carla Howard*

Utilizing the Seven Levels of Leadership to Maximize Your Professional Super Powers / *Cassandra Rambo*

Overcoming the Misconception of Professional Success Being at the Expense of Personal Joy / *Kelly Accetta*

Creating and Cultivating Meaningful Relationships / *Cassandra Rambo*

What's Missing in the Gap: Listening Verses Hearing / *Cassandra Rambo*

The Q's (IQ, EQ, AQ): Capitalizing on Human "Soft" Skills in Leadership / *Amy Pechacek*

Speak with Confidence / *Carla Howard*

Influencing with Empathy and Assertiveness / *Colleen Stanley*

Emotional Intelligence Part 1: The 7 Superpowers of Women / *Shawn Andrews, Ed.D., M.B.A.*

Emotional Intelligence Part 2: The 7 Superpowers of Men / *Shawn Andrews, Ed.D., M.B.A.*

Communication Strategy for Building Stronger Teams / *Amy Pechacek*

Leading in a Fast Moving World / *Phil Gallagher*

Rising Above AI: Master Critical Thinking Skills for Career Success / *Carla Howard*

Leading with Clarity and Confidence / *Kelli Thompson*

Elevate Your Career: the Art of Self-Advocacy & Salary Negotiation / *Carla Howard*

## Training Session / Presenter

### **Confidence**

You Are What You THINK! / *Kelly Accetta*

Is Your Inner Critic Designing Your Future? / *Carla Howard*

Know What You are FOR / *Jeff Henderson*

Overcoming Barriers: Let's Talk Confidence, Assertiveness, and Negotiations in the Workplace / *Colleen Stanley*

Speak with Confidence / *Carla Howard*

Capitalizing on Your Strengths / *Cassandra Rambo*

Empowered Decision Making: From Fear to Confidence / *Cassandra Rambo*

Cultivating Resiliency and Quieting Your Inner Critic / *Carla Howard*

The Neuroscience of Executive Presence / *Genein Letford*

Stepping Over the Broken Rung / *Roya Ansari*

Lead More by Doing L.E.S.S. – Transitioning from Achiever to Leader / *Kelli Thompson*

Leading with Clarity and Confidence / *Kelli Thompson*

### **Change Management/Adaptability**

Emotion Management and Business Success / *Colleen Stanley*

Moving from Over-Explaining to Influencing / *Carla Howard*

Utilizing the Seven Levels of Leadership to Maximize / *Cassandra Rambo*

Creating and Cultivating Meaningful Relationships / *Cassandra Rambo*

The Power of Potential - Problem Solving Through a Mindset of Positivity / *Genein Letford*

What's Missing in the Gap: Listening Verses Hearing / *Cassandra Rambo*

Influencing with Empathy and Assertiveness / *Colleen Stanley*

Embracing Change: Taking a Deeper Dive into the Adaptability Quotient / *Amy Pechacek*

Empowered Decision Making: From Fear to Confidence / *Cassandra Rambo*

CAL<sup>2</sup>M Transformation / *Carla Howard*

7 Levels of Allyship / *Shawn Andrews, Ed.D., M.B.A.*

The Neuroscience of Executive Presence / *Genein Letford*

The Next Generation of Leaders: WE Collegiate Panel / *Suzanne Helbig, Clarence Semple, Sage Smith*

Elevate Your Career: the Art of Self-Advocacy & Salary Negotiation / *Carla Howard*

The Transformational Power of Leadership / *Cassandra Rambo*

### **Conflict Resolution**

How Different People Cope Under Pressure / *Kelly Accetta*

The Power of Potential - Problem Solving Through a Mindset of Positivity / *Genein Letford*

Speak with Confidence / *Carla Howard*

Influencing with Empathy and Assertiveness / *Colleen Stanley*

## Training Session / Presenter

### **Conflict Resolution (cont.)**

Embracing Change: Taking a Deeper Dive into the Adaptability Quotient / *Amy Pechacek*  
Developing a Leadership Mindset: Managing Different Verses Difficult Personalities / *Amy Pechacek*  
Communication Strategy for Building Stronger Teams / *Amy Pechacek*  
7 Levels of Allyship / *Shawn Andrews, Ed.D., M.B.A.*  
A Leader's Journey / *Linda Johnson*  
Stepping Over the Broken Rung / *Roya Ansari*  
Values Based Leadership / *Don Akery*

### **Building Teams**

Emotion Management and Business Success / *Colleen Stanley*  
Moving from Over-Explaining to Influencing / *Carla Howard*  
Creating and Cultivating Meaningful Relationships / *Cassandra Rambo*  
The Q's (IQ, EQ, AQ): Capitalizing on Human "Soft" Skills in Leadership / *Amy Pechacek*  
Capitalizing on Your Strengths / *Cassandra Rambo*  
Embracing Change: Taking a Deeper Dive into the Adaptability Quotient / *Amy Pechacek*  
Developing a Leadership Mindset: Managing Different Verses Difficult Personalities / *Amy Pechacek*  
Emotional Intelligence Part 1: The 7 Superpowers of Women / *Shawn Andrews, Ed.D., M.B.A.*  
Emotional Intelligence Part 2: The 7 Superpowers of Men / *Shawn Andrews, Ed.D., M.B.A.*  
CAL<sup>2</sup>M Transformation / *Carla Howard*  
Communication Strategy for Building Stronger Teams / *Amy Pechacek*  
Cultivating Resiliency and Quieting Your Inner Critic / *Carla Howard*  
A Leader's Journey / *Linda Johnson*  
7 Superpowers of Men and Women: How to Shift Gender Bias to Gender Strengths / *Shawn Andrews, Ed.D., M.B.A.*  
Leading in a Fast Moving World / *Phil Gallagher*

### **Critical Thinking**

Utilizing the Seven Levels of Leadership to Maximize Your Professional Super Powers / *Cassandra Rambo*  
Living on the Other Side of Fear / *Genein Letford*  
The Power of Potential - Problem Solving Through a Mindset of Positivity / *Genein Letford*  
What's Missing in the Gap: Listening Verses Hearing / *Cassandra Rambo*  
Empowered Decision Making: From Fear to Confidence / *Cassandra Rambo*  
Coding Diversity into Technology / *Michael Knight*  
The Neuroscience of Executive Presence / *Genein Letford*  
Values Based Leadership / *Don Akery*



## Training Session / Presenter

### **Critical Thinking (cont.)**

Understanding the Role of the CFO: Fireside Chat / *William Lowe*  
Rising Above AI: Master Critical Thinking Skills for Career Success / *Carla Howard*  
Elevate Your Career: the Art of Self-Advocacy & Salary Negotiation / *Carla Howard*

### **Risk Management**

How and Why Women Hold Themselves Back (and What to Do About It) / *Shawn Andrews, Ed.D., M.B.A.*  
Developing a Leadership Mindset: Managing Different Verses Difficult Personalities / *Amy Pechacek*  
CAL<sup>2</sup>M Transformation / *Carla Howard*  
7 Superpowers of Men and Women: How to Shift Gender Bias to Gender Strengths / *Shawn Andrews, Ed.D., M.B.A.*  
Embracing AI-CoPilot & Chat GPT: Harnessing Technology for Enhanced Productivity / *Chris Samulski*  
Understanding the Role of the CFO: Fireside Chat / *William Lowe*

### **Business Acumen**

AI Tools to Boost Your Financial Acumen: Profit, Loss, and Everything In-Between / *Edward Roske*  
Building Your Marketing Foundation: Tips, Tools, and Strategies / *Wendy Covey*  
CAL<sup>2</sup>M Transformation / *Carla Howard*  
Technology Acumen: Embracing AI Co-Pilot & Chat GPT: Harnessing Technology for Enhanced Productivity / *Chris Samulski*  
Technology Acumen: Mastering Data Manipulation: Unleashing the Hidden Potential of Power Query in Excel / *Chris Samulski*  
Marketing Acumen: State of Marketing to Engineers Report / *Wendy Covey*  
Financial Acumen: Budgeting & Business Strategy / *Edward Roske*  
Understanding the Role of the CFO: Fireside Chat / *William Lowe*

### **Decision Making**

Rising Above AI: Master Critical Thinking Skills for Career Success / *Carla Howard*