

5th Annual Strong Black Woman Redefined Conference



Relax, Relate, Release

SATURDAY OCTOBER 12, 2024 | 8:00 AM - 4:00 PM

Hilton Hotel | Dedham, MA

www.mindfulandmelanated.com

Schedule

8:00 AM – 9:00 AM

Doors Open + Breakfast is Served

9:00 AM – 9:30 AM

Opening Remarks + Keynote Speaker

9:30 AM – 10:00 AM

BREAK

10:00 AM – 11:00 AM

Breakout Session (choose 1 of 3)

11:00 AM – 11:15 AM

BREAK

11:15 AM – 12:15 PM

Breakout Session (choose 1 of 3)

12:15 PM – 1:00 PM

LUNCH

1:00 PM – 2:30 PM

Award Ceremony + Panel Discussion

2:30 PM – 2:45 PM

BREAK

2:45 PM – 3:45 PM

Breakout Session (choose 1 of 3)

3:45 PM – 4:00 PM

LAST CALL for Vendor Shopping + Conference Closes

Breakout Session Workshops



There Is No In-Between: A Story of What Happens When You Step Into Alignment

Presented By Tasha Kitty - Body, Stone and Soul & Smart Startup HR

In this captivating session, Tasha shares her inspiring journey from the everyday stress of Corporate America to a jaw-dropping, two-time leap into entrepreneurship. Tasha talks about feeling “called” into alignment, navigating both pitfalls and skyrocketing success while pursuing her passions and embracing her intuitive gifts. She highlights the importance of the law of attraction in her life and the power of knowing when you're out of sync with your true desires.

This session will resonate deeply with anyone who's ever felt that rumbling in their gut when they know they're operating against their true self. Tasha's story will show what happens when you say, "I knew that was going to happen!"—and it does. Finally, she reveals the beauty of giving in when the universe gives you that nudge toward your purpose.

Attendees will walk away not only with renewed motivation but with practical lessons from Tasha's entrepreneurial journey, including:

- Avoiding common mistakes new business owners make
- Recognizing how quickly things shift when you decide to let go
- Understanding the power of aligning your thoughts and actions
- Reducing the fear of failure while pursuing your passions

Tasha's infectious energy and storytelling prowess make her a connector of people across all backgrounds, leaving attendees with hope and inspiration to embrace their unique path.



The Brave Space: Embracing the Power of Vulnerability

Presented By Dr. La-Toya S. Gaines - Family Matters Counseling and Psychological Services, Inc.

Have you ever seen vulnerability as a weakness? Many strong Black women are taught to mask their true emotions to maintain an image of strength. But in this transformative workshop, Dr. La-Toya Gaines challenges that notion by showing how vulnerability can be a source of power.

Through interactive exercises, reflective discussions, and supportive sharing, participants will unpack the dynamics of emotional strength and discover the beauty of vulnerability. This session will help you challenge societal expectations, embrace your authentic emotions, and build deeper connections in your personal and professional relationships.

Participants will:

- Understand how societal and personal expectations of strength can hinder genuine connection
- Learn strategies to balance resilience with vulnerability
- Embrace vulnerability as a superpower that opens doors to deeper relationships

Leave with the tools to overcome personal barriers to vulnerability and implement practical ways to invite more authenticity and connection into your life.

Breakout Session Workshops



Unraveled Diaries: The Roots of Self-Care

Presented By Jasmine Welcome - Roots Unraveled

In a world obsessed with luxury experiences and fleeting indulgences, this workshop aims to rewrite the narrative of self-care. Jasmine invites participants to examine how external influences, like social media trends and environmental factors, shape their self-care habits. She addresses the often-overlooked financial burdens associated with luxury self-care and prompts reflection on whether these investments truly improve mental health. Jasmine also introduces the intersection of environmental justice and self-care, discussing how the policies and budgets crafted by local representatives impact your wellness practices. This workshop will empower women to think critically about their self-care choices, invest in their mental wellness, and create sustainable practices that go beyond surface-level indulgences.

Participants will:

- Discuss barriers to effective self-care
- Learn about the importance of prioritizing personal wellness
- Explore behavior modification strategies to increase engagement in self-care
- Redefine their self-care practices and create a personalized mental health day plan

This workshop is perfect for women juggling multiple roles who need practical, sustainable solutions to support their mental health.



Somatic Art Therapy

Presented By Nielle Milinazzo - Soul Love Counseling and Consulting

This workshop invites participants to engage in somatic art therapy as a way to reflect and release what no longer serves them. Through movement and creation, this session provides an opportunity to explore self-care in a tangible, healing way.

Designed for those feeling stuck, exhausted, or overwhelmed, this workshop offers a space to rest, move, play, and dream. Participants will learn to recognize their body's distress signals and practice somatic release to improve emotional regulation and resilience.

Attendees will:

- Increase mindfulness and awareness of their physiological warning signs
- Explore somatics as a method of distress tolerance
- Challenge perfectionism and unrealistic expectations while focusing on personal growth

Participants will leave with a regulated nervous system, increased self-confidence, and self-compassion, as well as tangible strategies for moving through stress.

Breakout Session Workshops



The Artistic Expression of Somatic Movement and Progressive Muscle Relaxation

Presented By Dr. Arlela Bethel - The Movement LAB

This interdisciplinary workshop blends dance, movement, mindfulness, and art to create a somatic experience that captures the power of progressive muscle relaxation. Dr. Arlela Bethel will guide participants through a non-verbal, rhythmic experience that uses movement to express emotions and tell a story.

Participants will engage in progressive muscle relaxation, holding symbolic poses while partnered with others to create visual representations of their emotions. Afterward, they will share and process their experiences with the group, connecting movement with emotional release.

This workshop encourages Black women to release judgment, embrace their truth, and find peace through artistic expression. Participants will leave with a clearer sense of self and a newfound connection between motion and emotion.



The Mental Health Advocate & Jenga®: What a Simple Game Can Teach You About Self-Care

Presented By Laqwanda Roberts-Buckley - Healing Black Women

This interactive workshop uses the classic game of Jenga® as a metaphor for balancing self-care and mental wellness as a community advocate. Laqwanda guides participants through an engaging exercise that helps them better manage, monitor, and maintain their own wellness in the midst of serving others.

Community advocates often face burnout while working tirelessly for their causes. This session will offer tools to help you assess your energy levels, set boundaries, and prevent burnout by asking the right questions before accepting new tasks and responsibilities. Learn how to use community-building as a source of support and energy restoration.

Participants will leave with a deeper understanding of how to:

- Monitor and adapt their self-care routines to meet evolving needs
- Recognize early signs of burnout and make necessary adjustments
- Use strategic self-reflection to prioritize their well-being
- Leverage community connections for sustained wellness and resilience

This workshop is ideal for community advocates who are ready to take control of their self-care and maintain balance in their lives.

Breakout Session Workshops



My Girlfriends: Defining Sisterhood

Presented By Tolell Washington - The Master's Tools LLC.

Inspired by the early 2000s sitcom *Girlfriends*, this one-hour workshop invites attendees to explore the power of authentic sisterhood. Black women face unique challenges navigating a world shaped by both patriarchy and systemic racism, but the support of a strong community can make all the difference.

Through interactive activities and facilitated discussions, participants will dive into the importance of building and maintaining healthy friendships. This session will help you develop the skills needed to establish healthy boundaries, navigate difficult conversations, and sustain a supportive village.

By the end of this workshop, participants will:

- Develop emotional intelligence to manage their own emotions and understand others' perspectives
- Improve conflict resolution and communication skills
- Build and maintain meaningful relationships as adults

This workshop is for Black women seeking deeper connections and supportive sisterhood to navigate life's challenges together.



Relaxing Into Your Inner Space: Astrology for Black Women's Self-Care

Presented By Eboni Bledsoe - Homegirl Astrology

Discover how astrology can be a powerful tool for self-care in this interactive workshop tailored for Black women. Eboni will guide participants through the practical application of astrology, using planets, signs, and elements to help them understand their unique self-care needs. By exploring their moon signs and the influence of the elements (fire, water, earth, air), attendees will gain insights into how these factors shape their emotional landscape and guide their self-care practices.

No prior knowledge of astrology is required—just a desire to develop personalized wellness routines that align with your astrological makeup.

By the end of this workshop, participants will:

- Understand the basic principles of astrology and how they relate to self-care
- Identify their moon sign and its traits to guide their self-care practices
- Explore how the elements impact their emotional well-being
- Walk away with practical self-care suggestions based on astrological insights

This workshop fosters a supportive environment where Black women can connect through shared exploration and deepen their wellness practices.

Get Your Tickets

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REGISTER NOW

For a limited time, we're offering tables of 8 tickets for just \$1000 (a \$1400 value).

What's included?

- 8 Tickets to the conference
- Premium Seating – A reserved table for 8 near the stage in the main ballroom/dining room where all the general sessions take place.
- Swag Bag – Everyone in your party will receive a swag bag filled with amazing goodies!

This package is perfect for sororities, professional associations, employee resource and affinity groups, women's clubs, and more!

Share this powerful experience with your sisters and colleagues and get your table today.

But hurry! We're only offering 4 tables at this special price, and once they're gone, they're gone!

SAVE \$400 & Secure Your Table of (8) Now