

# Meet Your Speakers

Angel Anderson is a Military Spouse, mother of three, a Clinical Substance Abuse Counselor, and a Clinical Mental Health Counseling Intern. Angel is also a recovering addict with over 17 years clean. Through both personal experience and clinical work, Angel has learned to address the whole person: past, present, and future; mind, body, and soul, NOT just their immediate perceived challenges.

Through a past of trauma, homelessness, self-abuse, addiction, and healing, Angel has gained true insight into how our experiences and challenges contribute to our highest self. Angel focuses on highlighting strengths in clients and identifying how our experiences and emotions influence our behaviors

Angel will be speaking on: **Addiction-The REAL Thing We're All Addicted To**

Addiction is not a DRUG problem; drugs are just what some of us use to cover up a multitude of other challenges, whether it is trauma, anxiety, inadequacy, neglect, etc. Addiction comes in many forms, including healing. Angel will talk about how moving through the stages of addiction and moving from one addiction to another can challenge us in both good ways and bad. Angel will highlight how to navigate identifying the addictions hiding in your healing and how to utilize your strengths to overcome those challenges and move into your highest self.



Sarah Bondar is founder of SheCAN Coaching and Events, LL. She was put on this earth as a healer, to create a safe container and hold the space for others to heal, grow, and step into their most powerful and aligned selves. Sarah is a multi-passionate woman and alignment coach who saw a need in the collective for healing. As an alignment coach, she coaches 1-on-1 and in groups, hosts retreats and events and conferences for women who want to heal, embody their passion, discover the magic in their voice, and transmute their emotions into creative flow so that they may step into their truth and claim their true sovereignty.

Together with Ashley Maas, Sarah will be speaking on **"Self Love & Transformational Habits"**

This workshop is dedicated to helping you choose YOU when it comes to your mental health and healing. This workshop will help you learn how to prioritize self-love, carrying it with you everywhere you go, and releasing coping mechanisms and daily habits that may no longer be serving you.



Angel Anderson



Sarah Bondar

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Mary is a naked, playful storyteller that lives for jolts of joy through the art of photography and videography. After uncovering a deep family secret that turned her life upside down, she ditched everything that wasn't bringing her joy so that she could pursue her dream of holding the light for other women so they too can live freely in their skin

**Mary's session is called "Boundaries- The Bedrock of Confidence".**

"When a woman radically loves herself, her capacity to love others expands and indirectly impacts, protects and influences everyone she touches." The key to radical loving on herself is being able to use her voice to communicate her needs and know what weight is hers to carry and heal and what weight does not belong to her. Boundaries are re the bedrock to self confidence.



Michelle Buck-Stark is an Erickson certified life coach in Fond du Lac, WI. She lives with her husband and 7 year old daughter and has two grown boys and a grandbaby on the West Coast. She was a single parent who remarried and had a blended family and went to school for a BS in Business while working full time in Wealth Management.

She radically changed her life in 2018 by quitting her job, creating her own businesses, and moving across the country to chase her dreams. She hopes to inspire, educate, and encourage other women to realize their dreams.

Michelle's session is titled, **"You Have Always Had the Power: How to Re-negotiate Your Relationships for a Happier Life"**. Many women live quietly unsatisfied lives because they believe that they have chosen a life for themselves that they can't change. Truly, they have the power to change their relationships and expectations. This workshop will encourage, educate, and inspire women to examine their relationships, think about what THEY want as well as what others need from them, and then create a solid plan to get them to move towards less stress and more life satisfaction.

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Ashley Maas

Ashley Maas is the Co-founder of RISE UP Experiences which was born through her own journey with healing, self-love and transformation. It is EVERYTHING she wishes she had when she was getting started diving into the world of personal development. Through her own experiences, she have grown a DEEP passion in empowering and educating women around the globe to come full circle in their healing journey.

Together with Sarah Bondar, Ashley will be speaking on **"Self Love & Transformational Habits"**

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Honor Jensen

Honor Jensen is a Business and Life Coach, empowering leaders and professionals nationwide to thrive in work and life while honoring their whole and authentic self. With decades of experience helping people clarify and achieve their personal and professional goals, she learned the secret few people talk about and why so many give up and play small: Success is not about achievement. It's about BECOMING the person you were made to be. In becoming the best version of ourselves, our achievement, joy, and success are inevitable.

Honor will be speaking about **B.E.C.O.M.I.N.G. - 8 Elements to Thrive While Honoring Your Whole, Authentic Self** Shift your focus from doing and achieving to B.E.C.O.M.I.N.G. more of who you were meant to be. We all have a big, bold vision or goal burning inside us. But we fall short of achieving and sustaining that vision because of the focus on doing and results. In this session you'll apply the 8 Elements to creating the life you were made for while enjoying the journey even more than the destination.

Believe, Engage, Curate, Occupy, Manage, Identify, Negotiate, and Give your way into living your best life and discovering new opportunities you may have never thought possible. Get the most out of this session by bringing one goal you'd like to achieve. Leave the session with the clarity to get you from where you are to where you want to be while becoming more of your authentic self.

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Emily Schwartz

Emily Schwartz holds a Bachelor of Social Work degree, as well as an Expert Level Certification as a Health Coach and Healthy Eating for Weight Loss. Emily is a born and raised Oshkosh girl and still calls the Fox Valley area home with her husband, Joe, and puppy, Murphy. BEFORE: stressed in every way (mentally, physically, and emotionally), taking two medications for anxiety each day, holding a borderline-hospital-level percentage of body fat and 105-pound frame, overtraining at a rate of six or seven days each week, pulling out clumps of hair in the shower, and not having a menstrual cycle. NOW: feeling at peace, taking ZERO medications, maintaining a healthy body composition, weight training three to five days per week, having a full head of hair (that keeps getting longer!), having a regular menstrual cycle, and solidifying her career in creating hope to lead others into possibility.

Emily will be speaking on: **"How to Maximize the Bookends of Your Day"**

How we start and end each day is sometimes all we can control. When life gets "messy," it can be easy to feel stuck in the overwhelm and lose sight of what is important for our wellbeing. The goal of this presentation is to equip you with a toolkit for success each day.



Ali Starr

Ali "gets to" work for an organization called Tashi Deley (Ta-She Delay). It is a Tibet greeting that means "I honor the greatness within you." Ali's session is called, **"Unlearning Everything I Am Not"**. Her leadership style is one of self-awareness, self-discovery, empowerment, candor, and unconditional love.

In this growth session we will begin with the end in mind. There is a recurring theme at the end of someone's life that usually begins with one of the three things: 1. I wish I would have loved more, 2. I wish I would have forgiven more and 3. I wish I would have lived the life I wanted, not the life I thought I needed to live. At a very young age we tend to make decisions about some very important topics. Topics like; what it means to be in a relationship, have a career, what trust looks like, friendship influence and money just to name a few. When we understand our brain loves "what is familiar" it is very easy to see why we get caught up in similar THINKing and BEing patterns, helpful or unhelpful. Good news! There might be a better way to view these things that consume a great deal of our time and energy. In this session we get to unpack some things and decide if our conditioned belief is still serving us or if a new way of thinking might serve us better. A new way of thinking might just help us create the next best version of ourselves. Being your best personally and professionally is a life-long journey that begins and ends with you! Decide, commit and most importantly be gentle with yourself...Ready, set, grow!



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*Miranda Werkheiser*

Miranda is an Energy Healer, Intuitive Life Coach, Speaker and Life Enthusiast. Her passion and purpose is to support others in living in their most powerful Selves. Through her energetic and coaching work, she gets to connect to others on a very vulnerable level and THAT is where the magic happens. Holding space for others to see not only the hidden hurt, unswerving beliefs and stored trauma but also the greatness, abundance and brilliance that resides inside them is an absolute honor. "We get to celebrate every step of the way and THAT gets to be FUN. Guiding others in these reflections of their full Selves allows them to step fully into their most powerful Selves."

Miranda's session is titled **"Re-Envisioning Our Values"** and is a deep dive, interactive workshop where we re-evaluate our values and determine which shaped us but are no longer serving us. It focuses on which ones need to be reframed or restructured to support where we are NOW. The session also includes a guided meditation to the place where we are living with these new values and provides a chance to FEEL the difference.



*Michelle Madl*

## EmpowHER Hour Panel

This powerhouse panel of women business owners will share their journey and empower others with their stories.

The panel will be hosted by Michelle Madl with WeHub and feature the following panelists:

Colleen Bies of Colleen Bies Photography

Jessica Haessly of Yoga Story

Ashley Senk of Ashley Senk LLC

Teri Tkachuk of Stellargirl

Juliana VanLaanen of 2MamaBees



*Teri Tkachuk*



*Ashley Senk*



*Colleen Bies*



*Juliana VanLaanen*



*Jessica Haessly*