



EVOLVE
WOMEN'S CONFERENCE

2020: Perfect Vision for Your Life

MARCH 5
2020

UT Tyler Ornelas Activity Center | Tyler, TX

Welcome!



About the Host

The 1 in 3 Foundation is a 501(c)(3) tax-exempt, philanthropic organization that provides recovery tools, healing resources, fellowship and support to women who are adult survivors of childhood sexual abuse and sexual assault. The focus of the 1 in 3 Foundation is the healing journey of survivors as they enter various stages of life and providing resources, tools and support to cope with daily emotional and physical demands. Founded by a survivor of sexual abuse and assault, our goal of providing recovery tools and support systems focuses not only on the healing journey itself but also to allow survivors to live a free, vibrant and hopeful life no longer shackled to the trauma of the abuse.

Our Mission: The mission of the 1 in 3 Foundation is to educate and empower adult women survivors of childhood sexual abuse and sexual assault by providing comprehensive healing and transformation through counseling, advocacy and support.

What we do: The 1 in 3 Foundation cultivates programs in the community to support recovery and provide an outlet for women still healing from childhood sexual abuse and assault. Programs include a focus on addiction recovery. According to the Sexual Abuse Recovery Center, because sexual abuse is a traumatic experience, self-medication often seems like a preferable option to seeking help. This can lead to sex and love addiction, alcohol abuse and drug use. Often times women are not aware their sexual abuse trauma is directly related to their behaviors as adults and how it impacts every aspect of their relationships with others. The 1 in 3 Foundation will help to link survivors in a pattern of “acting out” with counselors, literature and organized support groups to help break the cycle. Survivors may be embarrassed or afraid to seek counseling or medical treatment and it will be the highest priority of the 1 in 3 Foundation to protect the anonymity of those it serves.

For additional information about our weekly PTSD Support Group for Survivors of Sexual Trauma, Lunch and Learn Programs and how you can become involved or change a woman's life in Smith County, please visit www.lin3foundation.org.



EVOLVE WOMEN'S CONFERENCE SCHEDULE

UT TYLER ORNELAS ACTIVITY CENTER

MARCH 5, 2020

Schedule-At-A-Glance



7:30 – 8:30 a.m.	On-Site Registration, Check-In and Breakfast
8:30 – 8:45 a.m.	Welcome and Conference Kick-Off
8:45 – 9:15 a.m.	Keynote Speaker – Cynthia Culver
9:30 – 10:30 a.m.	Breakout Sessions #1
10:45 – 11:45 a.m.	Breakout Sessions #2
11:45 a.m. – 12:15 p.m.	Lunch
12:15 – 12:20 p.m.	Monarch Awards Presentation
12:20 - 12:50 p.m.	Keynote Speaker – Lisa Pulliam
1:00 – 2:00 p.m.	Breakout Sessions #3
2:15 – 3:15 p.m.	Breakout Sessions #4
3:15 p.m.	Close



Thursday, March 5, 2020

8:45-9:15 a.m. KEYNOTE SPEAKER

Unstuck

Cynthia Culver, Executive Coach

In a culture that prizes immediate gratification and quick tips to transform your life, why are so many people facing the same issues day after day, year after year? Have you had an area of your life you felt stuck in and hopeless to change? Have you tried all the quick and easy solutions only to find yourself back at the same place? Join us as we explore four principles that when practiced over time will guide you down the path of becoming unstuck.

9:30-10:30 a.m. BREAKOUT SESSIONS

Tell ‘Em What You Really Think: Why Women need to stop biting their tongues, muzzling themselves and suppressing their power

Anissa Centers, Motivational Speaker and Confidence Coach, Live Your Truth

Women have been taught to bite their tongues, make the peace, and suppress their power in order to make others more comfortable or fit into the boxes that have been built for them. It's a way of life that eats away at the very core of who you are and keeps you from becoming all you can be. In this powerful call to action, Anissa Centers explains the high cost of not speaking your truth and shares powerful, effective, and practical ways to find your voice and show up in this world in all of your glory. **(Room A)**

Shutting out the Noise

Jodie Rohrbach, Ladies Director, Central Tyler

We live in an overstimulating world full of distractions and destructive voices in our head. In this session Jodie will give you strategies and tools to silence the negative and let your confidence shine. **(Room B)**

Well-Behaved Women Seldom Make History: Challenges Facing The Modern Woman

Aleksandra Cregler, Sociology Lecturer, University of Texas at Tyler

"Well-behaved women seldom make history." You may have seen that quote on bumper stickers or t-shirts. After this session you will at least remember that those words are not from Eleanor Roosevelt, Marilyn Monroe, Kim Kardashian, or any other celebrity name that may be given credit.

Whatever your age, your career status, your sexual preference or your income, being a woman in the modern day comes with its own unique set of challenges. For one thing, we seem to be thought of as a collective - one that can be understood by silly how-to guides.

- Developing individualized tools to support the path that will bring greater fulfilment, a sense of purpose and success in whatever endeavors a woman thinks are most important in her life;
- Honoring one's authentic self, which is fundamental to personal empowerment and the ability to build healthy relationships, both personal and professional;
- The extent to which women hold authority or positions of leadership...

...are just few of challenges to be discussed at this session. It's a great occasion to commemorate women's accomplishments. It's a special celebration of women's economic, political and social achievements. Every overcome challenge deserves a celebration!

(Room C)



10:45-11:45 a.m. BREAKOUT SESSIONS

USE YOUR WORDS- You can communicate confidently and clearly.

Anissa Centers, Motivational Speaker and Confidence Coach, Live Your Truth

* Do you walk away from conversations frustrated because you didn't say what you were really thinking or feeling?

* Do you have a personal or professional relationship where you feel like you're not heard or don't feel comfortable speaking up?

Too often, women don't speak their minds because they believe they don't know what to say or they're not comfortable saying it. That ends today. Join Anissa Centers and she will guide you through an effective step-by-step process of finding the words to powerfully express your needs in a way that feels good. **(Room A)**

Speak Human, Win the Internet

Lara Eastburn, Facebook & Instagram Ads Expert for Small Business & Non-Profits, Lara Eastburn Digital

When it comes to promoting your personal or business brand in digital spaces, the consensus of the internet gurus is clear. 'It's impossible to break through the noise.' I DISAGREE! I propose that it's much simpler than you think. Start by telling the truth. Honesty can feel so rare online that your audience immediately recognizes it, engages, and responds. Discover what it means to 'take off your virtual business suit' and embrace YOUR flavor of "weird." I will challenge you to have FUN when posting on social media - especially for business! Let's settle in to the idea of Speaking Human so that you can Win The Internet. Every day. **(Room B)**

When Two Worlds Collide - Navigating Life while Co-Parenting, One Mom's Perspective

Summer Tillson, Marketing Instructor, TISD Career and Technology Center

When the trials of parenting meet emotionally charged life events head on, relationships can get tricky. This session will provide one mom's perspective on how to keep love, respect, and trust at the forefront of modern day co-parenting. **(Room C)**

11:45 a.m.-12:15p.m. LUNCH

12:15-12:20 p.m. Presentation of the Monarch Awards

12:20-12:50 p.m. KEYNOTE SPEAKER

Meet the Woman You Were Created to Be

Lisa Pulliam, Author | Speaker | and Mentor, Toes in the Sand with Lisa

Are you at a crossroads in life? Are you in a season where you wonder, "Is this all there is? Have I missed something?" Or maybe this question nags at your soul, "Who am I and what was I put on this earth to do?"

You see, I believe that no matter what season of life you are in, what profession you've chosen, what responsibilities you are juggling, and what burdens you are carrying, there is a calling on your life that is greater than what you can see right now. Meet the woman YOU were created to be. Today.



1:00-2:00 p.m. BREAKOUT SESSIONS

When What We thought Would Fix us...Didn't: Dealing with Unmet Expectations and Disappointment

Bobbie Burks, MA, LPC-S, BCPCC, 4:13 Center for Change

There cannot be life without expectations. But what happens when our peace, our joy, our health depend on expectations of ourselves and others that may not be realistic or reasonable? In this interactive session, we will explore reaching beyond traditional expectations and moving toward freedom and growth. **(Room A)**

Emotional Roller Coaster: My Journey in Photojournalism, Surviving Life's Stressors & Avoiding Burn-Out

Sarah Miller, Chief Photographer, Tyler Morning Telegraph

Tyler Photojournalist Sarah A. Miller will share what we wish she knew about work-life balance, emotional intelligence, community, vulnerability and physical and mental health when she dove head-first into her news career at age 22. **(Room B)**

Being an Outlier: Turning your differences into strengths.

Yaziri Orrostieta, Chief Executive Officer, WorkHub

Over the course of my life, I've always felt like an outlier. Different in many aspects of my life; from personal to professional settings. Join me as I share with you how I learned to turn those differences into strengths and embrace what makes me unique. **(Room C)**

2:15-3:15 p.m. BREAKOUT SESSIONS

Being Your Own Woman vs. Cultural and Family Influences

Moderator: Jane Neal, Executive Director, The Tyler Loop

Panel Discussion: Maya Golden Bethany, Samantha Dwight, Jacqueline Misko, Yaziri Orrostieta

Today's woman embraces a greatly different approach to life and work than the generations before. But who we are as modern women can still be greatly shaped by heritage, the belief system in which we were raised, religion and ethnicity. Our panelists discuss the trials and triumphs of being their own woman moving into the 2020's versus significant life influences. **(Room A)**

Journey, Process...Finding Your Way

Shannon Reynolds, Fitness Enthusiast, Shake it Like Shannon

Broken, overlooked, forgotten, confused, exasperated... Feelings that many of us have experienced throughout trying seasons of life. We are not alone in these feelings. The beauty of our brokenness is unique as we are all traveling from one place to another, experiencing life and doing the best we can. In this session, you will learn ways to navigate through hard seasons, maintain perspective, gain insight on how to find joy and hope regardless of circumstances, take hold of the power of choice, and identify how to recognize the good coming from difficult times. Most importantly learn how powerful your brokenness can be not only empowering you on this journey but helping others along the way. **(Room B)**

3:15 p.m. CLOSE



2020 Evolve Women's Conference Keynote Speakers



8:45 a.m.
Unstuck

Cynthia Culver, Executive Coach

Cynthia was raised in Tyler and went to school in Austin where she graduated from the University of Texas in 1992. In 2002, after seven years in business, she left the corporate world to pursue a Masters in Counseling at Dallas Theological Seminary. She has spent the last 17 years working with individuals in a variety of settings, from a counseling private practice to church, and now coaching in the corporate world, small businesses and individually.

What she loves to do is help people get unstuck! It is her passion to help people gain clarity on what matters to them and develop a plan to live it out! She takes her clients through a process of identifying their own broken mindsets that may be hindering them as well as the mindsets needed to overcome their barriers. Along the way, she helps her clients gain clarity on what matters to them and a plan to move toward those things.

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12:20 p.m.

Meet the Woman You Were Created To Be

Lisa Pulliam, Author | Speaker | and Mentor, Toes in the Sand with Lisa

Lisa Pulliam is a mom of four, wife to Chris, and a new grandma. Ten years ago Lisa stepped out of her comfort zone of being a stay at home mom, and into the world of entrepreneurship and leadership in the direct sales industry.

Through the last decade, Lisa's passion and true calling emerged: To inspire women to be all God created them to be. She is the author of two books, *Toes in the Sand* and *Souls in the Sand: Stories of Setbacks, Surviving, Stepping and Soaring* as well as the Founder of the Toes in the Sand Women's Retreats, her semi-annual retreat for women on her favorite beach in South Texas. She is also the founder of a new personal growth course called, "True Calling: The 5 Step Pathway to Reclaim Your Dreams and Live with Joy and Purpose."

She enjoys sunrises and sunsets at the beach, listening to podcasts, and taking long walks, but her favorite new pastime is being "Lulu" to her precious 2 year old granddaughter Emma and her baby brother Matthew!

[facebook.com/ToesintheSandwithLisa](https://www.facebook.com/ToesintheSandwithLisa) lisacarolpulliam@gmail.com (903) 830-5303



2020 Evolve Women's Conference Speakers



Aleksandra Cregler, Sociology Lecturer, University of Texas at Tyler

Aleksandra Veleva Cregler is born and raised in Macedonia (Eastern Europe). Coming from a long line of educators, she has worked with upper-level governmental departments in her native country, including The President, The Ministries of Education and Foreign Affairs, as well as many diplomatic embassies and consulates. She is an author of a monograph book (The Intercultural Communication within Mass-Culture), which had been awarded on many occasions. Her academic dedication has been recognized with the prestige award for “Best Young Researcher for 2013”. The initial concern of her work is to adapt the theoretical knowledge to actual social situations, producing knowledge that is pragmatic. She was a part of the faculty team at the University of Texas of the Permian Basin, and the University of Texas in Tyler. She is also a Board member of the 1 in 3 Foundation. Aleksandra is strongly dedicated to enriching the lives of students outside the classroom, attempting to inspire growth in her students by giving them tools to take into disciplines and into other domains of their life. Among these tools are a sense of curiosity, open-mindedness and a thirst for knowledge.



Anissa Centers, Motivational Speaker and Confidence Coach, Live Your Truth

Anissa Centers is a speaker and coach who delivers insightful, engaging and inspiring messages about how to consciously create the life you really want. She's an Emmy award-winning broadcast news anchor whose work has been seen by millions around the world. For decades, Anissa has interviewed Presidents, First Ladies, Senators, business leaders, world famous entertainers and others operating at the highest levels, allowing her to study success in every field. She combines all of that with years of personal development training to help you, finally, get what you want, whether it's more confident speaking, decision making or motivation.

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Bobbie Burks, MA, LPC-S, BCPCC, 4:13 Center for Change

Bobbie Burks is a Licensed Professional Counselor in Tyler, Texas, where she operates a solo practice with her comfort dog, Ginger. She is a life survivor, with a multifaceted resume that has taken her all over the world since her beginnings as the only adopted daughter of a Marine Corps lifer. She holds certifications in many areas of psychological intervention methods as well as maintaining her status as a Board-Certified Professional Christian Counselor. She is an avid motorcyclist, and enjoys spin cycling, walking, reading, and music with her three dogs and husband, Phil. They have four children and six grandchildren, as well as two foster-grands.
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Jacqueline Misko, Graduate Student, University of Texas at Tyler

Jacqueline is from Malaysia and has been in the United States for 4 years. She is currently pursuing her Master's degree in Clinical Psychology and hopes to graduate in December 2020 from the University of Texas at Tyler. She lived in Minnesota for her first 3 years in the US and moved to Tyler, TX in December 2018. She is married to a US citizen and in the process of applying for her green card.



Jane Neal, Executive Director, The Tyler Loop

Jane Neal is the executive director of The Tyler Loop, a nonprofit journalism startup exploring East Texas news and culture. Jane also serves as storytelling director of Out of the Loop: True Stories about Life in Tyler and East Texas. Additionally, she works at the Literacy Council of Tyler and Tyler Public Library. Jane is a certified interfaith spiritual guide. She is a member of Leadership Tyler Class 33 and a former teacher of French at Robert E. Lee High School. Jane and her husband Don have four children.

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Jodie Rohrbach, Ladies Director, Central Tyler

Jodie Rohrbach is the Ladies Director at Central Tyler. Jodie felt the call to ministry at the age of 22 and began actively serving in her church. She joined the Central Tyler staff 7 years ago, and after serving as the Kids Director for several years, she transitioned into the lead role of Ladies Director. She oversees the ladies ministry, has a passion for speaking, and has organized conferences for ladies and church leaders. Her heart for ladies and her energy on stage will challenge, strengthen and encourage you!

Facebook: Release Ladies Community jodie@centralt Tyler.org (903) 561-6361



Lara Eastburn, Facebook & Instagram Ads Expert for Small Business & Non-Profits, Lara Eastburn Digital

Lara started her first business when she was 12 and has been a champion for smaller business ever since. Self-professed “social media mixologist,” she is a Facebook Ads specialist with an international clientele. Lara brings a doctorate in French and Linguistics (yeah, she’s a word geek) and a whole lot of sass to her work teaching small business owners how to “speak human” online. So you can win the internet every day. When she’s not eating, breathing, and sleeping all things Facebook, you’ll find her laughing, singing, and dancing with husband Drew and two young daughters.

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Maya Golden Bethany, Freelance Journalist

Maya Golden Bethany is the founder and executive director of the 1 in 3 Foundation. She is an award-winning television and print journalist and novelist. Maya earned her degree in journalism from Texas A&M University. She began her television career at WFAA in Dallas. She worked as a general assignment reporter for KLTV in Tyler, Texas before becoming the first female weekend sports anchor/sports reporter in the station’s history. Maya further made history as the first female sports director in East Texas television history. She is the winner of several Texas Associated Press Broadcasters Awards as well as a two-time Lone Star Emmy nominee and the winner of the Excellence in My Market Award from the Lone Star Emmy Chapter of the National Academy of Television Arts and Sciences. Maya currently is a freelance journalist and is a frequent contributor for Fox Sports Southwest, Inside High School Sports and a sideline reporter for Legacy Sports Network. She has been featured on Fox Sports College as well as ESPN 2 & 3. Her work has also appeared on *BlackGirlNerds.com*, *Dave Campbell’s Texas Football*, *IN Magazine* and the *Tyler Morning Telegraph*.

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Samantha Dwight, Student Affairs Professional, University of Texas at Tyler

Samantha Dwight is Michigan born, remaining there until completion of a BA with major coursework in cultural anthropology. Soon after, she reunited with a college friend and moved to the Dallas area. Her latest adventure finds her in East Texas where she dwells at her own unique intersection of privileged and marginalized identities. She embraces the truth in Alice Walker’s declaration that activism is the rent we pay for living on this planet.

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Sarah Miller, Chief Photographer, Tyler Morning Telegraph

Sarah A. Miller is the Chief Photographer at the Tyler Morning Telegraph Newspaper. She is a 2009 graduate of Central Michigan University. She is a Barbara Jordan Media Awards winner and a member of the National Press Photographers Association. She has three cats: Grape, Stripecy and Fendi.

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Shannon Reynolds, Fitness Enthusiast, Shake it Like Shannon

Shannon Reynolds is a mother, wife and fitness enthusiast who loves to learn, connect, help and encourage others. Fitness has been her platform and vehicle to connect to others for more than 20 years including formats such as Zumba, crossfit, strength training, kickboxing, running, ballet barre and wellness programs. She is passionate about serving and sharing transparently as she has learned gratitude for each and every step of her journey.

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Summer Tillson, Marketing Instructor, TISD Career and Technology Center

Summer has 10 years of experience, along with years of personal research on positive co-parenting relationships. Her naturally inquisitive mindset on child development and psychology motivated her to create as positive an environment as possible for her son to grown up in, despite the traditional relationship with his father deteriorating rapidly. Summer is a former Champions for Children of Smith County Board Member and current High School Marketing Instructor for TISD Career and Technology Center. She feels both roles have allowed her to merge a passion for building and fostering positive relationships along with the development of children during their formative years into one.

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Yaziri Orrostieta, Chief Executive Officer, WorkHub

Yaziri Orrostieta is the Chief Executive Officer at WorkHub. Prior to her current position, she served as Vice President of Marketing at Heritage Land Bank. She is also a real estate entrepreneur. Yaziri earned her M.B.A. from the University of North Texas and her B.B.A. in Marketing from the University of Texas at Tyler. In 2018, Yaziri was the recipient of the W.C. Windsor award, honoring Tyler’s most outstanding citizen under the age of 40.

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2020 1 in 3 Foundation Monarch Award Winners



Bobbie Burks, MA, LPC-S, BCPCC, 4:13 Center for Change

Bobbie Burks is a Licensed Professional Counselor in Tyler, Texas, where she operates a solo practice with her comfort dog, Ginger. She is a life survivor, with a multifaceted resume that has taken her all over the world since her beginnings as the only adopted daughter of a Marine Corps lifer. She holds certifications in many areas of psychological intervention methods as well as maintaining her status as a Board-Certified Professional Christian Counselor. She is an avid motorcyclist, and enjoys spin cycling, walking, reading, and music with her three dogs and husband, Phil. They have four children and six grandchildren, as well as two foster-grands.



Jeremy Flowers, Public Educator & Special Event Assistant, East Texas Crisis Center

Jeremy Flowers is a public educator and special event assistant for the East Texas Crisis Center. Jeremy has been a resident of Tyler and East Texas for 14 years. In 2009, he co-founded Step Up, a program geared toward engaging boys and men in the prevention of sexual violence. Jeremy has conducted trainings for UT Tyler & Texas College male athletes, after school programs such as the Boys & Girls Club, high school students, and the Texas Association Against Sexual Assault. He has facilitated multiple panel and screening discussions on healthy masculinity at UT Tyler. Jeremy also attended the 1 in 3 Foundation's *What Does Healthy Masculinity Mean to You?* Town Hall Conversation in conjunction with the Washington, D.C. based organization Men Can Stop Rape.

Previous Monarch Award Winners



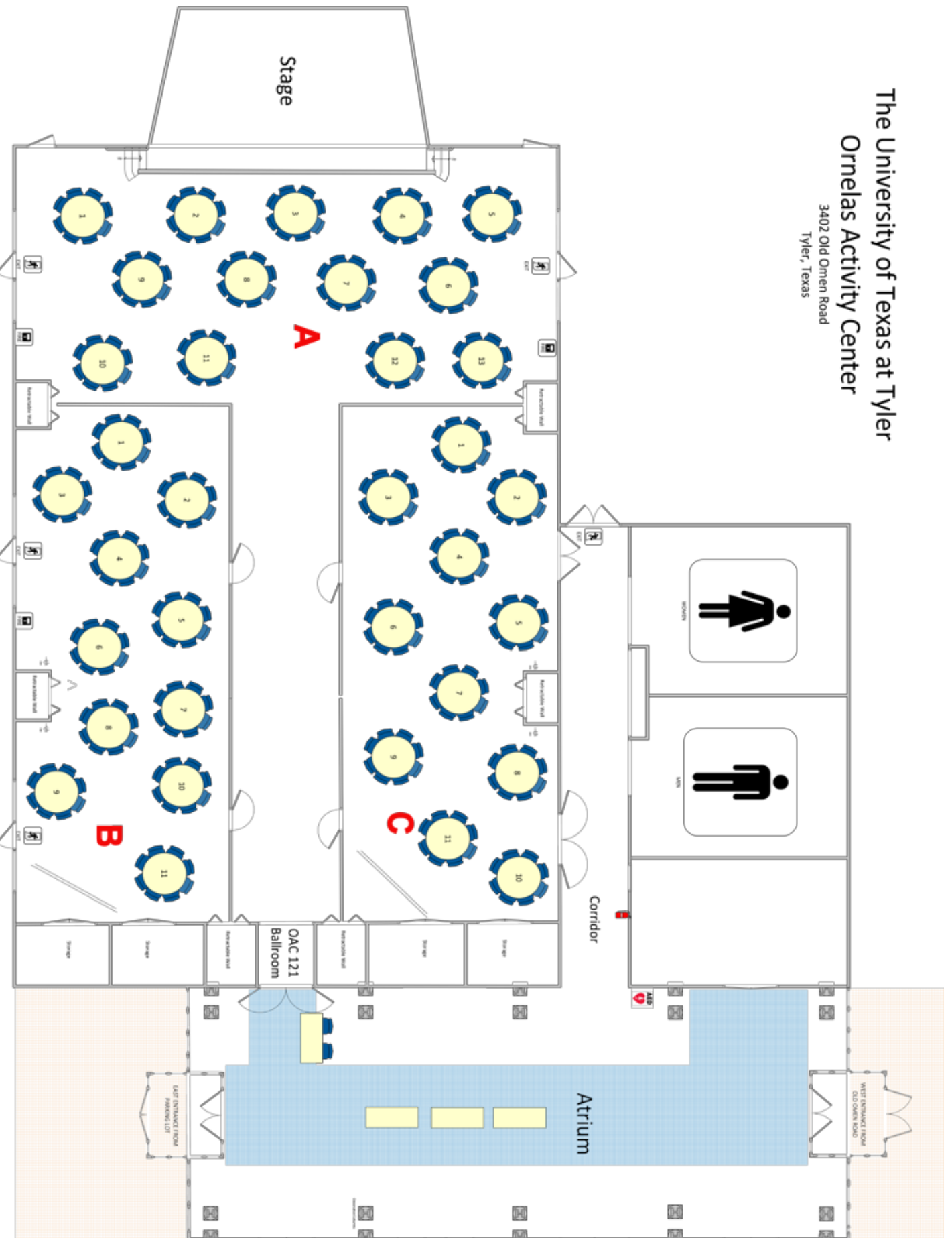
**2019 Winner
Brenda McBride, LCSW**



**2019 Winner
Ricklan Holmes
Head Football Coach
John Tyler High
School**

The University of Texas at Tyler
Ornelas Activity Center

3402 Old Ormen Road
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Successful women are constantly evolving. They are continually growing stronger, more vibrant and more determined to live fuller lives. The Evolve Women's Conference will bring women with a growth mindset and positive outlook together for a full day of learning, laughter and lifting each other up.



Conference Sponsors

