

Women's Empowerment 2010

Seminar Sponsorships

"Aspire to Inspire"2

Inspirational Seminars

The Superwoman Syndrome: Being everything for everybody

Description: In today's fast paced society, many women are often caught up in what is appropriately called the "Super Woman Syndrome." These women are constantly striving to accomplish everything possible in a perfect manner and have not learned how to put themselves as a top priority. (Source: Dee Marshall). **Learn** how to balance the role of mother, wife, friend, sister and co-worker in this motivating and empowering seminar hosted by TV Lifestyle Expert, Certified Coach and Author Dee Marshall.

Time: 11:00 am

Location: East Concourse

Tears to Triumph: Turning Your Personal Trials into your Greatest Triumphs

Description: This seminar, based on the book *Tears to Triumph*, will examine how women learn to live, love and thrive. During this session, we will look at a new framework that not only moves beyond surviving, but it will provide suggestions for women on how they can use adversity as a blueprint for future success. Every bad boss, poor relationship and personal struggle creates a competitive edge in each woman for excelling in situations where flexibility, nerve and resourcefulness are needed.

Time: 5:30 pm

Location: East Concourse

Beauty Seminar

The "Hollywood" Complex: The Truth behind Beauty

Description: Throughout the years society has dictated what "beauty" should look like. Beauty however comes in many different colors, shapes and sizes, and there is no one definition of beauty. This panel will take an in depth look at different issues affecting women of color and how our beauty can be displayed in many forms.

Time: 2:30 pm

Presented by Subway "Home of the \$5 foot long"

Location: East Concourse

Relationship Seminar

Secrets of a Good Wife: What are you cooking with?

Description: Whether you are single or married, learning how to manage all aspects of your marriage are important. So what are the ingredients of a good wife? Join us as we discuss how to communicate within marriage, how to handle a cheating partner, managing your finances and the significance and meaning of the phrase "Behind Closed Doors."

Time: 6:30 pm

Location: East Concourse

Career Seminar

Building Bridges through Employment Training: Investing in Your Future."

Description: Want to take your career to the next level? Learn all the tips and advice from the Center for Employment Training at this interactive seminar as they discuss: the history of CET, the training skills they offer, their partnering employers, community involvement, success stories and more.

Presented by: Center for Employment Training

Time: 11:00 am Location: Arena Club A – Second Floor

Financial Seminars

The Road to Financial Freedom

Description: This seminar will discuss the variety of ways one can obtain Financial Freedom through learning the basics of investing in stocks, real estate, paying off your credit card debt and more.

Time:

Presented By: Bank of America

Health Seminars:

Warrior Women: Fighting Health Disparities

Description: Hear the powerful testimonies of women who currently live with or have survived diseases that affect our community everyday; followed by a discussion with top Duke Medicine physicians.

Presented by: Duke Medicine

Music Provided by Afro Flow

Time: 2:00 pm

Location: Main Stage

The “Other” Health Issues:

Description: A Deep discussion on how diseases such as Mental Illness, Sickle Cell Anemia, Deep Vein Thrombosis, and Alzheimer’s.

Presented by: Raleigh Radiology and the Stop the Clock Forums

Time: 3:30 pm

Location: East Concourse- Second Level

Main Stage Seminar:

Black Men Revealed Part II

Description: An In Depth Look and discussion with 5 Key Influential African American Males as they sit at a round table to discuss how we can enhance and continue to progress within our families’, community, youth, relationships and more.

Time: 4:30 pm

Location: Main Stage

For Young Adults & Teens

Presented by Miller Motte College

Seminar I:

Inner and Outer Beauty: Femininity, Hygiene & Perceptions

Hosted By Miss North Carolina USA Nadia Mofett

Description: Participants will address current issues on self-esteem and perception. They will value and appreciate inner/outer beauty through embracing femininity and differences.

Time: 12:15 pm

Location: Arena Club- A Second Level

Seminar II:

Young Entrepreneurs, Leadership and Success With Angela and Vanessa Simmons

Description: Learn the keys how to be a young successful leader in school, business and within your extracurricular activities. Learn from two of today's top young leaders Angela & Vanessa Simmons from the Hit MTV Shows "Run's House" and "Daddy's Girls":

Time: 3:30 pm

Location: Arena Club – A Second Level

Seminar III

Sex, Lies and Videotape:

Hosted by the ladies of WEEN (Women in Entertainment Empowerment Network)

Description: Learn from some of the top executives in the law, government, music and the entertainment industries as they sit in an interactive and role playing sessions talking to teens and young adults 13-21 about sex, STD's and relationships during adolescence. The Women in Entertainment Empowerment Network will conduct this open and fun forum.

Time: 5:30 pm

Location: Arena Club – A