



Paralyzed Veterans of America

Empowering Women Veterans

Women Veteran Empowerment Virtual Seminar

November 18 & 19, 2020

Wednesday, November 18 - *Building Inner Power*

11:00 – 11:30 AM	Recognizing and Using Your Own Resilience, <i>Jeri Muse</i>
11:30 AM – 11:45 AM	Guided Discussion
11:45 – 12:05 PM	Managing Stress, <i>Tinyada Robinson</i>
12:05 – 12:25 PM	Ur Reiki Session with Twila, <i>Twila Adams</i>
12:25 – 12:40 PM	Break
12:40 – 1:00 PM	Harnessing the Power of the Arts to Share Your Truths and Change Perspectives, <i>Maureen Elias, Candice Caesar</i>
1:00 - 1:30 PM	Staying Mentally Fit, <i>Kate Hendricks-Thomas</i>
1:30 – 1:50 PM	Adapting Physical Activity, <i>Christina Lafex</i>
1:50 – 2:00 PM	Developing Action Plans, Write it, Say it, Do it.

Thursday, November 19 - *Developing External Power*

11:00 – 11:45 AM	Baghdad to Rio and Beyond , <i>Melissa Stockwell</i>
11:45 AM – 12:00 PM	Question and answers with speaker
12:00 – 12:30 PM	Finding Your Power Place – work, school, volunteering, <i>Lauren Lobrano, Tracey Cooper-Harris, Ann Adair</i>
12:30 – 12:45 PM	Break
12:45 PM – 1:15 PM	7 Financial Tips for Life After Lockdown, <i>Jenifer Rieck</i>
1:15 – 1:45 PM	Empowering the Leader in You, <i>Tammy Jones, Anne Robinson, Cheryl Lewis</i>