

# **PERSIST**

## **SCHEDULE OF BADASSERY**

**\*subject to change if we're feeling saucy**

**9:30-10:00 AM**

**BREAKFAST/CHECK-IN**

**10:00-10:30 AM**

**YOU ARE A BADASS!**  
WITH TINA VANSTEENBERGEN

**10:45-11:30 AM**

**BADASS BREAKOUT #1**  
LAURA LAVENDER, HAILEY MANGRUM, TINA  
VANSTEENBERGEN

**11:30-11:45 AM**

**TAKE A BREAK!**

**11:45-12:30 PM**

**BADASS BREAKOUT #2**  
LAURA LAVENDER, HAILEY MANGRUM, TINA  
VANSTEENBERGEN

**12:40-1:30 PM**

**LET'S GET REAL & EAT**

**1:30-1:45 PM**

**LEARNING BURST**

**1:45-2:30 PM**

**WHAT'S HOLDING YOU  
BACK?**  
WITH JESS EKSTROM

**2:30-2:45 PM**

**LEARNING BURST**

**2:45-3:30 PM**

**SERVE OTHERS!**

**3:30-4:15 PM**

**AND YOU WILL PERSIST**  
WITH TINA VANSTEENBERGEN

**4:15-??? PM**

**HUG IT OUT**

# BADASS BREAKOUTS

**#1-10:45am-11:30am**

**LAURA  
LAVENDER**

**DO FUTURE YOU A FAVOR:  
RESUME, NETWORKING,  
AND LIFE ADVICE**

Let's do Future You a big ol' favor! In this powerhouse session, we're going to talk about all the career/life advice you need to set yourself apart from your peers. We're going to walk through how to get the most out of your Greek experience, how to showcase it on your resume, and how to be one of those humans that others look at and think, "damn, she's cool." Buckle up, because we've got a lot to cover!

**ROOM 2213**

**I'M SPEAKING:  
UNDERSTANDING THE  
POWER OF YOUR VOICE**

**HAILEY  
MANGRUM**

For centuries, women have been pivotal in leadership and making a positive difference in the world. But if this is the case, then why do we continue to doubt ourselves, our worth, our passion, or what we are truly capable of?! Making the choice to enact the influence within your voice starts with you -- so let's dive deeper into discovering who you are at your core to unlock the power in your voice.

**BALLROOM D**

**TINA  
VANSTEENBERGEN**

**WE ARE NEVER, EVER, EVER  
GETTING BACK TOGETHER:  
CONFLICTS IN FRIENDSHIPS**

Breakups are always hard. But what about when we break up with our friends?? Conflict with our friends happens maybe even more often than with people we're dating, and yet we don't talk about how to handle it. Ever. In this session we'll talk about what healthy relationships feel like, and how we can start to notice when things start to feel unhealthy. Mostly, let's talk about how we know when it's time to end a friendship, and how to do it.

**BALLROOM E**

# BADASS BREAKOUTS

#2-11:45am-12:45pm

**HAILEY  
MANGRUM**

**I'M SPEAKING:  
UNDERSTANDING THE  
POWER OF YOUR VOICE**

For centuries, women have been pivotal in leadership and making a positive difference in the world. But if this is the case, then why do we continue to doubt ourselves, our worth, our passion, or what we are truly capable of?! Making the choice to enact the influence within your voice starts with you -- so let's dive deeper into discovering who you are at your core to unlock the power in your voice.

**ROOM 2213**

**LADIES:  
SORRY BUT WE SHOULDN'T  
BE SORRY**

**TINA  
VANSTEENBERGEN**

How many times a day do you say, type, or think "I'm sorry!"? More than we realize! We've been taught that apologizing makes us seem nicer, easier to get along with, more chill. That may be true, but this habit also makes us smaller, less powerful, and full of self-doubt. All of this apologizing has impacts on our self-esteem, mental health, and even our professional futures. This session will help you learn that YOU are meaningful and powerful, too—that your existence does not require an apology.

**BALLROOM E**

**LAURA  
LAVENDER**

**BETTER BOUNDARIES:  
RECLAIM YOUR TIME, ENERGY, AND POWER**

Do you ever feel like you're on a hamster wheel and your life is being controlled by others' expectations or demands? You're not alone! As leaders (and as women!), we're constantly getting pushed and pulled to accommodate others. But there's another way... and it starts with better boundaries. In this session, we're going to talk about how to set (and protect!) boundaries to reclaim your time, energy, and power. This is your life, so let's get you back in the driver's seat creating the life YOU want to live.

**BALLROOM D**



# BADASS KEYNOTES

**TINA  
VANSTEENBERGEN**

## OPENING KEYNOTE: YOU ARE A BADASS

Yes, you! But we all know there are days where that doesn't feel true—where we feel the opposite of badass or confident or capable. Life for women in college is hard, and believing in your badassery isn't always easy. And. We can do it. We can feel confident and powerful and good enough, especially when we come together.

## WHAT'S HOLDING YOU BACK?

**OUTPLAY YOUR IMPOSTER SYNDROME SO  
YOU CAN ACHIEVE INFLUENCE AND SUCCESS**

**JESS  
EKSTROM**

The quality of your future is entirely dependent on the quality of your mindset. The first step to achieving influence and massive success is editing your thought patterns and the negative feedback loops that are holding you back.

This keynote will help audiences identify the five mental traps we fall into on our way to success and how to overcome them.

**TINA  
VANSTEENBERGEN**

## CLOSING KEYNOTE: AND YOU WILL PERSIST

Hopefully at this point in our day, you are feeling fully reminded of how badass you are. But what about when we leave this beautiful space we've created? Let's work together to make sure that you have everything you need to remember exactly who you are, and that you will always be able to persist.

# BADASS SPEAKERS



## JESS EKSTROM

Jess Ekstrom is the founder of Headbands of Hope and Mic Drop Workshop, investor in women, 2x best selling author, Forbes Top Rated Speaker and new mom.

Her first brush with success was selling all of her toys on eBay when she was twelve. She's the bestselling author of Chasing the Bright Side and Create Your Bright Ideas. Her hobbies include writing, hiking, board games with her husband, playing peekaboo with her baby, and searching for the best breakfast burrito in America.

## LAURA LAVENDER

Laura Lavender (yes, that's her real name!) is a career and life coach that has spent the last decade helping college students get their money's worth at school, graduate on time (or early!), and build the skills they need to manifest their dream lives.

She believes only boring people get bored, that everyone deserves a hobby, and that a little act of bravery can go a long way.



## HAILEY MANGRUM

Hailey Mangrum believes in the power of community and is on a mission to lift up voices often unheard. As a member of Delta Sigma Theta Sorority, Incorporated, she is dedicated to prioritizing humanity, empowerment, and increasing cultural competence to foster inclusive environments.

With experience working on college campuses, serving on staff for fraternity/sorority headquarters and a facilitator of leadership programs, she is committed to the growth and development of leaders.



## AND ME, TINA!

Tina is a professional speaker and facilitator with nearly a decade of badass experience working with badass women. She loves the snow, a great nap, baseball, and her family. But mostly, she loves women. She doesn't even know most of you yet, and she already loves you. She doesn't take herself all that seriously, but she takes her work seriously.

Tina is on a mission to help women feel less alone in the world, and she's here today to help us do just that.

