



Debbie Millar

RAD Women: An Introduction to Personal Empowerment Safety for Women

Debbie Millar, Director of Community Wellness and Engagement
Penn Medicine Princeton Health

Violence against women is a major health and criminal justice concern. FBI Statistics state that 1 in 3 women will be assaulted in their lifetime. RAD Women is a national self-defense course for women that combines realistic classroom learning with unique physical defense tactics and risk reduction strategies allowing women to feel confident and empowered. This introduction will provide an overview of skills and knowledge women need to stay safe and in control of their lives. They are designed for every woman regardless of physical fitness, and no prior experience is necessary.

About Debbie

Deborah Millar is the Director of Community Wellness and Engagement for Penn Medicine Princeton Health. She has been in many roles during her 31-year tenure at the hospital, starting her career as a labor and delivery nurse. As the leader of the Community Wellness department, Debbie has a staff of over 100 full time, part time, and per diem employees who provide an average of 2,000 health and safety courses to more than 55,000 members of the community each year. Debbie proudly introduced Rape Aggression Defense System Self Defense courses to the community by offering classes and encouraging dozens of Community Wellness staff members to become instructors. The RAD courses teach women, men, seniors, and children essential self-defense strategies to help them handle difficult situations and avoid risk.





Brett Ashley Davis

The No. 1 Mindset Shift to Live an Intentional and Purposeful Life

Brett Ashley Davis
Mental Performance Coach

Are you making yourself a priority? Join Brett as she shares the number one mindset shift you can implement in your life today to bring more purpose, intention, joy, and belonging into your life. Identify how the comparison mindset holds us back and how you can shift to a competitive one. Get ready to bring the energy, share experiences, and leave this session with a proven approach to create big change in your life and THRIVE!

About Brett

In 2020, Brett Ashley Davis experienced a life changing workshop and followed her dream to become a Mental Performance Mastery Coach through Brian Cain's Certification. Since creating her own coaching business, she has coached and mentored 100's of clients, including young adults, student athletes and professionals. She recently launched a 12-module online course for student-athletes focusing on three key elements of mental performance: clarity, accountability, and support. Brett serves as the Mental Performance Advisor for Field Hockey, Women's Volleyball, Women's Basketball, and Baseball at Rider University, and she was the keynote speaker for Fairleigh Dickinson University's Student Athlete Leadership Academy in 2022. She's extremely passionate about helping others uncover their maximum potential and she's driven to bring forth a confident competitor.





Dr. Gianna Bigliani

Moving Into Your Power To Unlock Your Best Self

Dr. Gianna Bigliani, PT, DPT, OCS, CSCS
Founder, Fluid Physio, LLC

Moving your body can help release all kinds of tension and help you perform better in business and in life. This does not have to come at the expense of time, experience or work. In this session, you will learn how to move your body, find what feels good, breathe into your confidence, and open up your day to be more efficient. Learn the five simple movements and the stance that anyone can fit into their schedule, and you'll be prepared to take on whatever life throws at you!

About Dr. Gianna

Dr. Bigliani is a Doctor of Physical Therapy, Board Certified Orthopedic Clinical Specialist, and Certified Strength and Conditioning Specialist. She is the Founder of Fluid Physio, LLC. Since 2007, Dr. Bigliani has been helping people with pain: athletes of all levels, busy professionals, parents and grandparents who have been avoiding activities they love. She specializes in treating people with chronic conditions, injuries, and pain who have not responded to traditional treatments. Dr. Bigliani was a four-year member of the Crew team at Temple University, where she earned her BS and later worked as a Strength and Conditioning Specialist. It was also at Temple where she completed her Doctor of Physical Therapy degree and Orthopedic PT Residency. Dr. Bigliani was an Adjunct Faculty member at Drexel University, teaching Strength and Conditioning and periodization for performance.





How to Future Proof Your Career: Unlock Your Potential In an Ever-Changing Landscape

Judy Schoenberg & Linda Lautenberg
Founders, EvolveMe

Are you ready to take charge of your career and future-proof your professional journey? Join us for an exciting and empowering workshop designed specifically for women like you who are determined to thrive in a rapidly-changing work landscape. In this interactive and supportive session, we'll dive into the strategies, insights, and practical steps you need to future-proof your career and create a path that aligns with your aspirations and values. This dynamic workshop, led by the co-founders of EvolveMe, is designed to empower women of all professional backgrounds to be proactive – navigate challenges, seize opportunities, and build resilience for a successful and fulfilling career journey.

About Judy & Linda

Judy Schoenberg, women's career strategist, and Linda Lautenberg, return-to-work expert, are the co-founders of EvolveMe, a career development company for women in midlife. EvolveMe works with groups of women looking to relaunch, reinvent, or level up their careers and with companies invested in attracting and retaining top female talent. Through their proprietary DARE© method of career reinvention, Judy and Linda help cohorts of high-achieving women find clarity, gain confidence, and launch the best chapter of their professional life. EvolveMe has been featured in Forbes.com, CNN.com, Reuter's World at Work, HR Magazine, Fairygodboss.com, Ellevote Network, and Age Out Loud, and Judy and Linda have been featured on numerous podcasts.





Kat Verdi



Prepare for Your Senior Years: Learn How To Prepare For And Care For Your Loved Ones

Fiona Van Dyck, Van Dyck Law Group
Kat Verdi, Caregiver Advocate

Power of Attorney. Long-term Care Insurance. Living Will. Medicare. Supplemental Social Security Income. Advance Directive. A life transition for a loved one can be an emotional time, and it can be even more challenging when you have to navigate an eldercare system packed with intricacies and things you never knew you needed to know. Spend some time with Kat Verdi and Fiona Van Dyck today as they identify some of the most critical steps you can take to prepare for a life transition for your loved one...and make sure your affairs are in order as well!

About Fiona & Kat

Fiona Van Dyck is an Estate Planning and Eldercare Law Attorney, licensed to practice in NJ, NY and PA. She has been chosen by the New Jersey Attorney General's office to instruct their attorneys on the topics of Estate Planning, Estate Administration and Elder Law as part of their continuing legal education program and frequently presents seminars concerning estate planning and elder law including Medicaid and VA Aid and Attendance benefits. She has a Juris Doctorate from Rutgers University School of Law and a Master of Laws from The University of London. Fiona is an accredited Veterans Administration attorney and a member of the National Academy of Elder Law Attorney, WealthCounsel and ElderCounsel. Fiona is a Certified Dementia Practitioner and a Certified Alzheimer Disease and Dementia Care Trainer.

Kat Verdi, MAT, CADDCT, CDP, HTM is a Caregiver Coach assisting families in "healthcare transition," including those affected by dementia and Alzheimer's. Kat's career includes every aspect of senior healthcare, and she uses her experience to help her clients create a CAP (Comprehensive Action Plan) as they face the various decisions they need to make as they care for their loved ones. Kat also provides training on cultural humility, sensitivity and competency education to elder care service and housing providers, businesses, corporations, public civil service entities and educational institutions.

