



**51st Annual Conference DAY 3 July 20, 2021  
Teen Forum Resiliency Schedule**

**8:00AM**                              **Breakfast**                              **ROOM**  
Dining room: North building

**Morning Sessions: 9:00AM - 12:00PM**                              **ROOM**  
West building

**9:00AM - 10:00AM**                              **ROOM: Grand ballroom**  
**Teen Talk** Facilitator, **Marydith Tuitt**, Vice President NACW, Commissioner MCSW

**Session 1: 9:00AM-10AM**              **TEEN TALK/ Entrepreneurship & Non-Profit**



***Alana Andrews - CEO & Founder of The SWEY Corporation***

17-year-old Author, Speaker, Founder & President of the So Positive Initiative, CEO & Founder of So Positive, LLC., and The SWEY Corporation, and Host & Founder of the Gen Z Speaks podcast. From her second book, "Creating Confidence," Alana founded the So Positive Initiative (SPI). SPI mentors 5th grade students to help them understand and develop their self-confidence as they matriculate into middle school, while also spreading their impact through tangible means through the SPI 12-part book series featuring the programs highlighted and most popular lessons. Along with her community driven initiatives, Alana is a motivational speaker, and has spoken at venues including the largest women's business conference in the state of Virginia. Her entrepreneurial spirit and drive has allowed her to create the first natural sports drink made by Gen Z for Gen Z out of her need for a product like this as a prediabetic when she was 8-years-old. The drink, SWEY (Strong Wise Energetic Youth), will be launched in the spring of 2021 through SWEY's website at sweytoplay.com. Alana is heavily involved in leadership initiatives and has been recognized as a leader including being a 2019 Harvard University Bold Ambassador, earning the honor of the leadership award during Barnard College of Columbia University's Athena Business program, as well as gaining acceptance into the Wharton Global Youth Program to study Leadership in the Business World for the summer of 2021. Alana is a junior at Potomac Falls High School, a Senior Girl Scout, mentor to young entrepreneurs, and has been featured in publications including Mission Magazine in New York, Northern Virginia Magazine, and ABC7.



**Mahsa Riar** is 14 years old and the Founder of *Limitless Limb*, a company dedicated to creating personalized, expressive, and affordable 3d printed prosthetics and assistive devices for children with limb differences. Mahsa is a former student of the Loudoun Chamber of Commerce's Young Entrepreneurs Academy class of 2019 and was the youngest Grand Prize Winner of the Loudoun YEA! Investor Panel. Mahsa has taken on leadership roles in a variety of initiatives and programs including chairing the Loudoun Commission on Women and Girls (LCWAG)'s inaugural Girl emPower Summit, a program focused on leadership development for girls ages 13-18. She also serves on the board of Loudoun Young Entrepreneur Forum (LYEF) and is a Loudoun County Public Schools Student Equity Ambassador. In 2019, Mahsa founded Create for a Cause, an initiative to raise social awareness among Loudoun County's younger generation and inspire them to drive change. Her achievements have led to speaking engagements and other recognitions including being featured in Voice Of America: Teens in Innovation and Technology; speaking at Amazon Girls Tech Day as a Trailblazer 2.0; One Million Cups; recipient of the Loudoun Chamber of

Commerce Community Leadership Award; the Young Women Stellar Award, the Loudoun Minority Student Achievement Advisory Committee (MSAAC) Student Award; the Loudoun Special Education Advisory Committee (SEAC) Student Award; and the Loudoun County Chamber of Commerce's YEA! 2019 Saunders Scholar. Mahsa has been recipient of academic awards including the US Presidential Award of Outstanding Academic Excellence, the Johns Hopkins Center for Talented Youth Honor Award, and the National Junior Honor Society. Mahsa is a poet and has several poetry publications by American Library of Poetry. Mahsa is an earnest and passionate student leader. She is driven to inspire the younger generation to make meaningful contributions to their community. Her accomplishments have been featured by media outlets such as, WUSA 9, DVM FOX 25, and ABC NEWS channel 13, NBC Channel 4 as well as being written in Loudoun Times, Loudoun Now and NOVA Magazine.



**Chantel Bethea: Women In Action Inc.** was founded by Chantel Bethea in 2010. She is a native of Atlanta, GA and a current resident of Worcester, MA. She is also a wife and a proud mother of four beautiful children. Empowering women has been a long time passion of hers. Through several years of mentoring/empowering experiences and countless conversations with women, the concept for this organization was developed. Throughout the years she has seen the growing need for positive female role models. She is honored to serve the women in her community by helping our women.

Lastly and most importantly, Chantel credits her mother for giving her the spirit to give back. She feels as though she would not be who she is today without her mothers' love and support. She states, "My mother has built her life around helping others and has certainly been the inspiration for my program." Women In Action Inc. was developed to empower the lives of women, as her mother has continuously done in her life.

Chantel received the Unsung Heroine from the Massachusetts Commission on the Status of Women in 2015. She also received an award from the Worcester Business Journal for the 40 Under 40 Awards in 2015. Chantel also was the Hometown Hero for Worcester Magazine in 2015. In 2019 Massachusetts Black and Latino Legislative Caucus. 2020 Erskine Award Winner.

**10:45AM - 12:00PM**

**HerStory; HerImpact** Facilitator, **Jill Ashton**, President NACW, E.D. of MCSW

**Session 2: 10:45 AM -12:00 PM**

**HerStory: HerImpact**



**Denella Clark is Chair of the Massachusetts Commission on the Status of Women and Girls (MCSW)**, In June 2020, she was elected as Chair by her fellow Commissioners and is the first woman of color to lead the Commission.

Ms. Clark is also President of the Boston Arts Academy Foundation (BAAF), a nonprofit supporting Boston Arts Academy, Boston's only public high school for the visual and the performing arts. She's leading BAAF's first-ever campaign, *Building Our Future* – a 6-year comprehensive \$32M campaign. She has more than 25 years of experience in nonprofit management, with significant leadership roles with The Dimock Center, Joslin Diabetes Center, MGH/Partners Healthcare, Bottom Line and most recently led her own firm The Give Back Group.

In addition to the MCSW, Clark has served on many Boards including the City of Boston's Racial Equity Fund, Boston Arts Academy Fashion Advisory Board, Board of Trustees of Fontbonne Academy, the Fenway Alliance Board, and the Executive Committee of the New England Area Conference of NAACP. In the past, she also served on many boards including the Metropolitan Council for Educational Opportunity, Inc. (METCO), NAACP, and The Boston Club Corporate Board Committee. Of her many titles, she is most proud to be Mommy-in-Chief to Cherina and Will.



**Kristina Bouweiri is the Chief Executive Officer and President of Reston Limousine**, Washington DC's premier transportation provider and ranked among the Top 10 largest luxury transportation operators in the nation. Starting with only five vehicles in 1990, Bouweiri diversified the business and developed Reston Limousine into a \$28 million company today with 250 vehicles from sedans to coach buses.

Kristina also is the founder of the monthly networking program zSterling Women and co-founder of the annual Virginia Women's Business Conference – two programs that have helped hundreds of women entrepreneurs and executives achieve their professional goals. An active business community leader, Kristina has served or currently serves on boards around the DC region and beyond, including *Enterprising Women* magazine DC Chamber of Commerce, Leadership Greater Washington, Northern Virginia Community College, Inova Loudoun Hospital Foundation, and Loudoun CEO Cabinet, among others. She also is a member of the Dean's Advisory Council at George Mason University's School of Business, where she helped launch a Women in Business Initiative program to support students, alumni and other businesswomen.

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Her recognitions include Washington Business Journal's Power 100 and Top Women-Owned Businesses in Washington DC, DC Chamber of Commerce Business Leader of the Year, and International Women's Entrepreneurial Challenge Award.



**Bithiah Carter, NEBiP** With deep experience in both finance and community nonprofit and foundation leadership, Bithiah Carter has a passion for fueling the 21st Century mindset by emphasizing leverage of the considerable assets of BIPOC communities to improve education, workforce, and economic resources. The mission of her organization, New England Blacks in Philanthropy (NEBiP), is to inform, reform and transform philanthropy through a focus on Black assets, rather than deficits.

Honored as a “Trailblazer in Diversity” by the Boston Business Journal, Bithiah creates opportunities for discussion and activism around diversity, inclusion, and communities. NEBiP’s research series *Giving Black* has been published in three cities thus far (Boston, Cincinnati, and Richmond) with the fourth (Hampton Roads) in process. This research, focused on Black assets, was the centerpiece for her Federal Reserve Bank of Boston article, “Revaluing Black America”, published in 2017.

Bithiah’s previous nonprofit experience includes serving as Executive Director of Grand Circle Foundation, Senior Director in the Community Impact Division of United Way, and Program Director at the Girls' Coalition of Greater Boston. Prior to that, she traded taxable fixed income bonds on Wall St. before joining John Hancock in Boston. She is a current member of Governor Baker’s Black Advisory Commission and a board member of Boston Medical Center Philanthropic Board, West End House, Parenting Journey, G | Code House, Inc., and Jose Mateo Ballet Theater, and a former board member of many other organizations including Boston Children’s Museum, Boston Women’s Fund, Green Light Fund, Room to Grow, and ABFE

**1:00PM - 2:00PM**

**M.E.M.O**

Facilitator, Silvia Young is a Latina, California-based, world renowned, change agent in female empowerment. Twenty-five years of gaslighting finally led her to an endometriosis diagnosis, and related infertility, C-PTSD, and disability. A best-selling author (memoir ‘My FemTruth’, anthology ‘FemTruth Endometriosis Edition’, children’s illustration book ‘Flo’s Friends, A Wellness Guide Beyond Menstruation’) and playwright (Gaslit, a three-act play) Silvia is also a menstrual equity coalition organizer (AB31 End the Tampon Tax in CA, AB1989 Right to Know, AB367 Menstrual Equity Act), and founder of FemTruth™, a collection of published works as a leading, authentic voice in womxn's health. What started as a project to uncover truth in gender bias and discrimination, evolved into a movement, FemTruth Youth, to change the narrative in curriculum and culture for the next generation through advocacy and the arts. She is also working on policy in CA specific to this cause. To learn more <https://linktr.ee/FemTruth>

**Session 3: 1:00PM - 2:PM**

**M.E.M.O**



**Bria Gadsden, M.S. ,Founder “Love your Menses”**

Bria Gadsden, MS is the Co-Founder and Executive Director of Love Your Menses. She is a wellness enthusiast and is passionate about creating community based programs that promote menstrual equity in Black and Brown communities. She hopes to break the period taboo while working in partnership with community members through community conversations, menstrual education, and resource connection.



## Dr. Ebere Azumah, CoFounder “Love your Menses”

Dr. Ebere Azumah, MD, MPH, FACOG, ACC is a board-certified Obstetrician and Gynecologist, with an interest in high risk Obstetrics, Perinatal Anxiety, and Mood Disorders.

She is also a Doula, Life and Career Coach, Organizational Consultant, Blogger, Professional Speaker, and Author.



Sindhoori Kalavacharla is a rising senior at Dougherty Valley High School in the Bay Area, CA. She has a strong passion for business marketing/social media, advocacy, and dance and has incorporated her love for the 3 in all aspects of her life. She has been practicing Bharatanatyam (a form of Indian classical dance) for over 12 years, has performed all over the bay area, and completed her Arangetram (full-length solo debut) in 2019. At the age of 17, She has crossed over 6000 hours of Bharatanatyam training, practices, and has had over 100 stage performances. Sindhoori is the Vice President and founding member of the Ethnic dance club in her school. She combines her love for dance and social media marketing as the Head of Tech and Marketing for Namaha Foundation for the Arts (A San Ramon based non-profit). She is also the co-founder of a teen-run nonprofit organization called She Helps Her, striving to create a community of women supporting women to make a healthier world

for all. She is a youth lead for FemTruth Youth, a marketing and media coordinator at TriValley WEB, and an ambassador for both GenerationShe and ladkilove! She is the Chief Sales Officer at Ezypull and was a sales associate at Reuissi - as part of a JA Company program. Following high school, Sindhoori hopes to keep pursuing her passions by majoring in Marketing and Analytics, continue to advocate women’s health, as well as explore and improve on her dance and other interests.



Suhani Akhouri is a rising senior at Dougherty Valley High School in San Ramon, CA. She is passionate about women's health equity and entrepreneurship. She pursues her interests by using her business knowledge to aid non-profits and create community impact. She is currently a lead intern at iGIANT (impact of gender/sex on innovation and novel technologies), which she has been involved in since her freshman year. She also works part-time at a non-profit called Generation She and is a youth lead at FemTruth Youth. She also serves her community through a non-profit organization that she co-founded called She Helps Her, that aims to create a community of women supporting women to create a healthier world for all. On campus, she is the incoming president for her school's chapter of Future Business

Leaders of America. She has also co-authored the article "Viewing the COVID-19 Pandemic Through a Sex and Gender Lens", which was published in the Journal of Women's Health. In the future, she hopes to pursue social entrepreneurship and continue advocating for women's health equity.

1:00PM - 2:00PM

1ST AMENDMENT, 1ST VOTE Facilitator, Joelle Logue

Session 2: 1:00PM-2:PM

1ST AMENDMENT , 1ST VOTE



**Melina Carnicelli** spent much of her professional career as a public school teacher and administrator, retiring in 2008. While on a mid-career hiatus from the field of education, Melina followed her entrepreneurial dream and co-founded Treble Associates, a workplace consulting firm specializing in valuing diversity and Creating Respectful Workplace Environments,© and where she created the Room Full of Sisters event, an annual gathering for women and girls to celebrate all of who they are.

Melina served in many volunteer community positions over the years, and in 1995 was elected to public office on the Auburn City Council, and subsequently elected to a four-year term as mayor. She was the first, and she says, “UNFORTUNATELY,” the only woman thus far to be nominated for and elected to that leadership position in Auburn, NY. During her tenure, Melina became the first recipient of a local Martin Luther King, Jr. Drum Major Award for founding the Mayor’s Social Justice Task Force.

Melina led the grassroots development and implementation of Women March in Seneca Falls; and in 2018, she founded 1st Amendment-1st Vote, Inc, the non-partisan civic engagement program for teens who identify as girls, to begin to imagine themselves in elected office and professional government-related positions.



**Karen King Ph.D. is the Commissioner of Public Advocacy for Erie County** and the Executive Director of the Erie County Commission the Status of Women that helped initiate and partner with the 1<sup>st</sup> Amendment, 1<sup>st</sup> Vote Program. In addition to serving as Vice President on that board, she is a member of the New York State Council for Women and Girls, Executive Committee of the University at Buffalo Gender Institute, The YWCA of WNY, The Minority, Women Business Enterprise Utilization Advisory Board Members, and the County of Erie and City of Buffalo Joint Certification Committee. Formerly, Dr. King has served as an adjunct graduate faculty member at Buffalo State College and in the Graduate School of Education at the University at Buffalo. Additionally, she has developed and taught courses and conducted numerous workshops on popular media culture, social justice

advocacy and anti-racist feminist theory.

2:30PM - 3:30PM

IoNova Facilitator, Lorna

Session 3: 2:30PM-3:30PM

Women and Girls Physical and Mental Wellness

FOR REGISTRATION:

<https://www.eventbrite.com/e/hear-our-voices-equality-resiliency-advocacy-ticket-s-153555072355>

<http://www.nacw.org/conference2021>