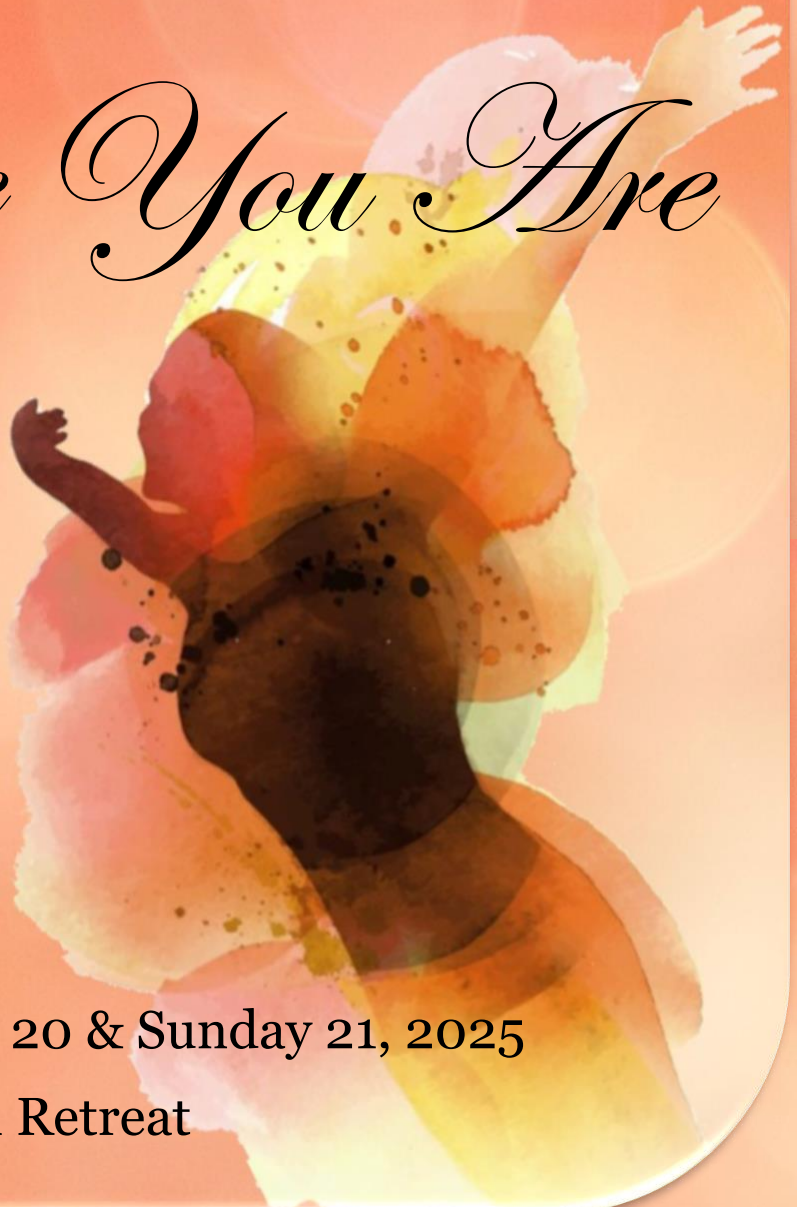


I AM Woman

*Conference 2025:
Because You Are*



Saturday, September 20 & Sunday 21, 2025

Virtual Retreat

Dear Beautiful Sister,

Welcome to I Am Woman 2025: Because You Are!

Please read this entire letter.

Today marks the beginning of our 11th year gathering as a powerful community of women devoted to owning and operating in our identity as God's greatest creation. What an extraordinary gift to share this moment with you. Over the years, countless women have entered this circle and left transformed. Now, it is your turn to step fully into this sacred space that has been lovingly prepared for you.

As you begin Day One, I invite you to pause and create your personal sanctuary. Light a candle, pour a cup of tea, wrap yourself in something that brings you comfort. Let your surroundings reflect the truth that this time is set apart just for you. Breathe deeply and allow yourself to arrive—not only here, but within yourself.

This retreat is a call to slow down, listen deeply, and open your heart to the soul-stirring experiences ahead. Over these two days, you will be guided to anchor yourself in your magnificence, own your divinity and boldly declare your irresistible future.

Come open, curious, and ready to receive. Trust that everything you need is already within you. This weekend is your invitation to remember, reclaim, and rejoice in who you truly are.

With deep love, gratitude, and unwavering belief in your brilliance,

*Sylvia High
Founder & CEO, Aiming High Inc.
Author, Master Coach, and Inspirational Leader*



Pst.	Est.	Agenda	
8:00 AM	11:00 AM	Open / Welcome	Marcanae France and Charreah K. Jackson
8:15 AM	11:15 AM	Poem, I Am Woman Manifesto	Brigitte Eads
8:35 AM	11:35 AM	Session 1 Keynote: The Power of Aligned Posture	Sylvia High
10:45 AM	1:45 PM	Session 2 Meditation	Raychelle LeBlanc
11:13 AM	2:13 PM	Session 3 Keynote: The Pivot Principles	Sylvia High and Dr. Felicia Phillips
1:03 PM	4:03 PM	Lunch	
1:38 PM	4:38 PM	Session 4 Panel - Art of Living Healed, Whole, and Fulfilled Teneshia Jackson-Warner, facilitator: Keisher Glymph, Logan Rená, Deziana Torres, and Gina Waota	
3:40 PM	6:40 PM	Session 5 - Sisterhood Collective: Me/She/We Dr. Sunne-Ryse Smith, facilitator: Pa'ntanisha Davis-Pierson, Sandy Bryant, Dr. Natsha Leath, and Brandee Brown	
5:30 PM	8:30 PM	Afterglow, an evening of Candid Conversations Trina Ramsey, Vallori Thomas, and Sylvia High	

DAY 2: Sunday, September 21, 2025			
Est.	Est.	Agenda	
8:00 AM	11:00 AM	Open / Welcome	Marcanae France and Charreah K. Jackson
8:18 AM	11:18 AM	Session 6 Worship - Morning Rising	Raynae Taylor and Sunne-Ryse Smith
9:18 AM	12:18 PM	Session 7 Because You Are	Raynae Taylor and Sunne-Ryse Smith
10:28 AM	1:28 PM	Session 8 Welcome Back and Reflection	Sylvia High
12:38 PM	3:38 PM	Closing Remarks	



“I am Woman Manifesto”

By: Brigitte Eads

I was designed by the most powerful force in the universe

I am all colors, shapes, sizes, and styles.

*Created with only one purpose in mind and that's to reflect the love, the
power and the passion that inspire my very existence.*

*I have been given the freedom to be able to choose what best
Fits my fashion, for life.*

*I have the wisdom to put in place the boundaries that will protect me
from the negative elements in life.*

*Designed to endure the pain of childbirth, yet humble enough
to submit to my man who was formed from the
foundation of this earth.*

I am Woman

*Designed to withstand whatever life conditions will bring bright
beautiful colors of spring representing movement
in an upward swing.*

Rainy, cloudy, dark, and gray a sure sign of a better day.

*Having the power to withstand that challenging situation until the
healing begins standing strong in the heat of that moment,
with the reassurance that the wind shall blow again.*

*Understanding that I am fearfully and wonderfully made,
and having the tenacity to trust
no matter what happens to me on this side of earth.*

*My creator is the only one that has the
power to validate my self-worth.*

I am Woman



ONE-ON-ONE COACHING FOR ELEVATED LIVING

Master Coach Sylvia High uses power revelatory questions and techniques that reveal the smallest of nuances that often cost us the most. This special process reveals to each client tiny nuances that are creating huge blocks to freedom, new possibilities, and stellar results.

The focus is breakthrough, but more importantly breaking free, so that new habits are sustainable for a lifetime.

The Aiming High Coaching program is based on the powerful principles that we as human beings are No-Thing, yet we are everything already always, this Unlearning leads each participant to new discoveries, new insights, and new results.

The Aiming High coaching program's approach is a unique intergraded program designed to penetrate the entire person; mind, body, and spirit, which catapults the coachee to new heights.

SUPERCARGE

A two-day extraordinary experience for the high achiever who is ready to live and operate fully from their Genius.



An intimate 12-person group coaching experience that leverages provocative inquiry, exploring, discovering, and owning the power of living from Genius and all that it means to do so.



Participants walk away owning all of their power, productivity, creative boldness, and unprecedented results that leave them ready to contribute to the world at their highest possibility.



Saturday, September 20, 2025



*EMCEE, Marcenae Lynette and
Cherreah K. Jackson*

The conference kicks off with the phenomenal Marcenae and Cherreah embodying grace, energy, and what I Am Woman represents. Join Marcenae and Cherreah as they dance to the music and the beat of a special heart as she emcees, moderates, and co-creates with us to reach our highest potential.



POET, Brigitte Eads

I AM Woman manifesto: Brigitte Eads, a poet of uncommon insight and a gifted orator, will anoint and set the context for the conference by offering you our conference manifesto.



Session 1: The Power of Aligned Posture, Sylvia High

The curator of the I Am Woman Conference, CEO of Aiming High, Inc. will welcome you like only Sylvia can. Then she will share how it's more than just how you stand; it's how you meet the world. In this powerful session, you'll uncover how your inner posture – your mindset, your beliefs, your way of being – shapes your reality. You'll explore how aligning your inner and outer self creates a profound presence that draws in what you desire and allows you to walk with a new sense of power and clarity. This is about commanding your own space, from the inside out.

Surround yourself
with women who lift
you higher.



Your worth doesn't
shift with opinions
or outcomes.

Command your
morning with truth.



*Session 2: The Pivot Principles,
Sylvia High and Dr. Felicia Phillips,*

In this conversation we engage in a beautiful conversation of life being a series of pivots – small moments where we choose a new direction. You'll discover how to navigate those crucial turns with grace and power. You'll learn to listen to your inner voice and trust your intuition so that every pivot is a conscious choice that moves you closer to your deepest purpose. This is your guide to turning moments of uncertainty into opportunities for profound growth.



*Session 3: I Am Woman Meditation,
Raychelle LeBlanc*



Session 4: Art of Living Healed, Whole, and Fulfilled,
Panel: Teneshia Jackson-Warner, facilitator: Keisher Glymph, Logan Rená,
Deziana Torres, and Gina Waota

From the panel, you'll hear the real, honest conversation about the inner work that leads to outer transformation. We'll build on The Power of Aligned Posture and The Pivot Principles' sessions, so you leave with not just inspiration, but tools to live this out every day.



Session 5: Sisterhood Collective: Me/She/We,

Panel: Dr. Sunne-Ryse Smith, facilitator: Pa'ntanisha E. Davis-Pierson, Sandy Bryant, Dr. Natasha Leath, and Brandee Brown

Together we'll explore how – rather than just being each other's keeper-we can become each other's answer and discover the power of creating a circle that fills you and fuels you. This is your invitation to step into authentic sisterhood, gain fresh tools, and be poured into by dynamic women who are walking the talk.



Come back for Afterglow:

An Evening of Provocative Conversations, 6: 30 pm
Vallori Thomas, Trina Ramsey, and Sylvia High

When Women Support
Each Other, Incredible
Things Happen



Woman Conference

*Afterglow, an evening of
Candid Conversations*



Title Sponsors



Supporting Sponsors



Sunday, September 21, 2025

Session 6: Morning Rising

Session 7: Because You Are

Pastor Raynae Taylor and Dr. Sunne-Ryse S. Smith

The two spirit filled power houses will bring a life-changing Word of God in our session, Because You Are. They'll guide you to own your identity as the greatest creations ever made – to walk in that truth, live in that truth, and execute our lives as if we know it deep in our bones. Like every moment of this conference, its interactive, experiential, and engaging – digging deep to discover and rediscover who you truly are.



Session 7: 5 Bold Steps, Closing Remarks

Sylvia High

Experience a rundown of day 1, reflect on your homework, and settle into what's to come.



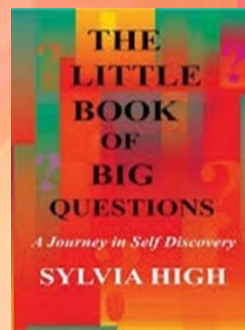
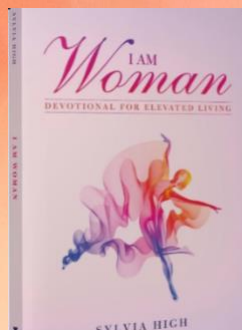


Sylvia High, Founder and CEO of Aiming High Inc., is an Author, Master Coach, and Training and Development Strategist with more than 20 years of success, delivering content and context to help businesses and individuals thrive in any competitive environment.

Sylvia is the author of "The Little Book of Big Questions," which uses pointed questions to guide the reader toward self-introspection, self-discovery and outstanding achievement across all areas of life, including business and education. She has led corporate and transformational workshops and seminars from coast to coast and in Hong Kong, delivering her signature training series, The Basic Workshop and The GAME CHANGER Basic Workshop, several times a year in San Francisco, Los Angeles, New York City and Atlanta. As the principal curriculum specialist for Aiming High, Inc. and many of its clients, Sylvia offers training solutions that support participants in identifying their hidden beliefs that either impede or accelerate achievement.

Also widely known as an "Impact Speaker," Sylvia recently served as a panelist on Oprah's The Life You Want Tour, and as a presenter at BET Networks' Leading Women Defined Conference. She has an outstanding reputation for inspiring and coaching audiences to develop the mind set required to get them from where they are in their careers, finances, and relationships to where they want to be. Sylvia's expertise lies in empowering people to think differently; to see beyond the obvious and to move boldly toward their intended results.

Aiming High Inc. assists both large and small organizations in areas such as leadership development, change and conflict management, diversity, communication effectiveness, and sales enhancement. Her clients include Bank of America, COMCAST, American Heart Association, CISCO, United Way, AMD Serono, AmeriCorps VISTA, Collier Capital, Momentum Education and Hewlett-Packard Co. among others. Sylvia makes her home in the San Francisco Bay Area, where she was the host of "Yes You Can!" a motivational TV show.





Sylvia High

CEO & Founder | Aiming High, Inc.

Signature Offerings

- **I AM WOMAN Conference**
- **Corporate Development**
- **One-on-One Coaching**
- **Supercharge**

**Scan the QR code to
learn more:**



MEET THE SPEAKERS



Teneshia Jackson Warner is the Founder and CEO of EGAMI Group, an award-winning multicultural marketing and communications firm. For more than a decade, she has led EGAMI in creating breakthrough campaigns for Fortune 500 companies and global organizations, helping them authentically engage multicultural audiences while driving measurable growth.

Under her leadership, EGAMI made history as the first multicultural and Black woman-owned agency to win the Cannes Lions Grand Prix in Film and continues to be celebrated for creative excellence and impact across consumer, healthcare, financial, lifestyle, and corporate sectors.

Beyond EGAMI, Teneshia is a two-time author, wellness advocate, and keynote speaker. Her books, *Profit With Purpose* and *The Big Stretch*, redefine purpose-driven marketing and offer a 90-day roadmap for pursuing bold dreams and fulfillment. A graduate of the Institute of Integrative Nutrition and certified health and wellness coach, she is also the founder of Dream Well Coaching, where she helps individuals and organizations thrive at the intersection of success, well-being, and purpose.

She brings a rare blend of CEO acumen, creative vision, and holistic leadership—empowering audiences to achieve extraordinary results while staying rooted in balance, meaning, and joy.



A fourth-generation serial entrepreneur, **Dr. Felicia Phillips** is a Master Business Strategist and CEO of PPICW, Inc. Today, Dr. Felicia uses her 33 years of experience to advise organizations like AARP, Delta Air Lines, Wells, Fargo, and McDonald's to name a few. In 2020, Dr. Felicia founded The One Million Dreams Foundation for Black Women and Girls. The 501(c)(3) foundation is a strategic alliance partner to the Small Business Administration and has partnered with Fortune 50 companies to help women-owned businesses with contract opportunities, certifications as well as access to capital. She is the recipient of the Joe Biden Lifetime Achievement Award as well as Atlanta Business League's 2022 Woman of the Year.



Deziana Torres, MSW is a multi-hyphenate social worker, storyteller, curriculum designer, and founder of the 3L Collective. With over 18 years of on-the-groundwork in schools, justice systems, and communities, Deziana builds trauma-informed ecosystems where lived experience becomes a launchpad for purpose, policy, and power. Through storytelling, she invites people of all identities and professions to reflect, heal, and leave behind more than just survival: to leave legacy.

MEET THE SPEAKERS



Logan Rená, is a powerhouse speaker, Certified Life Coach, and Best-Selling Author who transforms pain into purpose with style and impact. With over 10 years of experience on stages nationwide, she delivers honesty, healing, and hands-on tools that help women move from heartbreak to boldly embracing their next chapter. Her 13-year federal career with the Department of Defense, the Department of the Army, and the U.S. House Committee on Homeland Security gives her a unique blend of leadership and life lessons. Audiences connect with her because she is both deeply impactful and refreshingly relatable. Born in Mississippi and thriving in California, Logan's mission is to guide women back to themselves and help them love who they find. Beyond the stage, she's passionate about fitness, fashion, travel, family cookouts, and girl's night. Fueled by dark chocolate, caramel, and pecans, she is simply unstoppable.



Dr. Sunne-Ryse S. Smith is an inspirational trainer, speaker, consultant, and author. She is known for motivating people to live with a greater sense of self-awareness and purpose in life. She has been consistently described as thought-provoking, intuitive, and inspirational. She encourages people to think critically about their life's purpose and supports them in creating pathways to manifest their God-given dreams. She is the founder of Inspiration Matters Consulting, a firm that assists non-profit organizations and schools in developing and delivering programs that inspire. Dr. Sunne-Ryse's mission is to unlock spiritual gifts and have a transformative impact on communities!



Vallori Thomas is an accredited member of Forbes Coaches Council, an ICF-certified Coach, the Founder of The Institute at WOW Coaching and Consulting, and the author of *POSSIBILITOLOGY: It's A Great Day To Be Amazing*. Her book is a primer on a life perspective that brought her back into the mainstream of life from an isolated marginal existence. She went on to become an executive at a prominent fashion house, founded a nonprofit to empower women, and established WOW to share with others what life has taught her about overcoming, thriving, and the divine gift of reinventing oneself. She facilitates corporate training as well as adult and youth leadership development programs and has delivered women's empowerment training for Harvard University graduate students.

MEET THE SPEAKERS



Keisher Glymph draws from more than 20 years of experience as a results-driven professional, coach, and passionate speaker dedicated to empowering individuals and organizations. With a career focused on transformation and wellness, she inspires people to live lives of purpose and impact. Her workshops and presentations are designed to provide practical, actionable insights that empower individuals and teams to reach their full potential. Whether she's addressing a small group or a large conference, her goal is to deliver authentic value and inspire meaningful transformation. Keisher's unique blend of strategic insight and heartfelt purpose makes her a dynamic voice in the world of wellness and personal development. She's not just a speaker—she's a catalyst for change.



Marcenae France is a vibrant, energetic, and phenomenal entertainer. She specializes in theatre, film, and television, where she has been pursuing her dream with passion, trust in God, immovable faith, hard work, and support from her family and friends. Her first debut, in *The Wiz*, where she was the lead role of Dorothy, sparked her love for her future. She is an established business owner, actress, host, and talent coach. Marcenae is evolving into a force to be reckoned with. With her acceptance of being herself while delivering honest performances through the arts, she is embracing a promising career! She has appeared in *Good Girls* on NBC, *Love Is* on the OWN network, numerous TV spots, *A Major* film with Russel Crowe, several movies, commercials, and plays all over the world, just to name a few. With God first in her life, she is learning to walk by faith and not by sight, and trust that He created a path. Her favorite scripture, "Phil 4:13."-M.F



Pa'tanisha E. Davis-Pierson is a City of Brentwood Councilmember for District 2. She is also an attorney and author of *Barren, But Not Broken: A Guide from Infertility to Adoption*. She is a native of Oakland, California. Pa'tanisha's name means reconciler of differences and that is exactly what she does in her career. Pa'tanisha is currently employed as a Partner with Key Counsel, P.C. Her primary practice areas are in Probate, Guardianships, Conservatorships, Housing, Civil Litigation and Adoption. Pa'tanisha has a Bachelor of Arts Degree in Psychology from Historic Tuskegee University, Master of Arts in Organizational Psychology/Change Leadership from California School of Professional Psychology. She is an educator having

taught the Housing Clinic and Legal Methods at her Law School Alma Matter, John F. Kennedy University, trial skills in a summer program with the California Youth Development League (CYDL), and Criminal Justice Instructor at San Leandro High School. Prior to her becoming an elected official she served as a temporary judge with Contra Costa County Superior Court.

MEET THE SPEAKERS



Gina Waota is a Certified Public Accountant, coach, and entrepreneur whose journey of resilience and rebirth began on the island of Haiti and carried her to the U.S. at age 13. After building a thriving accounting practice, she faced the life-altering challenge of breast cancer—a turning point that sparked deep healing, transformation, and a renewed sense of purpose. Today, Gina supports nonprofit organizations and women entrepreneurs in scaling with clarity, focus, ease, and grace. Blending her financial expertise with coaching, creativity, and spiritual grounding, she helps others align money with meaning and live fulfilled lives led by divine guidance.



Brandee Brown's remarkable life and career journey epitomize her ability to overcome challenges and turn them into accomplishments. Throughout this transformative path, she has harnessed her unique strengths, emphasizing the significance of fostering connections between individuals and resources to drive achievements. Presently, Brandee holds a prominent position as the Partnership Director at the Impact Innovation Foundation (IIF). Working alongside CEO Diane Tucker, Brandee is poised to introduce her independent entrepreneurial venture, Magnify Success. Throughout her illustrious 22-year tenure at Comcast, Brandee has demonstrated excellence across a diverse range of roles, spanning client services, learning and development, executive support, project management, and overseeing project delivery for construction and engineering teams.



Meet Raychelle LeBlanc. “Find something to celebrate about your life daily”, has been the mantra for Raychelle LeBlanc for at least a decade. After battling with severe panic attacks, anxiety and depression in the 90s, Raychelle realized that daily celebrations were instrumental in overcoming those fears. Her decade long process was the inspiration for the name of her first coaching program, Cake Everyday Coaching Circle. In 2009 Ms. LeBlanc contributed to an anthology titled “How the Fierce Handle Fear”, where she shares her story about her relationship with fear. This discovery led to book number two, a journal, titled “Your Daily Slice Journal”. Journaling was very instrumental in her recovery. Raychelle still works with a small roster of PR and marketing clients.

MEET THE SPEAKERS



Meet Raynae Taylor. After 25 years in management at several major corporations, Raynae decided to reinvent herself. Her love for learning and helping others to obtain their dreams led her to Aiming High Inc., a transformational company that empowers their clients with tools and distinctions to live a life of awareness to reach dreams and goals that they thought were impossible. She is also a Real Estate Broker and owner of Taylor Made Realty located in Atlanta, Georgia where she consults, coaches, and guides new Real Estate Consultants to become productive in their businesses. As a top producer she became a member of the Million Dollar Club and was awarded the W14C2TS award. Raynae's love for learning and helping others propelled her to pursue without end ways to impart knowledge and she opened her Real Estate School, Cutting Edge Institute Worldwide in 2010.

The Institute provides top notch training, empowering agents with knowledge of the industry and imparting valuable tools and techniques on how to succeed, as well as the importance of providing excellent customer service and building relationships with clients.



Trina Ramsey, a passionate entrepreneur and seasoned nonprofit executive, heads the Just Do You Institute for Women's Empowerment. Having successfully navigated various career paths and personal transformations, Trina uses her experiences to guide women towards achieving balance, freedom, and success. Trina's mission is to help others connect the dots, granting themselves permission to go after their dreams, utilizing all their passion, skills, and talents.



Sandy Bryant is an emblem of resilience and dedication, currently serving as the Deputy Commissioner for one of the nation's largest social service agencies in New York City. Her remarkable journey from a single mother and high school dropout to an influential public servant is a testament to her unwavering commitment to uplifting NYC's most vulnerable populations. With over 35 years of service, Sandy has risen through the ranks, now overseeing programs that assist over 600,000 beneficiaries. A recipient of NYC's Sloan Public Service Award in 2018, her academic achievements include a Bachelor's Degree from the College of New Rochelle and a Master's in Urban Affairs from Queens College. Sandy is also the founder and CEO of Girls Just Want To Have Fun Inc., a 501(c)(3) non-profit organization dedicated to empowering women and girls.

MEET THE SPEAKERS



Meet Charreah K. Jackson. My coach and friend, Sylvia High, calls I Am Woman a conference. But I'm here to tell you it's not that. It's not a conference... it's the hug your soul didn't know it needed. For the past four years, I've been embraced by the transformative power of I Am Woman. And I can hardly wait to see what Sylvia has in store under the theme BELIEVE. I first met Sylvia five years ago when she was speaking at Oprah's The Life You Want Tour and my life hasn't been the same since. Thanks to her coaching, I've taken my dreams off the shelf and put them in the mainstream of my life. My book, my healing, meeting Oprah, and the manifestation of more blessings than I could possibly list here, all came after meeting Sylvia.



Brigitte Eads is a native Floridian, a member of Toastmaster International, a Paparazzi Independent Consultant, and a Certified Home Health Care Agent. Brigitte loves to write and recite what she calls "POEMTRY." She is also the author of "Speaking," a collection of her spoken word creations. And much to the delight of I Am Woman conference-goers each year, Brigitte performs her original spoken word creation called I AM WOMAN to establish the context and the mindset of this transformational weekend event. Brigitte describes herself as a "strong advocate of our Creator Jesus the Christ," and she intimates that what she loves more than anything else is sharing the Good News of the Gospel To book Brigitte for engagements: Brigittethespeaker@gmail.com or call 561-856-5449.





I AM Woman Conference
Workbook



Session 1: Journal

Session 1: The Power of Aligned Posture

What are you pretending not to know, ignoring about your Posture?

What Posture would you like to realign? Mental, emotional, spiritual or financial....

By realigning this Posture what changes and becomes possible?

What steps will you take to change your Posture?

Session 2: The Pivot Principles

Identify two tools from the Pivot Principles you will use to Pivot?

What attitude or mindset will you adopt so that Pivoting becomes a part of your success strategy?

Given what you've discovered, what domain in your life will you be pivoting?

What self-check process will you put in place, so you know when to Pivot?

Session 4: Art of Living Healed, Whole, and Fulfilled

What do you need to embrace, release, and forgive to live healed, whole, and fulfilled?

What are the key nuggets you are taking away from the conversation?

What will you start or stop to heal and feel whole?

In 5 words what does fulfillment look like and feel like?

Session 5: Sisterhood Collective: Me/She/We

What does the sisterhood collective mean to you?

If you've been hurt, what would you need to release to engage with a full heart?

What actions will you take to be the sister someone can lean on?

How can a sister best support you when you need to lean on someone?

Session 6: Worship - Morning Rising

Session 7: Because You Are

What was revealed to you today?

What was on your heart that was released?

What have you been putting off that today, you will commit to yourself to change?

As the daughter of the Most High, I will.....

Session 8: 5 Bold Steps

AIMING HIGH PRODUCTS

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SUPERCARGE YOUR LIFE

A unique opportunity
for revelation, renewal
and expansion

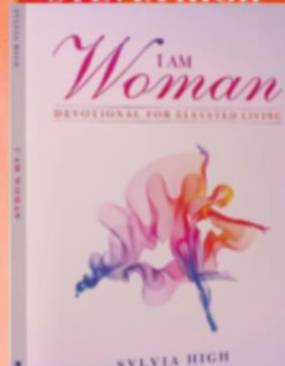
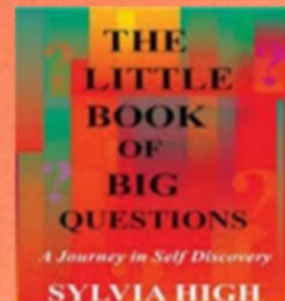
Ignite Possibility

Let Your Genius Fly

Change the Trajectory of Your Life

Supercharge is quite an uncommon adult learning environment. It is an opportunity for a rare and searching provocative conversation that will ignite possibilities you've never even considered.

What really sets it apart is
the gift of
One-On-One Coaching with
Sylvia High



THANK YOU FOR
ATTENDING THE
I AM WOMAN
CONFERENCE 2025:
BECAUSE YOU ARE

