



I AM

*Woman*

Conference 2022

*Emerge!*

November 5-6, 2022



*Participant Workbook*



# When we lift up our **CROWNS** we light up the world.

The CROWN Act, which stands for “Create a Respectful and Open World for Natural Hair,” is a law that prohibits discrimination based on hair texture and protective hairstyles such as braids, locs, twists and knots.

Join us in celebrating the 19 states that have signed The CROWN Act or legislation inspired by The CROWN Act into law - CA, NY, NJ, VA, CO, WA, MD, CT, DE, NM, NE, NV, OR, IL, ME, TN, LA, MA, AK and 43 municipalities.

There’s still more to be done.

Sign The CROWN Act petition to end hair discrimination and contact your senators at [Dove.com/CROWN](https://Dove.com/CROWN).



Dove is a proud co-founder of the CROWN Coalition

**#PassTheCROWN**

# A Word from our Host

Welcome to I Am Woman Conference 2022: EMERGE, the Power of Alignment! You have decided to join me and a group of dynamic women to touch, move, and inspire your greatest creative spirit. For that, there will never be enough words to express my gratitude and appreciation for your participation.

If it's your first time we'd like to extend a huge WELCOME to the sisterhood and if you are returning WELCOME back! This journey has been ahhhhmazing! Your steadfast presence allows us to celebrate our eighth year. Thank You!!

I think we can all agree that the past few years have shown us how to overcome the unexpected transitions we've experienced. But I ask you, what if we change our perspective, even if nothing else changes? Going forward, what if we tried viewing change as an opportunity to grow, to reimagine what is possible? We must break the barriers of discomfort and regain our power over our experiences, through discovery. We must discover the gifts and talents instilled in us. Through self-discovery, we would be moved to live in a realm of ALIGNMENT, and ultimate in a constant state of peace.

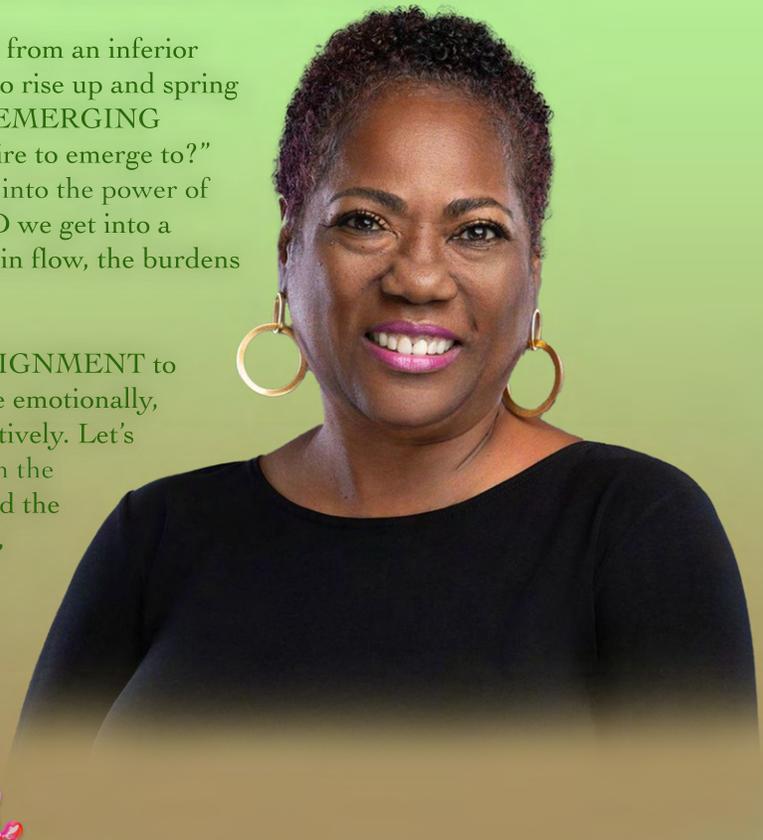
While enjoying a conversation with a dear friend, Vallori, we shared our current states, our new goals, and new visions for the next level. Out of that, she realized and shared that there was an "inner-longing for me and I was ready to EMERGE." Immediately, I knew "THAT WAS IT!"

I would offer that EMERGENCE means to come from an inferior position or a position from underneath. It is time to rise up and spring forward. So I posed the question, "What are you EMERGING from?" and subsequently, "What is it that you desire to emerge to?" Furthermore, God has inspired me to look deeply into the power of ALIGNMENT. When we are divinely ALIGNED we get into a state that I refer to as "divine flow." When we are in flow, the burdens of life become oh so light.

Let's leap this weekend. Let's take this time of ALIGNMENT to bring forth something that wasn't, whether that be emotionally, spiritually, professionally, financially, or even creatively. Let's enhance and uplift ourselves which will strengthen the lives of others. You are capable, you deserve it, and the time is NOW! I ask you to open your heart, mind, and soul this weekend as we EMERGE to something extraordinary together.

Much Love, Always Aiming High,

*Sylvia*



# The Journey to *EMERGE!*

Saturday, November 5, 2022

Sunday, November 6, 2022

Conference Welcome  
Marcenae Lynette

Conference Welcome  
Marcenae Lynette

Poem: "I Am Woman Manifesto"  
Brigitte Eads

I Am Woman, Meditation  
Raychelle LeBlanc

Keynote: The Act of Emerging  
Sylvia High

Emerging from the Inside  
Raynae Taylor & Dr. Sunne-Ryse Smith

Sponsor Feature: Dove: The Crown Act  
Sylvia High

Keynote: Emerging to Your Future Self  
Sylvia High

Panel: Emerging from Fear to Freedom  
Sylvia High & Moira Taylor

Panel: Gathering Strength Under Fire:  
A Conversation About Mental Health

Lunch

Charreah Jackson - Moderator,  
Tamara Kellam-Washington,  
Miyume McKinley, & Dr. Felicia Phillips

Panel: Becoming the G.O.A.T.  
Vallori Thomas - Moderator,

Lunch

Sandy Bryant-Townsend, Beverly Kearney,  
Valencia Miller, Rosa Sanders Uwadiae &  
Dorinda Walker

The Music & Artistry of Mama Sol

The Wisdom from the Younger Self  
Sylvia High

The Journey to Wholeness  
Teneshia Jackson-Warner

Chat & Chew  
Sylvia High & Dorinda Walker



# *“I Am Woman Manifesto”*

*Brigitte Eads*

## I am Woman

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 child birth,  
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's conditions will bring,  
bright beautiful colors of spring representing movement in an upward swing.  
Rainy, cloudy, dark, and grey,  
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



# Saturday Sessions

8:00p/11:00e Welcome:

*Sylvia High, Curator of the I Am Woman Conference, CEO of Aiming High, Inc., and the event's producer, will welcome you in her own special way...expect to dance a little! Sylvia is inviting you to a weekend filled with purpose, empowerment, and the tools to support you to emerge into your next.*

8:30p/11:30e The Act of Emerging:

*Join Sylvia for an inspiring opening session defining what it means to emerge, the importance of emerging, and why you should desire to emerge.*

10:30p/1:30e Emerging From Fear to Freedom:

*Moira Taylor will share with you, how she went from fear to freedom; removing the bondage of lack of trust and breaking through the restraints to trusting at a level that opened her to freedom in her life. She is even driving now.*

12:45p/3:45e Becoming the G.O.A.T.:

*These powerful women will share their journey: from dream to GOAT status. First, align with what you desire, what steps are necessary to achieve, and define success?*

2:00p/ 5:00e The Wisdom from the Younger Self:

*Let's put this question to the test, "What advice would your younger self give you?"*

3:30p/6:30e Chat & Chew:

*Take a break, commune, and celebrate as we wrap up the day with music, engaging reflection, and a Q&A session with Dorinda and Sylvia.*



# Sunday Sessions

8:00p/11:00e *Welcome and Meditation:*

*Join Raychelle LeBlanc for rejuvenating morning meditation to reset your sights on what takes to emerge to your next level.*

8:30p/11:30e *Emerging from the Inside:*

*This is a session you don't want to miss. If you have ever considered, "Have I asked God the right question?" or "How do I use my gifts or talents?", then come prepared to emerge into a different relationship with your Creator.*

10:00p/1:00e *Emerging to Your Future Self:*

*After a day and a half of sessions, join Sylvia on this reflective experience as we journey into what you've uncovered about yourself. Prepare to learn more as align our intentions towards emerging to our divine purpose.*

11:00p/2:00e *Gathering Strength Under Fire:*

*A Conversation about Mental Health:*

*Hear from professionals on identifying Mental Health concerns, tools to support you, and how your relationships/community can help. Remember, "Mental health is not a destination, but a process. It's about how you drive, not where you are going." -N. Shphancer, PhD*

1:00p/4:00e *The Music and Artistry of Mama Sol*

1:30p/4:30e *Journey to Wholeness:*

*Learn the 5 steps that will support you and the journey you may already be on to wholeness.*



ALIGN

to get in your

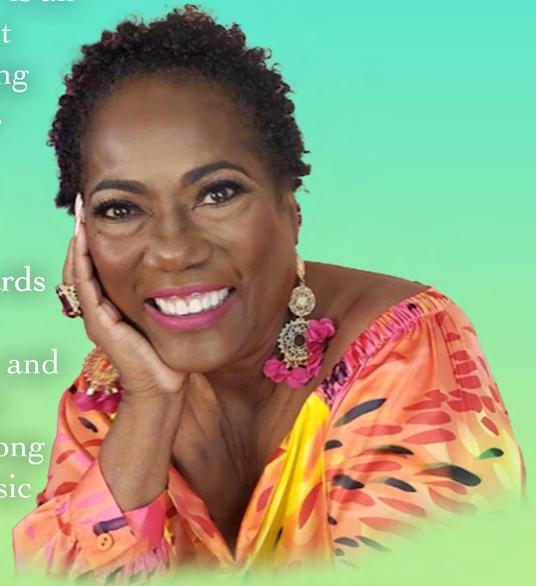
DIVINE  
FLOW!



# Who is Sylvia High?

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 towards 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 mindset 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.



# Speaker Bios

Sandy Bryant-Townsend is an inspiring woman and Executive for one of the country's largest social service agencies. Sandy has risen above the disadvantages associated with her humble beginnings. She rose from a temporary employee to direct a number of programs for NYC's DSS. A recipient of the Fund for the City of New York's Sloan Public Service Award, Sandy acts as the CEO of Girls Just Want To Have Fun, Inc. where the goal is to "encourage, inspire, and motivate" inner-city at-risk females.



Brigitte Eads is a member of Toastmasters 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. Brigitte performs her original spoken word creation called I Am Woman to establish the context and the mindset of this transformational weekend event. Brigitte loves sharing the Good News of the Gospel more than anything else.

Charreah K. Jackson serves as an international communications strategist and executive coach. She is the bestselling author of *Boss Bride: The Powerful Woman's Playbook for Love & Success*. Charreah has been featured by Good Morning America, Business Insider, and Fast Company and is a contributor for Money magazine and the New York Times. Her clients include Uber, Chase, Bumble and Warner Bros. Charreah previously served as ESSENCE Senior Editor where she worked for a decade empowering millions of women around the world.



Teneshia Jackson Warner is the co-founder of EGAMI Consulting Group, a New York-based multicultural marketing and project management firm. She is an inspirational business strategist and performance coach. The creator of the Dream Project Symposium, Teneshia is a sought-after Speaker, Facilitator, TV Personality, and Author. She also co-created mega events with Bishop TD Jakes and with Steve Harvey.



# Speaker Bios

Beverly Kearney, affectionately known as “Coach Bev” is one of those rare visionary stars who believes that greatness exists within everyone. Her passion and gift for coaching, consulting, and mentoring has inspired individuals and groups in various professions to achieve their greatest successes. Recognized as one of the most successful coaches in NCAA history, Bev has been inducted to various halls of fame as a sports legend including the prestigious International Women’s Sports Hall of Fame. Her record of seven national championships is one of the highest among African-American and Female coaches in the country.



Tamara is an organizational development consultant and certified emotional intelligence practitioner with 10 years' experience in coaching and training. Her rich and diverse knowledge-base provides her with unique insight into the applications of coaching across a variety of contexts, including health & wellness and personal development. Tamara has a passion for enhancing workplace relationships through the development of emotional intelligence, DEIB, and conflict management skills. Her strengths-based approach to coaching and training empowers others to leverage their talents for improved personal, interpersonal, and workplace performance.

After overcoming a battle with severe panic attacks, anxiety and depression, Raychelle LeBlanc realized that a regular routine grounded in gratitude, spiritual alignment, and intention were instrumental in overcoming those fears. This healing process became a way of life and soon after, the framework for her now thriving coaching practice. Raychelle partners with clients as a certified wellness coach, nutrition therapy practitioner, a master meditation teacher, and reiki master. Raychelle still works with a small roster of PR and marketing clients and sits on the board for Pain On Paper (P.O.P.) Program.



Marcenae Lynette is a vibrant, energetic, and phenomenal entertainer. 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.



# Speaker Bios

Miyume McKinley, LCSW is a licensed psychotherapist and has worked over 15 years in the field of social services and mental health. She has had the opportunity to work in a variety of settings including group homes, schools, private psychotherapy practices, non-profit organizations, and maternity homes. In addition to providing psychotherapy, Miyume has developed and facilitated workshops that promote the importance of mental and emotional health. She was a columnist for Hope for Women magazine and is an advocate for emotional and mental health, a dedicated psychotherapist and strives to promote healing, hope & peace of mind.



A recognized trailblazer, Valencia H. Miller, holds the title of CEO & Visionary for SKIP Georgia Chapter Inc., a non-profit organization whose mission is to break the cycle of generational incarceration. Valencia has accomplished over 30 years of leadership as a corporate, community, and educational leader. She is a business professional who is passionately involved in various initiatives for the improvement of youth self-awareness, academic achievement, family empowerment, and business operations excellence.



Jessica Myers is on a mission to assist working professionals rid themselves of corporate dependence through ground floor real estate investing techniques to build family legacy. As the Founder and CEO of ItsJessicaMyers, Myers and her company specialize in helping millennials and corporate professionals find the leader within themselves through real-estate ownership and enterprise. Her greatest passion is building other entrepreneurs and pushing others to achieve their highest potential. In addition to real estate, Myers serves on the board of the Vision Foundation and works closely with Aiming High, Inc, a transformational training company. She is a Georgia State University alum and a member of Alpha Kappa Alpha Sorority, Inc.



A fourth-generation serial entrepreneur, Dr. Felicia Phillips is a Master Business Strategist and CEO of PPICW, Inc. Today, Dr. Felicia uses her 32 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.



# Speaker Bios

Dr. Nandi Shareef partners with organizations around the world to recognize and actualize dormant talent in the workplace through revolutionary learning, teaching, and coaching. She serves as the Founder and Managing Partner of The Shareef Group, a boutique speaking and coaching firm that ignites the gifts and talents of high potential, high performance leaders to create a transformed world. Nandi serves as a People Development Lead at Uber, where she pioneered the tech giant's first internal coaching system and spearheaded the company's initial manager onboarding program. She is also one of the pillars of the Aiming High Community as Aiming High Inc.'s Leadership Coordinator.



Dr. Sunne-Ryse S. Smith is an inspirational trainer, author, speaker and mentor who is on a mission to live out her name by waking people up to their purpose. Using her inspiring personal journey along with her doctorate in psychology; ministerial background, and extensive training in development and implementation of transformational workshops, "Doc Sunne" teaches the power of self-awareness and spirituality. She has been described as an intuitive and thought-provoking facilitator with a special gift for empowering people to become "spiritually woke." Doc Sunne earned her undergraduate degree at The Lincoln University, and her Masters and Doctorate degrees at Fairleigh Dickinson University.

Mama Söl is the voice of the 2021 Detroit Pistons 'We Hustle Different' campaign, a national hip-hop and spoken word artist, transition trainer, humanitarian, two-time breast cancer survivor, motivational speaker, and mother.



With a background in real estate and finance, Moira Taylor developed her leadership expertise in an ever-evolving, high-powered, real-world setting. She went on to study ontological principles and breakthrough learning which she parlayed into her current position as one of Aiming High's Leadership Coordinators. Moira is co-owner of Cutting Edge Institute Worldwide, a real estate training facility that provides top-notch pre-license, post-license and continuing education for Real Estate Consultants. She also is a partner in Taylor Made Realty, an Atlanta real estate brokerage.



# Speaker Bios

After 25 years in management, Raynae Taylor decided to reinvent herself. Her love of beautiful houses led her to a career in Real Estate. She is broker and owner of Taylor Made Realty in Atlanta, Georgia where she coaches and guides new Real Estate Consultants. As a top producer she became a member of the Million Dollar Club and was awarded the WI4C2TS award. Raynae's love for learning and helping others propelled her to pursue endless ways to impart knowledge leading her to open Cutting Edge Institute Worldwide in 2010.



Thomas is an accredited member of Forbes Coaches Council, an ICF-certified Coach, 2021 WeInspire Movement for Change Ambassador, the Founder of The Institute at WOW Coaching and Consulting, and the author of *POSSIBILITOLGY: It's A Great Day To Be Amazing*. 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.

Rosa Sanders Uwadiale, owner and CEO of Accent-On-You Salons, Seattle Washington for over 30 years, and expanding to three locations. She was recognized for her creativity by Essence Magazine for two consecutive years. Rosa's passion for providing awareness and education about generational wealth for African-Americans led her to expand her business venture into real estate brokerage and investment. Rosa is a trained interior designer and home stager, noted for her international humanitarianism.



Meet Dorinda Walker. Transformation is an "inside job" with outward results. Dorinda Walker's story challenges our thinking and sheds light on our beliefs as it affirms that an at-risk youth, domestic violence victim with mental illness can become an internationally renowned leader in marketing, community advocacy and empowering women. Dorinda Walker is passionate about bringing awareness and resources to positively affect pressing social issues. She is the author of *Protected by Purpose*, her memoir and a divinely-inspired gift to all of Humanity.





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*Emerge!*



*Workbook*



# The Act of Emerging

*What are you emerging from? What are you committed to emerging to?*

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*What do you need to rise up from? What do you want to materialize?*

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*What are you willing to let go of?*

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*How do you know that you are in alignment?*

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# Emerging from Fear to Freedom

*Name the fear that has held you hostage. How has it apprehended you?*

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*What has it cost you emotionally, financially, romantically, etc.?*

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*What is the belief that has driven the fear?*

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*What belief is necessary to give you access to freedom?*

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*What does this new belief system look? What behaviors need to end?*

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# Becoming the G.O.A.T.

*How do you define “being the G.O.A.T.?”*

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*What would you need to sacrifice in order to become the G.O.A.T.?*

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*What obstacles do you need to face or overcome to reach G.O.A.T. status?*

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*What does your life look like when you have reached G.O.A.T. status?*

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# The Wisdom from the Younger Self

*What advice would your younger self give you to emerge?*

*What things about yourself have you forgotten?*

*Who have you always been, no matter what?*

*What does your younger self want you to acknowledge about yourself?*



# Emerging from the Inside

*Who do I need to be to thrive in my current situation?*

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*Am I asking the right questions of God?*

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*Am I seeking God with all of my heart?*

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*How do I spend time with God?*

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*What do I have in my hand to help my emergence process?*

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*What gifts and talents have I underutilized?*

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# Gathering Strength Under Fire

*What fires have you faced/are you facing? Are they internal or external?*

*Have you overcome this challenge? If so, how? and What did you learn?*

*If this is a current situation, how will you gather strength under fire?*

*What actions will you take that will help you to fortify yourself?*

*What support(s) do you need?*

*Name one action you can take to better care for your mental health.*





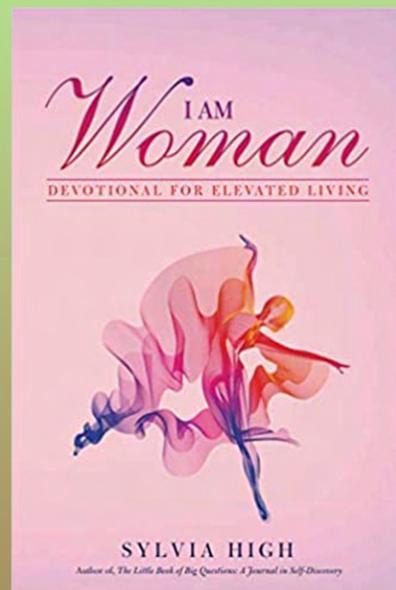
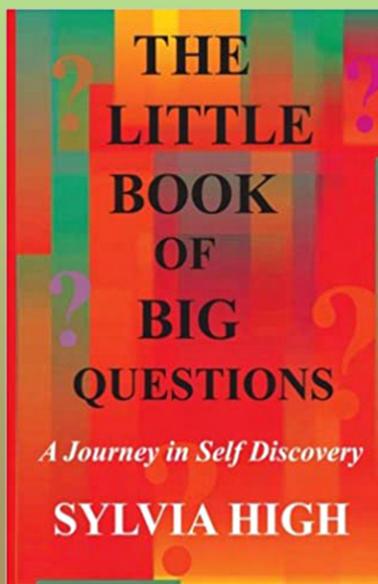


# Thank you for attending. See you next year! Check Out these Additional Training Offers and Resources.



Supercharge is a two-day, 12-person, INTENSIVE small-group coaching for HIGH ACHIEVERS and quite an uncommon adult learning environment. It is not a how-to class. It is not a strategic planning session. It is not networking. It is not a workshop or a training.

Rather, it is a unique opportunity for revelation, renewal and expansion...an opportunity for a rare and searching provocative conversation that will ignite possibilities you've never even considered. But what really sets it apart is the gift of one-on-one coaching with Sylvia High, and incomparable and uncompromising Master Coach.



For more information about this conference and more, please visit [www.aiminghighinc.com](http://www.aiminghighinc.com)!