



# Women, Money & Empowerment

SATURDAY, MARCH 1, 2025

9:00 - 9:30 **OPENING REMARKS & *Dance Snack***  
Welcome and introduction with Tracy Theemes, Host of Wealth Academy and Amanda Sayfy, Executive Director of Dress for Success.

9:30 - 11:00 **WOMEN, MONEY AND POWER**  
**Speaker: Tracy Theemes**  
Women's relationship to power and money has been laden with centuries of contradictory legal, social and emotional expectations. With determination, grounded intent and the support of each other we can overcome these limitations. You will develop a strong, positive understanding of personal financial principles and learn the steps necessary for you to reach your goals and secure your financial future.

11:00 - 11:15 **BREAK**

11:15 - 12:30 **EMPOWERED INVESTING**  
**Speaker: Tracy Theemes with guest speaker Dr. Tamara Myers**  
The Sophia Sexy Seven are the essential qualities that every investor needs, to achieve and maintain wealth in a healthy, aligned manner. In this workshop you will learn the stages of accumulation, principles of financial planning and the role of registered and non-registered investments in your investment strategy. We will discuss new paradigms of portfolio construction as well as the role of risk, volatility and returns at every stage of the wealth continuum.

12:30 - 1:30 **LUNCH\* AND FINANCIAL-PLAN-A-THON**  
Did anything confuse you from the morning sessions? Bring your questions to a member of our volunteer Certified Financial Planning team during the lunch hour. They will help answer your personal financial queries in a confidential manner.

*\*Lunch is not provided. Please see FAQ's for more information.*

1:30 - 1:45 ***Dance Snack***  
**with Shaqueel Lawrence**  
Hip-hop phenom Shaqueel Lawrence will lead everyone in a high energy hip-hop blast to get our bodies and minds moving.

1:45 – 2:45

## COURAGE BUFFET

**Speaker: Tracy Theemes with panelists Dr. Alexina Mehta, Dr. Rachel Lewis, Amanda Kao, and Dr. Maria Gallo**

*Courage doesn't mean you don't get afraid. Courage means you don't let fear diminish your power.*

Power comes in many forms. Each of our experts has a unique way of exercising power. We can breathe into our fears and change our focus. We can concentrate on maximizing our health and wellness in ways that uplift our bodies and our spirits. We can learn the skill of being able to look into the eye of an oncoming opponent and tackle them to the ground. Regardless of approach, we will expand our toolbox, amplify our courageous hearts and embolden the serene warrior deep inside us all.

2:45 – 4:00

## INNER POWER: BREAKING FREE

**Speaker: Mihael Mamychshvili**

We all have areas in our life where we feel blocked, anxious, or frustrated. Some of us even have significant trauma that prevents us from feeling able to move forward to achieve our goals. In this workshop, we will immerse ourselves in the experience of embodied power and observe our responses to it. In Mihael's words, "the truth always shows up in the body". We will learn to embrace both our vulnerability and our strength to gain greater knowledge of ourselves and our full potential.

4:00 – 4:15

## *Dance Snack*

**with Shaqueel Lawrence**

4:15 – 5:00

## THE FINANCIALLY EMPOWERED WOMAN: WEALTH WITH A PURPOSE

**Speaker: Tracy Theemes**

The time has arrived for you to transform your relationship with money and the power it yields.

We can embody our vulnerabilities, practice our new skills and move forward to uplift our own lives and those around us. You have the tools, resources and strength to become the best version of yourself. The world needs you. You are now ready to amplify your power and use your money for the good of all.

