



Girls

empowerment
summit

Be inspired,
share your
strength!

DAY 1: PROGRAM

8:00 AM - 9:00 AM

BUS PICK-UP/REGISTRATION/BREAKFAST

9:00 AM - 9:30 AM

WELCOME & ICE BREAKER ACTIVITY

Facilitator – Salena S. Guipzot, Founder of The Boardroom Project

9:30 AM - 10:30 AM

BREAKOUT & SHATTER CEILINGS SESSION

10:30 AM - 11:00 AM

EMPOWERMENT ZONE

11:00 AM - 11:10 AM

BREAK



GROUP 1

11:10 AM - 12:10 PM

IEMPOWER MYSELF

Facilitators - Mari Weymouth and Yorka Velasco-Caballero,
Founders of iEmpower

12:10 PM - 12:15 PM

BREAK

12:15 PM - 1:15 PM

LIVE, LOVE, LEAD: A LUNCH CONVERSATION

1:15 PM - 1:20 PM

BREAK

GROUP 2

11:10 AM - 12:10 PM

LIVE, LOVE, LEAD: A LUNCH CONVERSATION

12:10 PM - 12:15 PM

BREAK

12:15 PM - 1:15 PM

IEMPOWER MYSELF

Facilitators - Mari Weymouth and Yorka Velasco-Caballero,
Founders of iEmpower

1:15 PM - 1:20 PM

BREAK

1:20 PM - 2:20 PM

BREAKOUT & SHATTER CEILINGS SESSION: PART 1*

First Session

Breaking through the noise on social media & self-care

Facilitator - Christina Olivarez, Founder of The Social Butterfly Gal

Second Session

Text me when you get home: The Power of Friendship

Facilitators - Jennifer Hixon, MPH, Violence Prevention Manager
and Susy Romero, Violence Prevention Management Analyst
San Antonio Metro Health Department

Third Session

Every Body is Beautiful

Facilitators – Girls Inc. and The Body Project, Trinity University

Fourth Session

Healthy Lifestyles

Facilitator - Abby Ammerman, HEB HR Benefits, Health and Wellness

Fifth Session

The Boardroom Project

Facilitator – Salena S. Guipzot, Founder of The Boardroom Project

Sixth Session

Ban Bossy

Facilitator - Girl Scouts of Southwest Texas

2:20 PM – 2:25 PM

BREAK

2:25 PM – 3:25 PM

BREAKOUT & SHATTER CEILINGS SESSION: PART 2*

First Session

Breaking through the noise on social media & self-care

Facilitator - Christina Olivarez, Founder of The Social Butterfly Gal

Second Session

Text me when you get home: The Power of Friendship

Facilitators - Jennifer Hixon, MPH, Violence Prevention Manager and Susy Romero, Violence Prevention Management Analyst San Antonio Metro Health Department

Third Session

Every Body is Beautiful

Facilitators – Girls Inc. and The Body Project, Trinity University

Fourth Session

Healthy Lifestyles

Facilitator - Abby Ammerman, HEB HR Benefits, Health and Wellness

Fifth Session

The Boardroom Project

Facilitator – Salena S. Guipzot, Founder of The Boardroom Project

Sixth Session

Ban Bossy

Facilitator - Girl Scouts of Southwest Texas

*** Groups will attend one session during part 1 and part 2.**

3:25 PM – 3:30 PM

BREAK

3:30 PM – 4:15 PM

SHARE THE WEALTH OF KNOWLEDGE

4:15 PM – 4:30 PM

RECAP AND CLOSE THE DAY

4:30 PM - 5:30 PM

LOAD BUSES AND DROP-OFF

A photograph of an astronaut in a full space suit, floating in space. The astronaut is wearing a helmet with a clear visor and has various instruments and equipment attached to the suit. The background is a dark, starry space with a large, curved horizon line, possibly of a planet or moon, visible in the distance.

**Be inspired,
share your
strength!**

DAY 2: CAMP #HEROLIKEHER

MARCH 14, 2020

9:00 AM – 4:00 PM