

Women's Leadership Conference

The Women Leadership Conference held at Mount Saint Mary's was an exhilarating experience that made me ponder weighty topics including women advocacy, self-care, and financial fitness. The top sessions that resonated with my current lifestyle included the beginning keynote speech by Dr. Susanne Bennet and the "Mastering Your Money" session moderated by Rene Nourse, CEO of Urban Wealth Management. Additionally, I met Derenda King, a financial advisor, who offered to help in regards to attending college.

To begin with, Dr. Bennet was an empowering woman who shared with us her morning and afternoon routines that we can follow to aid in our health and body care. She mentioned that the way we take of ourselves determines our performance in leadership. Because of this, it is in the best interest for high performing women to follow the three S's, which include Sleep, Deal with Your Stress, and Sisterhood. The first category, sleep, aids in rejuvenating our bodies and consolidating our memories. In the second category, stress, Dr. Bennet shared with us two strategies for how to deal with it, which include the following: a 468 relaxer (you inhale and exhale at different intervals) and a gurgling exercise. Finally, in the third category, sisterhood, she mentioned that our family, besties, and colleagues are fundamental for any type of support we might need in our everyday lives. Overall, her workshop was eye-opening and I received advice that I can not only use, but also pass on to other women and young adults that I may know who are struggling with the same issues.

The second session was also beneficial for my future financial expenditures. The four women that were on stage advised us to educate ourselves in our financial learning, and expose our children to financial fitness. Although some women may not feel that they are wealthy, all women are encouraged to see a financial advisor whatever their financial status. As a result, we should be conscious about our savings and retirement plan for the future.

Overall, I would like to thank my mentor Terry for taking the girls and I to this awesome event and all the women who shared with us their meaningful experiences and tips for our own well-being. I would also like to thank Derenda King for offering me her aid in answering any questions I might have in attending UCLA and USC and any financial problems that should arouse as a future university student.