

The 2023  
SISTER TO SISTER  
Conference



***S.H.I.N.E!***

***A Celebration 30 Years In The Making!***

Saturday, September 16, 2023

The Ponitz Center | Sinclair College | Dayton, Ohio

Sponsored by



## A Word To My Sisters

Summer, 1993...

**ME:** *Lillian, wouldn't it be great if we could have a day just for us?*

*A day when we didn't have to worry about work.*

*Or husbands. Or kids. Or committees. Or...*

**Lillian:** *Sounds like a great idea! If you want to do it, I will help you.*

**Charlotta** (The “twenty-something” graduate assistant): *I'll help, too!*

A conversation between an employee and her boss...

A young professional and her “elders” ...

Three “sisters” at different phases in their lives and careers came together to plan what they thought would be a one-day, one-time event.

What happened on that Saturday in September of 1993 was more than we could ever think or imagine. And never in our wildest dreams did we envision that Sister to Sister would still be going strong...thirty years later!

The theme for this year's conference is ***S.H.I.N.E!*** Don't tell anyone but...we haven't even decided what the acronym stands for. ☺ But here is what the entire Sister to Sister Team is very sure of:

On Saturday, September 16, we will all be SHINING...together!

We are so excited to celebrate three decades of empowering women! And in honor of this milestone, we are proud to announce the establishment of ***The Sister to Sister Fund***. We are now an official component fund of The Dayton Foundation! This partnership will allow us to expand our reach through scholarships and support to women and girls in our community. We will be sharing more about this new initiative at the conference. So, please accept our invitation to join in the celebration.

We look forward to seeing YOU at our “Celebration of Sisterhood!”

In love and sisterhood!



Karen M.R. Townsend, Ph.D.  
Conference Host



The Dayton  
Foundation  
*We help you help others.*

 A Component Fund of  
The Dayton Foundation

11:30 AM

REGISTRATION and NETWORKING

NOON

WELCOME and LUNCHEON

1 PM **Are You Ready to S.H.I.N.E.?**

Facilitated by

**Karen M.R. Townsend, Ph.D.**

*About My Sisters*

A division of *KTownsend Consulting*

*This little light of mine, I'm gonna' let it shine!*

If you attended Sunday School as a child, that was probably one of the first songs you learned.

Even if you didn't attend Sunday School, most of us are familiar with what we all know as a children's song.

Easy lyrics. Catchy beat. Inspiring message.

But ask yourself: Are YOU letting YOUR LIGHT shine?

All in your home?

Everywhere you go?

Could it be that you have been hiding your light?

Are the actions of those around you diminishing your light?

Have the circumstances of life caused you to want to dim your own light?

If you have been longing for a safe space to “shine a light” on your life, then join us for this pre-conference *Confidential Conversation*. In this intimate space and non-judgment zone, we will openly and honestly explore what it means to S.H.I.N.E., and determine whether or not—and why we are, or aren't—“letting our light shine.”

**\*Please note:** Because this work will be intense and impactful, this session is limited to twenty-five participants. You must select **VIP registration** to attend.

4:00 PM VIP RECEPTION

*The reception is open to all VIPs, our speakers and our sponsors.*

## Conference Overview

**9:00 AM – 9:30 AM**

REGISTRATION and CONTINENTAL BREAKFAST

*The Village* will be open for shopping!

*The Village*—our on-site marketplace offering information on community resources and cultural items for sale—will be open from 9:00 AM – 3:00 PM. Please visit the vendors on your breaks and during lunch.

**9:30 AM**

CONFERENCE OPENING:

**Get Ready to S.H.I.N.E!**

*Karen M.R. Townsend, Ph.D.,*

*Conference Host*

**10:15 AM – 11:45 AM**

CONCURRENT WORKSHOPS

Session I: 10:15 AM – 11:15 AM

Session II: 11:30 AM – 12:30 PM

**12:30 PM**

CONFERENCE LUNCHEON

**1:30 PM**

**#ICYMI** (In Case You Missed It!)

Panel featuring the 2023 Sister to Sister Empowerment Faculty

This will be an opportunity to hear from ALL of this year's speakers!

**2:30 PM**

DESSERT BREAK

**3:00 PM**

THE MASTERCLASS

**The Courage To S.H.I.N.E.**

**5:00 PM**

CONFERENCE WRAP-UP



## **The Power of A Broken Shoe** *Crystal Allen*

Imagine this: You have been invited to a conference being held at the state capital of Ohio. You have the opportunity to meet with elected officials, business leaders and key decision-makers who can positively impact the future of the organization you represent. Right before you walk in the door...your shoe breaks! Without a spare to change into, what do you do? It's simple: You either walk away and miss the opportunity, or you "confidently" (#fakeconfidence) keep walking. **Crystal Allen** courageously chose the latter. In a session that promises to be open, honest, raw and transparent, Crystal shares how her "broken shoe" has become a metaphor for her life and ultimately led her to be the President and CEO of **The Boys & Girls Club of Dayton**. Crystal's "broken shoes" have been poverty, isolation, depression, and divorce. Her remarkable story of resilience will challenge women to balance themselves on the heels of grace and forgiveness, and to dig deep to find the will to... *keep walking!*

**Crystal Allen** is committed to improving the lives and outcomes of young people in underserved communities. For nearly thirty years, she has lived out her passion through her work as a champion for youth issues. A first-generation high school and college graduate, Crystal believes that "all young people deserve the opportunity to thrive, regardless of their zip code or family dynamic." As President and CEO of the Boys & Girls Club of Dayton (BGCD), she has been relentless in her pursuit to transform BGCD into the premier out-of-school program of choice in the Dayton region. In just over one year, Crystal has led the revitalization of the organization, and generated more than \$1.3 million. A native of Cincinnati, Ohio, Crystal holds a B.A. in English (Pre-Law) from Central State University. She has received both local and national recognition for her leadership, including the Boys & Girls Clubs of America's *Tom Burt Pacesetter Award*. She attributes her success to her faith and a strong village. Crystal enjoys camping, traveling, and being a mother to five wonderful daughters.

## Morning Workshops

Session I – 10:15 AM – 11:15 AM

Session II – 11:30 AM – 12:30 PM



### **I Don't Know!**

*Phillitia Charlton*

What do you do when everyone expects you to have all the answers? What do you do when you are the “go-to” person...

In your family? At your job? And even in your relationships? What happens when you don't know what to say? When you don't know what to do? Or when you don't have the energy or the desire to figure it out? What happens when you...Just. Don't. Know? **Phillitia Charlton** will share how the power of acknowledging your feelings, embracing uncertainty, and refocusing your energy can help you navigate through uncertain times with greater fortitude and renewed hope.

**Phillitia Charlton, PCC, TICC, SRM**—founder and co-owner of **Charlton+Charlton Associates**—is a trauma-informed emotional wellness expert and an Internationally Certified Professional Life Coach certified by the International Coaching Federation. She is an international keynote speaker whose talks have been transformational for businesses, government agencies, corporations, universities, and conferences around the world. Phillitia is a world-class inspirational, memorable storyteller, author and playwright. Coupled with her coaching and training, Phillitia uses her personal experience with past trauma to help people discover new truths that lead to inner resilience. She is a masterful facilitator of integrating real-world understanding and practices to help people gain the tools needed to be emotionally well—both personally and professionally. Phillitia is the founder of the *Death of a Lie Trauma, Transformation, and Resilience Empowerment Program*. Phillitia is launching an ICF Emotional Wellness Life Coach Certification Course this fall. She is a committed life coach with over seven years of professional experience and over 1000 hours of Trauma-Informed Life Coaching. Through her practice, she helps her clients achieve better emotional wellness and regulation. Phillitia is a 2023 graduate of the *Goldman Sachs 10,000 Small Businesses* program.

## Morning Workshops

Session I – 10:15 AM – 11:15 AM    Session II – 11:30 AM – 12:30 PM



### **Sister, STOP the *Silent Quitting!*** *Carmela G. Daniels, DSW*

Most of us have heard of **IQ**—*intelligence quotient*. But are you familiar with **SQ**? **SQ** stands for *silent quitting*—one of the newest trends in today’s culture. Simply put, *silent quitting* refers to the act of “tapping out” of your life, your job, your relationships, etc. Although no official announcement is made, and no letter of resignation is submitted, people who are engaged in *silent quitting* no longer show up as the best versions of themselves. Their creativity is diminished. Their enthusiasm is gone. They often give up on their dreams. If this sounds like someone you know—maybe YOU!— then join **Dr. Carmela Daniels** for a session that will allow you to reflect on what may be causing you to silently quit on your dreams, your goals...your life. You will leave prepared to “re-apply,” so that you can recommit to yourself and create the life you want to live.

**Carmela G. Daniels, DSW, LISW-S** is a licensed clinical social worker with the State of Ohio and she holds a Doctorate in Social Work from Capella University. She is the CEO of **Dr. Carmela Daniels Mentoring & Counseling, LLC** where she provides individual mentoring and professional coaching. Dr. Carmela conducts workshops and presentations throughout Ohio and is a highly sought-after keynote speaker. Dr. Daniels teaches, advises and creates courses for social work learners. In 2022, Dr. Daniels was honored as the Region Seven National Association of Social Workers’ “Social Worker of the Year.” Dr. Daniels has been honored twice as a *Dayton Daily News* “Community Gem” in recognition of her commitment to serving veterans in the Dayton region and her volunteerism throughout the state of Ohio.



## Morning Workshops

Session I – 10:15 AM – 11:15 AM    Session II – 11:30 AM – 12:30 PM

### All The Single Ladies

*Carol James Dickens*



Like many women, as a “single lady,” **Carol James Dickens** had a desire to be married. This desire led her to create a “must-have” list. Her future mate had to be mentally strong, possess a loving heart, and be “easy on the eyes!” But the most important characteristic on her list was that her future husband must be a man of faith. This was non-negotiable because she was—and is—a woman of faith. When Carol turned her list over to God and decided to trust HIS process, she was blessed in ways she could have never imagined! Although no longer a “single lady”—this year Carol will celebrate 31 years of marriage—she uses her life and her journey as an example of what is possible. While some might only share stories of a perfect “Love Connection,” Carol will share her truth, her mistakes, and her wisdom so that you can go forward in your process and move from *single lady* to *equally yoked*.

**Carol James Dickens** is the Regional Vice President for **LegalShield and IDShield**. She and her husband, Keith Dickens, are responsible for overseeing the states of Indiana, Kentucky, Michigan and Ohio. For twenty-nine years, they have worked to help thousands benefit from their services. Because of their commitment to service, they were inducted into *The Millionaire's Club*. Carol and Keith have been married for over thirty years. They met at a church function for singles and were later called into ministry to help singles grow in their faith. Carol has also worked as a life skills coach for a women's shelter and volunteered for several organizations such as Dress for Success, Pass the Torch and Red Cross. Prior to marriage, Carol was a missionary in Nairobi, Kenya. She led a group for single women along with other church members. Carol is a graduate of Kentucky State University where she earned a degree in Early Childhood Development. She reigned as Miss Kentucky State University and was inducted into the *Honorable Order of Kentucky Colonels*.

## Morning Workshops

Session I – 10:15 AM – 11:15 AM    Session II – 11:30 AM – 12:30 PM



### Designed to Shine

*Minister "Mama Rose" Jones*

What does it mean to *shine*?

Responses vary depending on who you ask. Contemporary society often perpetuates the notion that our brilliance is based on external factors like the "ideal" outfit, or job, or car, or group of friends or business associates or... (You fill in the blank.) But when it comes

to *truly* shining—well, that speaks to our character. While we are all unique individuals and we all shine in our own way, there are some key characteristics that will ensure we are shining like the sun. Join **Minister "Mama Rose" Jones** for an inspirational workshop based on Matthew 5:16 (Let your LIGHT so shine...). While sharing her personal experiences and life journey, Mama Rose will encourage you to evaluate how well you are illuminating your light and offer strategies to build upon the character traits that will keep you shining.

**Minister "Mama Rose" Jones** is an educator, bible teacher, chaplain and conference speaker. She earned her bachelor's degree from David L. Myers University in Cleveland, Ohio, and a master's degree from Antioch University. For thirty-six years she has been a teacher in both the public and private sectors. Mama Rose has a passion for reaching at-risk youth and single women by utilizing unique strategies that meet the need of the individual. She often employs methods that some would deem "unconventional," but her goal is to enable those with whom she works to receive wisdom and confidence so that they can achieve their maximum potential in life. **Holy Ghost Corner**, her personal ministry, provides community support, counseling and leadership for female students and single women of all ages. Her motto—which motivates her to do what she does is—"The village never dies."

## #ICYMI: In Case You Missed It!

1:30 PM-2:30 PM

Because we recognize that you can't attend all the workshops offered in the morning, this year we have asked our speakers to join us after lunch for an "Empowerment Panel." This will be your opportunity to gain some additional "Pearls of Wisdom" from the speakers whose workshops you attended, and those whose workshops you couldn't fit into your schedule. This year, you don't have to miss any of our amazing speakers!

### The MasterClass

3:00 PM-4:00 PM



### The Courage to S.H.I.N.E.

*Karen M.R. Townsend, Ph.D.*

While it is easy to *talk about* letting your light shine, sometimes we need the *courage* to do so. In a world that is constantly challenging us, cultivating courage is essential for personal growth and professional success. Whether you struggle with fear of failure, fear of success, fear of saying "No," fear of saying "Yes," or any other **F.E.A.R.** (False Evidence Appearing Real), this workshop will equip you with the necessary skills to embrace bravery and resilience and enable you to overcome fears, uncertainties and obstacles. Join **Dr. Karen** for an interactive session that will include discussions, self-reflection exercises and action planning. This masterclass will empower you to walk boldly—and *courageously*—into your future!

**Karen M.R. Townsend, Ph.D.** is president of **KTownsend Consulting** and founder of **About My Sisters**—an organization "*on a mission to empower one million women and girls!*" For thirty years, she has had the honor of hosting the nationally recognized **Sister to Sister** conference which is one of the longest-running women's events in the United States. Dr. Karen is the author of the best-selling book *It All Started When I Stopped Using Lotion: One Woman's Journey From Chaos to Calm*, which was inspired by her quest to find life balance. "The Lotion Book" encourages women to "Take their **TiME!** (Time for **ME!**) and is currently being used by organizations across the globe to support the professional development and career advancement of high-potential women leaders.

# CONFERENCE REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

**Early Bird Registration!**  
**Register BEFORE August 15 and save \$30!**

**General Registration** is for the **Saturday 16th session only** and includes continental breakfast, conference materials, morning workshops, afternoon “MasterClass,” buffet lunch, dessert reception and souvenir items.

My \$169 general registration fee is enclosed

**VIP Registration** includes all the above **PLUS** the pre-conference session *Are You Ready to S.H.I.N.E.?* on **Friday, September 15<sup>th</sup>**, a VIP luncheon and VIP reception. VIPs will also receive a **BONUS** post-conference group Q & A session designed to maintain momentum and maximize the conference experience.

*This option is limited to twenty-five participants.*

My \$249 VIP registration fee is enclosed.

**Standard Registration (BEGINNING August 16 and until we reach capacity)**

**General Registration** is for the **Saturday session only**.

My \$199 general registration fee is enclosed

**VIP Registration** includes Friday **and** Saturday sessions.

My \$279 VIP registration fee is enclosed.

To register and pay online with a credit card, visit:

<https://SisterToSisterSHINE2023.eventbrite.com>

Paid registrations must be received no later than **September 1, 2023**

**Registrations are non-refundable.**

If you are unable to attend,  
your registration can be transferred to another person.

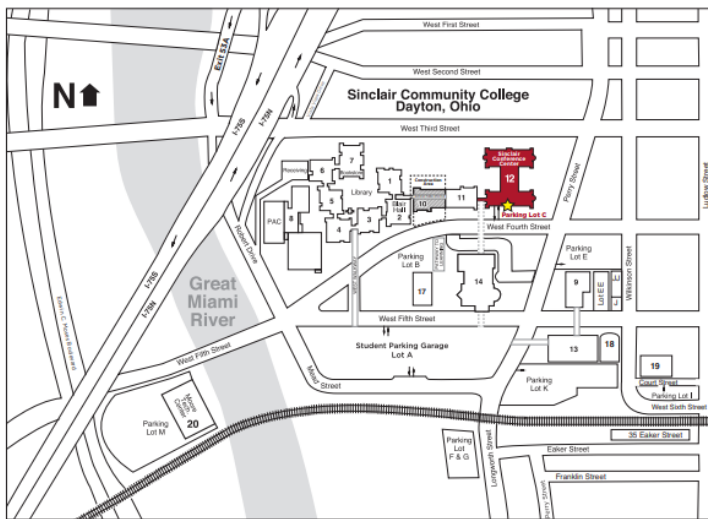
**No on-site registration will be available.**

## CONFERENCE REGISTRATION (CONTINUED)

Please mail the completed registration form and payment to:  
**About My Sisters | PO Box 111 | Clayton, Ohio 45315**  
Questions: Call (937) 602-4641

## ADDRESS AND GPS DIRECTIONS

### DRIVING DIRECTIONS to the **Sinclair Conference Center (Building 12)**



#### **FROM NORTH (Traveling South)**

- Take I-75 South to Exit 53 A (Third St.)
- TURN LEFT onto Third St.
- Go approximately 0.4 miles; TURN RIGHT onto Perry St.
- Go one block; TURN RIGHT onto Fourth St.
- Go approximately 300 feet; TURN RIGHT into Lot C, the underground parking garage.

#### **FROM SOUTH (Traveling North)**

- Take I-75 North to Exit 51 (Edwin C. Moses Blvd.)
- TURN RIGHT onto Edwin C. Moses.
- Go approximately 2.2 miles; TURN RIGHT onto Third St.
- Go approximately 0.5 miles; TURN RIGHT onto Perry St.
- Go one block; TURN RIGHT onto Fourth St.
- Go approximately 300 feet; TURN RIGHT into Lot C, the underground parking garage.

#### **FROM SR-35 (Both East and West)**

- Exit at Ohio Route 48/Main St./Jefferson St.
- TURN RIGHT onto Jefferson St.
- Go approximately 0.3 miles; TURN LEFT onto Fourth St.
- Go approximately 0.4 miles; TURN RIGHT into the Lot C underground parking garage (approx. 300 feet after passing Perry St.).



### Physical Address

Sinclair Conference Center | 444 West Third St. | Dayton, OH 45402-1460

### Driving Directions

If using a GPS, enter the address as  
301 W. Fourth Street, Dayton OH 45402

**Note:** For GPS purposes only. This **is not** the physical address.  
This address will direct you to the underground parking garage.

*Parking is free for all conference participants!*



***S.H.I.N.E.!***

***A Celebration 30 Years In The Making!***

*Would your company or organization  
like to register as a group?*

*We offer special pricing for groups of five or more.*

For information on how to register your group,  
contact our conference team

at

**(937) 602-4641**

***We look forward to seeing you in September!***