



## KATRINA CAIN & JEANINE RENY

*Self-Defense Training for Women*

**A**lpha Female Tactical is a small, family-owned business out of Freeport, FL. The owners, Katrina Cain and her husband, Will Cain, started this training program so that they could empower the lives of women and build up confidence in their abilities to defend themselves. Many people, especially women, are the victims of random or domestic violence. We want to show you that you CAN fight back!

AFT offers classes in Krav Haganah combat defense and firearms training. Krav Haganah is a blend of all forms of mixed martial arts that is broken down into simple steps that any person can learn and practice. This allows the

average person to apply practical skills that could help them in a difficult or unique situation. Our goal at Alpha Female Tactical is to provide a safe learning environment where any person with any background can learn practical skills to keep themselves and their loved ones safe. You will leave each session with better safety strategies, feel more equipped to deal with strangers and the people you know in the event of potential abuse or assault, and have more positive feelings about your body.

An Alpha Female is Strong, Confident, Brave, and Empowered, and each one of our students leave with their head held a little higher, ready to take on the world.



## BRANDY HAIMAN

*Understanding Yourself & Others Through the Lens of the Enneagram*

**M**y name is Brandy Haiman and I'm a practicing Licensed Clinical Social Worker. I have been in private practice since 1997. I completed my undergraduate studies at Florida State University in Psychology and my Masters in Social Work at the University of South Carolina. I love working with adults, teens, and children. I use an eclectic approach, as no one is one size fits all. Therefore, I am trained in a wide range of different modalities such as Eye Movement Desentization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Gottman Method, and the Enneagram.

Therapy had such a profound impact in my own life as a young girl that it inspired me to want to be the same nonjudgmental and compassionate rock for others. I believe one of the

greatest gifts is for someone to allow me to be present with them as they walk through whatever challenges someone is facing. My passion is to help people find healthy perceptions of themselves and strengthen their relationships so they can experience a sense of safety, wholeness, and acceptance.

The Enneagram is a powerful tool designed for people who are ready to strengthen their self-awareness, empathy, flexibility, and impact in their lives. This ancient and powerful tool helps people better understand their patterns of interactions and/or behaviors that may be holding them back. It provides valuable insights into how people can better use their unique gifts and strengths. This tool can also help you develop stronger, more meaningful, trusting, and productive relationships with others.



## NATALIE LEON

### *The 5 Connections to Loving Yourself*

**N**atalie Leon will engage and empower you in this interactive session as she shares her powerful messages within her book, "Loving Me: The 5 Connections to Loving Yourself."

You will learn tips to finally experience a balanced lifestyle from the inside out, integrating a healthy relationship with your body and food.

Also discover how to:

- Feel and look your best with the 3 A's
- Change your mindset & move mindfully
- Lose diet culture and gain results
- Turn challenges into your strengths
- Understand your relationship with food, feelings & cravings

Natalie Leon, Wellness & Fitness Coach, Eating Disorder Survivor, Body Image Advocate, Keynote Speaker, and Coach to Fitness Professionals, is the Amazon Author of "Loving Me"

and creator of Loving Me Retreats and Loving Me Fitness for private, group, and corporate coaching.

As a Wellness & Fitness Professional over the last 25 years, Natalie graduated magna cum laude from UCLA and is Yoga Alliance, AFAA, and AMFPT Certified. She holds certifications in all areas of group and private fitness, including Yoga (ERYT), Pilates, PiYo, Pound, Cycle, Barre, Kickboxing, Dancers Workout, Zumba, Aerial, Aqua Aerobics, Strength Training formats, Thai Yoga Massage, and more.

Natalie has partnered with lululemon and the national non-profit, Breaking The Chains Foundation, where she continues her mission in spreading awareness for body positivity. She is also a former co-owner of an eating disorder clinic and co-creator of a women's wellness center.

Natalie empowers people to LOVE and OWN all of who they are, right here and now, through a combination of mindful movement, intuitive nutrition, and a healthy mindset for lasting, true wellness.



## SHAYLA PETTY

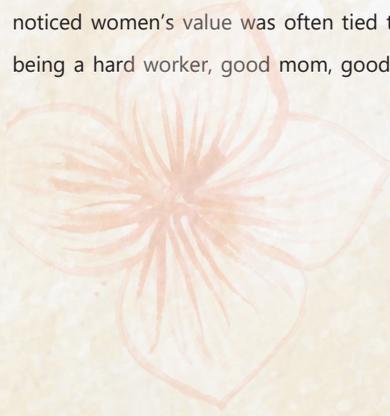
*Pinspiration – Motivational Activity*

**S**hayla Petty is a successful Project Management Professional and small business owner of The Ohana Company PCB, LLC, which operates the trendy arts & crafts studio, Pinspiration, here in Panama City Beach. She has earned her Masters in Business Administration and is a certified PMP who enjoys mentoring women on branding, confidence, and true self-care. Shayla resides in Panama City Beach with her two children and kitten.

Shayla presented one of our breakout sessions during the Women's Symposium last year—The Art of Self. The core of that session was based on an enlightenment journey she began during the spring of 2021. The journey began with her realizing that many women spend so much energy caring for others that true self-care had become diminished. She also noticed women's value was often tied to other aspects like being a hard worker, good mom, good wife, attractiveness,

or size rather than their value being evaluated for who they were. She has spent endless hours researching, reading, and mediating on her journey to discover how to love herself for who she is at the core and not based on what she is or what she does. She is passionate about speaking to others about their journeys as her most favorable way to continue to learn and grow.

Shayla will present Jars of Fireflies as one of the breakout sessions for this year's Women's Symposium, where she will give a brief presentation of her motivational short story and lead participants through a creative art project. The session will explore how society can trap women into unrealistic standards, how we as women can confidently avoid the traps, and most importantly, how we can ensure we are not contributing to trapping others.





## DR. SHERRY HARTNETT

*High-Impact Mentoring*

**D**r. Sherry Hartnett is a highly respected marketing and leadership professor, consultant, mentor, and author.

She entered the world of academia after a successful business career as a senior-level marketing executive. At the University of West Florida, she founded the pioneering, high-impact experiential learning Executive Mentor Program and an acclaimed annual Women in Leadership Conference to educate the next generation of business leaders who will shape the destiny of our world.

Sherry Hartnett is coauthor with Bert Thornton of *High-Impact Mentoring: A Practical Guide to Creating Value in Other People's Lives*. The book includes keen insights on how to be a great mentor and shares a step-by-step framework that instructs organization leaders on installing and scaling up a successfully structured mentoring program in a small, medium, or large organization.

Sherry founded Hartnett Marketing Solutions and Hartnett Academy, a consultancy specializing in marketing, mentoring, and leadership development. Before launching her consulting company, she was vice president, chief marketing &

development officer at a regional healthcare system. Earlier in her career, She was a marketing executive for one of the Top 10 largest global news media companies and led marketing and research for a national advertising agency.

Sherry has received numerous national awards and honors for excellence in marketing, leadership, and mentoring and prestigious faculty excellence in teaching awards. She is delighted to see her students and clients prosper and flourish. Sherry is always looking to inspire and encourage others and has served as a mentor to many.

She holds a Doctorate in Business from Georgia State University, a Master of Science in Management from Johns Hopkins University, and a Bachelor of Science in Marketing from Towson University.

Sherry is well known for her energetic and interactive teaching style and for providing advice and guidance that is down-to-earth, relevant, and takes into account business's real-world complexities. She is passionate about making a difference in the careers and lives of the next generation, locally and globally.



## TRACY JOHNSTONE

*Want to Succeed in Business? Count the Ketchup Packets.*

**T**racy Johnstone was a McDonald's franchisee for 30 years. In that time, she and her husband Tim owned seven locations in North Florida. Tracy was also part of many national McDonald's efforts, including chair of the National Operators Association, chair of the Women Operators Network, and lead for the McDonald's COVID response team for the entire U.S. Now Tracy is using her three decades of big brand experience to consult with

other businesses and organizations on effective corporate operations, communication, and growth strategy.

In this breakout session, Tracy will teach you how to fine-tune operations in your business like McDonald's does to ensure profitability and to keep your business humming in your absence so you can actually have a life outside work.

