

 **MOMIVATE**

MOTHERING CONVENTION

PROGRAM TIMES & SPEAKER DETAILS

9:30 AM	Check-in/Welcome to Convention
9:50 AM	Keynote—The Eyes Behind the Smile—from <i>Linda Eyre</i>
10:10AM	Overview of Momivate from <i>Regan Barnes, ChairMom of the MotherBoard</i>
10:30AM	S: Support Discussion from <i>Leigha Westover, Co-chair</i>
11:00 AM	M: Music with <i>Candace Larson</i> I: Inspiration SMILE Awards
12:00 PM	L: Laughter and Lunch (<i>Lunch included with registration!</i>) Stand up comedy Council of Moms with <i>Lisa Valentine Clark</i>
1:00 PM	E: Empowerment Sessions (<i>You select 3 sessions to attend!</i>)
3:30 PM	Gather in the ballroom for closing remarks
4:00 PM	Door prizes, thank you and goodbye!

MOMIVATE MOTHERING CONVENTION

EMPOWERMENT SESSIONS 1:00–1:40

Ashleigh Di Lello

A Mother's Secret Weapon: Harnessing the Power of Your Brain

Ballroom

Jill Freestone

Anxiety and Anger at Home: Handling Big Emotions With Confidence

Soldier Creek Room

in honor of Angel

Britnee Tanner

Chaos to Calm: How to Create an Organized Home with Simple Systems That Stick

Battle Creek Room

*in honor of Tamara Berry
"Mombozombo"*

Dr. Arlene Johnston

Be the Rockstar You Are and Improve Energy, Health, and Vitality through Nutrition and Lifestyle

Silver Creek Room

*with gratitude to Health and
Vitality MedSpa of Orem*

Anj Lineback

Speed of the Sound of Loneliness

Hobble Creek Room

with gratitude to Improviation

Dena Farash

Minivans and Materialism: How to Love Where You Are

Cascade B

with gratitude to Thriving with 8

Julie Carlisle

Say YES to Success in Your Home and Your Life

Cascade C

*with gratitude to Nicolson
Construction*

Ashlee Miller

Finding Joy through His Rest: How Jesus Restores Weary Women

Cascade D

with gratitude to Minky Couture

Melanie Jewkes

Ditch Your Debt! Real-Life Strategies to Become Debt Free

Cascade E

*with gratitude to Power of Families
and Values Parenting*

MOMIVATE MOTHERING CONVENTION

EMPOWERMENT SESSIONS 1:50–2:30

Camille Walker

Be the CEO of your Life: Finding Balance Your Way

Ballroom

Ceri Payne

Defining T.R.U.E Priorities:
Save Time, Improve Relationships, and Create Faster Results

Soldier Creek Room

in honor of Angel

Emmalou Penrod

Resolve Conflict with RESPECT

Battle Creek Room

*in honor of Tamara Berry
“Mombozombo”*

Dr. Arlene Johnston

Be the Rockstar You Are and Improve Energy, Health, and Vitality
through Nutrition and Lifestyle

Silver Creek Room

*with gratitude to Health and
Vitality MedSpa of Orem*

Nichole Severn & Anna Robbins-Ek

More Than “Mom”

Hobble Creek Room

with gratitude to Improvisation

Candace Larson

Professional Development for the World’s Best Profession—Motherhood!

Cascade B

with gratitude to Thriving with 8

Brittney Bird

Gut & Hormone Health 101

Cascade C

*with gratitude to Nicolson
Construction*

Ashlee Miller

Finding Joy through His Rest: How Jesus Restores Weary Women

Cascade D

with gratitude to Minky Couture

Amanda Christensen

Discover Your Money Personality!

Cascade E

*with gratitude to Power of Families
and Values Parenting*

MOMIVATE MOTHERING CONVENTION

EMPOWERMENT SESSIONS 2:40–3:20

Jessica Ludlow

Healthy Tech Balance—Technology as Tools Instead of Traps

Ballroom

Connie Sokol

The 'Mom And': 3 Keys to Being Purpose-Filled Personally and Professionally

Soldier Creek Room

in honor of Angel

Claudia Cash & Lauren Brennan

Families Don't Have to Hold You Back: Following Your Dreams While Raising Kids

Battle Creek Room

*in honor of Tamara Berry
"Mombozombo"*

Dr. Arlene Johnston

Q&A about nutrients, herbs, gut health, hormones

Silver Creek Room

*with gratitude to Health and
Vitality MedSpa of Orem*

Hannah Olson

Helping You Separate the Relationship of Motherhood from the Job of Caregiving

Hobble Creek Room

with gratitude to Improvion

Candace Larson

Professional Development for the World's Best Profession—Motherhood!

Cascade B

with gratitude to Thriving with 8

Laura Parry

Your Nervous System on Motherhood

Cascade C

*with gratitude to Nicolson
Construction*

Angie Rosier

Pro Tips for a Positive Birth Experience

Cascade D

with gratitude to Minky Couture

Saren Eyre Loosli

The Three Systems Every Family Needs!

Cascade E

*with gratitude to Power of
Families and Values Parenting*

MOMIVATE MOTHERING CONVENTION

VENDORS

Dr. Arlene Johnston - Health and Vitality

Utah Parent Center

From Fear to Hope

Pinnacle Summit Academy

Roots & Branches Wellness

Taylor's Provisions

Postpartum Support International

Angie Rosier

Disciple Thought Leaders

KidStrong

Care Esthetics

Heather Frazier

NutriMovement Mama Bird Market

Coral Stohel

Kendra Burgon - Financial Educator

Utah Highway Safety Office

Paws Craft

Mo McElroy Ask and Tell

Dance Core Body Work

The Healing Group

Alyssa Bae Beauty Bar

Reach Counseling

USU Extension -
Empowering Financial Wellness