

WORKSHOP SESSION 1

THREE KEYS TO RESILIENCE

RM 315

Manny Martinez, President, Relentless Leadership LLC.

Think of all the disruption we have experienced over the last few years: a pandemic, labor shortages, political unrest, supply chain strain, inflation, and remote work environments. When facing change and instability, are you as resilient as you could be? Develop, refresh, and recharge your leadership habits – and learn how to cultivate these skills with others through resilience frameworks and tools.

LEADERS OF NOW

RM 316

Presenter: Antonio McClinton, Student Mentor Coordinator, Olympia School District

This workshop will explore how centering multicultural identity, belonging, and youth voice builds confident, capable leaders ready to impact schools, communities, and future workplaces. Participants will engage in an intergenerational dialogue on leadership, mentorship, and community empowerment.

REVERSE UNO

RM 317

Presenter: Madisson Cordova, Healthy Living Director, YMCA of Greater Seattle

We're flipping the script on traditional mentorship – literally. Young BIPOC leaders bring fresh ideas, cultural insight, and bold perspectives that can challenge the status quo in the best way. We'll talk about what real mentorship looks like, how power dynamics can shift (in a good way), and why sometimes the intern does know more than the CEO. Expect honest conversations, some laughs, and plenty of takeaways for creating more inclusive, future-focused leadership spaces.

LEAD LIKE YOU MEAN IT: DESIGNING YOUR QUARTER FOR MAXIMUM IMPACT

RM 318

Presenter: Tyisha Brown El, Executive Director, TRB Creative Solutions

This session introduces the Plan Your Quarter Right™ framework – a high impact system designed to help leaders accomplish more in 90 days than most do in a full year. Learn how to cut through the noise, focus on what truly matters, and move with clarity to get maximum results in less time.

WORKING IN INTENTION

RM 407

Monique Ngo, Marriage & Family Therapist, Poiesis Wellness

Our mental, emotional, and physical wellbeing are tied to one another. When we are struggling through our own battles, it prevents us from being able to show up intentionally with those we are leading. In this workshop, you'll learn and apply new strategies that better support your health and wellbeing as a means of building your progress and growth in leadership.

WORKSHOP SESSION 2

SAVE FOR YOUR FUTURE NOW

RM 315

Presenter: Andrea Allison-Putman, Senior Director of Education & Y Relations, Y-Retirement

This session will emphasize the importance of taking control of your financial future today, highlighting how early saving can impact long-term outcomes. It will also shed light on the disparities in retirement readiness and financial wellness across different U.S. populations. Attendees will be introduced to practical tools and resources to support their journey, including the Y retirement benefit.

THE ALCHEMY OF BELONGING

RM 316

Presenter: Jo Barber, Un-learning Coach & Consultant, Moving Maxim LLC

This interactive session explores how individuals and organizations can redefine their approach to structure, decision-making, and communication to foster a powerfully positive and inclusive culture. We'll uncover how seemingly neutral aspects of workplace culture – like the drive for efficiency or clear accountability – can inadvertently create hidden friction, stifle diverse voices, and limit innovation when unexamined.

UNLOCKING THE LEADER WITHIN

RM 317

**Presenters: Denise Miño, Organizational Consultant, Denise Miño Coaching & Consulting
Kiana Green, Teen Director, Lakewood Family YMCA**

You are the sum of your experiences, your values, and your story – and all these shape you as a leader. In this fun and interactive workshop, we will explore how to harness your lived experiences to unlock your leadership potential, foster belonging, and drive equity-focused change. You'll gain practical tools for building self-awareness, emotional intelligence, and inclusive leadership skills that will strengthen your impact.

UNDERSTANDING & COUNTERING OUR INTERNALIZED BIASES

RM 318

Presenter: Kim Jansen, Business Owner, Equity Institute

In this session, we will take root in our values to unpack our defensive response when confronted with experiences that counter our values and beliefs. Then learn effective strategies to stay curious and empathetic – including within ourselves.

FROM SIDEKICK TO HERO

RM 407

Presenter: Jp Avila, Director of Marketing, YMCA of Pierce and Kitsap Counties

Using the relatable lens of the “sidekick-to-hero” journey, participants will examine how mentors help build confidence, clarify purpose, and empower individuals to step into their leadership. Through storytelling, reflection, and group discussion, attendees will uncover how mentorship not only guides personal growth but also creates a ripple effect of leadership in our communities.