



## ANNETTA WILSON

### *The Art of Networking*

Annetta Wilson is President of Annetta Wilson Media Training & Success Coaching. She is a Certified Mastery Coach and Certified Trainer specializing in media training, presentation skills and communication skills.

Ms. Wilson has coached for Goldman Sachs 'Launch with GS' program for African American and Latinx entrepreneurs, the City of Orlando, AAA, Cracker Barrel, Walt Disney World, and the Harvard T. H. Chan School of Public Health, among others.

Her clients include subject-matter experts, institutions of higher learning, and industry professionals in fields ranging from healthcare, law, not-for-profit, and government.

An award-winning journalist, she is a former television news anchor, reporter, producer, talk show host and writer. She holds the distinction of being the first African American to anchor a weekday evening newscast in Central Florida history (WKMG-TV, Orlando). She was also the first African American television news reporter in Panama City, Florida (WMBB-TV).

Annetta was named an 'Icon' by Florida Trend Magazine and is a two-time recipient of the Orlando Business Journal's 'Women Who Mean Business' award. Her work has been honored by the American Heart Association and the Telly Awards (2), which showcases the best work created within television and across video for all screens.

She is an instructor for the Edyth Bush Institute for Philanthropy and Nonprofit Leadership at Rollins College in Winter Park, Florida.

Annetta is one of 8 featured coaches in the book, 'Coaching for Success' (Insight Publishing). She is the creator of 'You've Got Less than 15 Seconds. Impress Me!' (elevator speech system), and the author/editor of 'What If It's True? Challenge Your Thinking on Stuff Experts Say'.

Ms. Wilson was national emcee for the Office Depot Success Strategies Conference for Businesswomen in six major U.S. cities.

She serves on the Boards of Directors for Heart of Florida United Way and Give Kids the World. She is a volunteer mentor for the Support Our Scholars program for disadvantaged young college women. She is also a mentor for Athena NextGen, a leadership development program for Central Florida women looking to advance their careers and reach the next level of leadership.

Annetta is a member of the Board of Visitors for the School of Journalism and Graphic Communication at her alma mater, Florida A&M University, and is a member of the International Association of Coaching.

[www.SpeakWithEase.com](http://www.SpeakWithEase.com)



## SHANNON LEYKO



### *Decluttering Your Home & Schedule*

Shannon Leyko is a podcast host, author, and speaker who specializes in helping women feel less stressed through decluttering their homes and lives. Her podcast, *Paring Down*, and her book, *You're Completely Normal*, both center on a key component for contentment and peace: Intentionality.

All too often, we find ourselves bogged down by endless laundry, overflowing closets with nothing to wear, hidden storage in our homes (that we hope guests never discover), and calendars jam-packed with commitments and extracurriculars.

We always feel behind, overwhelmed, and exhausted. When we fling ourselves off of the classic hamster wheel of our fast-paced culture and start making intentional choices - from what we consume and fill our homes with, to how we prioritize our schedules - we build a clearer vision of the life we truly want to live...and start living it.

In this session, Shannon will share practical strategies and mindset shifts to help you pare down your home and

schedule to make room for what truly matters to you. Grab your pen and notebook and get ready to:

- Identify your core values to develop your "Why" for decluttering your home
- Overcome common roadblocks like "What if I end up regretting getting rid of this?" or "Where do I find the time to declutter?"
- Develop home management systems so you don't feel perpetually behind
- Discover ways to be a mindful consumer
- Build margin in your schedule

Shannon is a mom of 3 young children, a military wife, and holds her degree in psychology from Christopher Newport University. She is also a former Miss New York (Miss America Organization), professional vocalist, and reality television development producer.

The most important message she wants you to know is this: A life with less is actually a life with more: More calm in your home, more time to enjoy life and make a positive impact, and more gratitude that leads to deep contentment.



## JESSICA STOLLINGS-HOLDER

### *Generational Fluency - How To Understand, Communicate, and Connect With Different Generations in the Workplace*

Jessica Stollings-Holder is a national speaker, trainer, author, and coach who helps teams recognize how their diverse perspectives fuel success.

She entered the speaking world through her groundbreaking work in generational diversity and inclusion. She has studied how to bridge gaps across generations for more 15 years, serving more than 150 clients in 35 states and delivering 500 keynotes and training events.

Jessica's work has been highlighted in publications across the country- like SHRM, Ragan/PR Daily, and the Chronicle of Higher Education- and her experiential training using an escape game in a box was voted one of the top 120 trainings in the world by Training Magazine.

Jessica's most recent creation- an inclusive leadership program she developed and taught for BOMA Georgia-

received The American Society of Association Executive's highest honor for making invaluable contributions to America and the World.

Jessica's background includes leadership roles in corporate communication and talent development, and she also served as a nationally syndicated news reporter for a radio news program heard by more than 2 million listeners.

Jessica is an academic all-American volleyball player and graduate of King University, where she studied English and Communication. She is also a graduate of Leadership Tennessee Class V.

Most importantly, Jessica is a wife and mom with a passion to ensure all people feel like they belong.

To learn more, visit [jessicastollingsholder.com](http://jessicastollingsholder.com)