

# STOP SELF SABOTAGE SUMMIT SCHEDULE

SUNDAY MAY 22, 2022 - 9AM - 6PM EST



| TIME          | NAME  | ACTIVITY                                 | TOPIC   | REMARKS |
|---------------|---|--|---|---------|
| 09:00 – 09:30 | Evadne McLilley<br>Marsha Samuels                                   | <b>Open<br/>Welcome<br/>Instructions</b> | Welcome, Intro,<br>Remarks                        |         |
| 09:30 - 10:00 | Devan Robinson  | <b>Speaker 1</b>                         |   |         |
| 10:00 - 10:30 | Dr. Grace Kelly   | <b>Speaker 2</b>                         |   |         |
| 10:30 – 11:00 | Autymn Renee Allen  | <b>Speaker 3</b>                         |   |         |
| 11:00 – 11:30 | Missy Riddles   | <b>Speaker 4</b>                         |   |         |
| 11:30 – 12:00 | Lisa Freitag & Jamie Dooley   | <b>Speaker 5</b>                         |   |         |
| 12:00 – 12:30 | Dr. Eva Benmeleh  | <b>Speaker 6</b>                         |   |         |
| 12:30 – 01:00 | Cheryl Thacker  | <b>Speaker 7</b>                         |   |         |
| 01:00 – 01:30 | <b>BREAK</b>  | <b>BREAK</b>                             |   |         |
| 01:30 – 02:00 | <b>BREAK</b>  | <b>BREAK</b>                             |   |         |
| 02:00 – 02:30 | <b>BREAK</b>  | <b>BREAK</b>                             |   |         |
| 02:30 – 03:00 | Cindy Edington  | <b>Speaker 8</b>                         |   |         |
| 03:00 – 03:30 | Michelle Mashiri  | <b>Speaker 9</b>                         |   |         |
| 03:30 – 04:00 | LaTorcha Polati   | <b>Speaker 10</b>                        |   |         |
| 04:00 – 04:30 | Evadne McLilley   | <b>Speaker 11</b>                        |   |         |
| 04:30 – 05:00 | Rebecca O'Rourke  | <b>Speaker 12</b>                        |   |         |
| 05:00 – 05:30 | Rebecca O'Rourke  | <b>Speaker 13</b>                        |   |         |
| 05:30 – 6:00  | Auretha Callison  | <b>Speaker 14</b>                        |   |         |
| 06:00 – 06:15 | Seraphine Ogotu &<br>Marsha Samuels<br>Jenny Vaz<br>Evadne McLilley | Co-host<br>Co-host<br>Co-host<br>Host    | Recap<br>Recap<br>Recap<br>Thank you &<br>Closing |         |



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| FIRST NAME   | LAST NAME    | SPEECH TOPIC   |
|--------------|--------------|--|
| Lisa         | Freitage     | A 6-Step Formula to Rise Out of Self-sabotage and Embody Expansion with Ease |
| Jamie        | Dooley       | A 6-Step Formula to Rise Out of Self-sabotage and Embody Expansion with Ease |
| Rebecca      | O'Rourke CH  | Overcoming the 3 Ps of Self-sabotage   |
| Mikki        | Gaffen Stone | How being Out of Alignment With Your Natural Energy Leads to Self-sabotage   |
| Abena        | Asiamah      | The 3 Secrets to Achieving Your Dream Life"                                  |
| Madelaine    | Gomes        | Why Do We Self-sabotage?   |
| Autymn       | Renee Allen  | Could Your Self-Sabotage Actually Be Your Calling?                           |
| Missy        | Riddles      | Don't Get Stuck in Your Negative Thinking                                    |
| Auretha      | Callison     | How Women Self-sabotage Their Visibility                                     |
| Dr. Grace A. | Kelly        | Navigating Self-sabotage: A 3R Code  |
| Cindy        | Edington     | How to Identify and Release Limiting Beliefs                                 |
| Evadne       | McLilley     | It Is OK To Seek Help  |
| LaTorcha     | Polati       | Proper Alignment For Your Purpose - Masculine vs Feminine Energy             |

