



Snapshot of Workshops & Panels



Breakouts #1 11:00-12:15pm

- **Digital Organizing: Amplifying Your Message** [Statler A]
- **Fundraising Where Nobody Says “No” – The Power of Peer-to-Peer Email Fundraising** [Statler B]
- **Intersectional Justice: Bringing Economic, Environmental, & Social Justice through the Green New Deal** [Int. Ballroom B]
- **Inviting in Stakeholders: Moms Demand Action Case Study** [Stevens A&B]
- **Lobbying Like a Pro: Secrets to Strategy, Organizing, and Communication that will Transform Your Ideas into Law** [Istanbul]
- **Menstrual Equity: Practical Action to Public Policy** [Continental Ballroom B]
- **Not Mission Impossible: Growing Grassroots Activism in Red and Purple Counties** [HHonors]
- **Strategic Advocacy for Everyday People** [Las Vegas]
- **Take Your Canvassing Up a Notch** [San Francisco]
- **Taking Back Power** [Continental Ballroom C]
- **Virginians for Fair Redistricting: “Taking Back Our Voice”** [Amphitheater]
- **Working on the Hill** [Fowler]

Breakouts #2 2:45-4:15pm

- **A Conversation about Racism in Everyday Life** [Int. Ballroom B]
- **Be Fearless** [Fowler]
- **Canvassing: Best Way to Reach Voters** [Istanbul]
- **Don’t Let This Be You: How to Avoid Career-Ending Ethical Mistakes** [Palmer House Room]
- **ERA Call to Action** [Continental Ballroom B]
- **Grassroots Activism Speed Dating with the Liberal Women of Chesterfield County & Beyond** [Continental Ballroom C]
- **Leading in Your Community** [Statler A]
- **Leading with New Power – Double Session 2:45-5:30pm** [Int. Ballroom A]
- **Liberating Our Youth** [Las Vegas]
- **Listening: The Activist’s Superpower** [Stevens A]
- **Not Mission Impossible: Growing Grassroots Activism in Red and Purple Counties** [HHonors]
- **Pro-Choice Proud! Session 1** [Int. Ballroom C]
- **Raising Serious Money for Progressive Candidates – Double Session 2:45-5:30pm** [Mobley]
- **Social Advocacy and Organizing** [Amphitheater]
- **Using Your Grassroots Power: How to Lobby Your Elected Representatives** [Stevens B]
- **We’re Here. What’s Next? Moving from Representation to Storytelling** [Statler B]
- **What’s Your Story? Using Your Story to Increase Your Impact** [San Francisco]

Breakouts #3 4:15-5:30pm

- **Digital Organizing 101** [Statler A]
- **Front Porch Politics: Grassroots Fundraising 101** [Palmer House]
- **High Stakes Performance: How Women of Power Must Navigate, Negotiate and Speak Differently to be Heard** [Int. Ballroom B]
- **Leadership Development: Becoming the Activist You Want to Be** [Stevens A]
- **Not Mission Impossible: Growing Grassroots Activism in Red and Purple Counties** [HHonors]
- **Paid Family and Medical Leave: It Is and Why We Need It** [Amphitheater]
- **Pro-Choice Proud! Session 2** [Int. Ballroom C]
- **Sparking Real Change through Conscious Leadership** [Stevens B]
- **States – the Path to Progressive and Inclusive Democracy** [Fowler]
- **Sustaining the Resistance Movement – Developing Priorities and Strategies** [Continental Ballroom C]
- **The Shocking Truth of Income Inequality** [Continental Ballroom B]
- **Where Technology and Politics Intersect** [Statler B]
- **Women’s Safety Workshop** [Istanbul]
- **Your Money, Your Power** [San Francisco]
- **Your Rhythms of Thriving- Self-Care for Activists** [Las Vegas]

Workshops & Panels

A Conversation about Racism in Everyday Life

Breakout #2 2:45-4:15pm | Int. Ballroom B

- Niambi Carter, Howard University
- China Dicterson, Forward Majority
- Esther Iverem, Pacifica Radio
- Del McWhorter, Virginia Organizing
- Gelila Sebhata, Arlington Huddle

This workshop provides a raw and honest forum to discuss the unspoken issues of race that impact our everyday lives. The panelists will share their personal observations and experiences with race, and highlight where we are now, how we got here, and most importantly, how to move forward while providing tactical solutions. They will also challenge you to self-reflect and collaborate with others to dismantle institutionalized racism starting within your own communities.

Be Fearless

Breakout #2 2:45-4:15pm | Fowler

- Cydny A. Neville, Councilwoman, Town of Dumfries

This workshop is designed for women who have a strong desire to connect to their magic, stand strong in their power, and use their strengths to solve issues in our communities as only a true SHEro can. Ladies, if you are ready to strap on your capes, frame your narratives, embrace your vulnerabilities, and lead – join us and Be Fearless! Oh, and bring your smart device with you.

Canvassing: Best Way to Reach Voters

Breakout #2 2:45-4:15pm | Istanbul

- Ralph H. Craft, Fairfax County Democratic Committee (FCDC)

Virginia candidates know how to contact voters through canvassing door-to-door, but they can't reach everybody and need volunteers to help. Canvassers are the most important people in a campaign – except the candidate – because they bring that essential face-to-face

contact with a voter. Learn about canvassing goals, approaching voters, what to convey, what happens at the door, and tips for success.

Digital Organizing 101

Breakout #3 4:15-5:30pm | Statler A

- Sandi Fox, Smart as a Fox

Time to RESIST! and learn how to build a digital organization plan that is integrated into your political or advocacy plan. You will gain technical skills and become familiar with the building blocks needed to build your digital plan. Participants will learn the dos & don'ts of digital organizing and learn how to use digital tools (email, web, social media, mobile, etc.) and tactics for greater impact. You will build your own digital plan based on a real case study.

Digital Organizing: Amplifying Your Message

Breakout #1 11-12:15pm | Statler A

- Audra Grassia, ACRONYM
- Andrea Ramos, ACRONYM

Social media can seem daunting to the uninitiated, but it's a vital organizing and activist tool. Learn the basics of Facebook, Twitter, email, and text messaging in this beginner's session. Come learn how to present yourself authentically on social media while also learning best practices on how to build, engage, and activate your community both online and offline.

Don't Let This Be You: How to Avoid Career-Ending Ethical Mistakes

Breakout #2 2:45-4:15pm | Palmer House

- Victoria R. Clark, Clark Law

As women advance, shatter ceilings, and achieve positions of power and influence, the opportunities for ethical and public relations mishaps increase, and the fallout often inflicts harsher consequences on women than men. Women must competently navigate through

ethical challenges and effectively manage them. Attendees will learn some techniques in managing public scandals whether they are the focus of the scandal or a member of the team.

ERA Call to Action

Breakout #2 2:45-4:15pm | Continental Ballroom B

- Delegate Jennifer Carroll Foy, Virginia House of Delegates, D2
- Carol Jenkins, ERA Coalition
- Shyamali Hauth, Virginia ERA Advocates
- Valerie Kaiser, Dulles Chamber of Commerce
- Congresswoman Carolyn Maloney, U.S. House of Representatives, NY District 12
- Ellie Smeal, Feminist Majority

When great minds get together, amazing things can happen. In this panel ERA champions and visionaries will discuss the intersection of elections, activism, and the ERA. Hear how our actions this year in Virginia and around the nation will impact millions of women and girls now and in the future.

Front Porch Politics: Grassroots Fundraising 101

Breakout #3 4:15-5:30pm | Palmer House

- Leslie Danks Burke, Trailblazers PAC

Participants will learn best practices for fundraising through dynamic audience engagement with a powerful theme. An integral message is key to fundraising and successful campaigns use the same message with their donors as they use with their voters.

Fundraising Where Nobody Says “No” – The Power of Peer-to-Peer Email Fundraising

Breakout #1 11-12:15pm | Statler B

- Larry Buc, NOPE Neighbors
- Josh Cole, Cole for VA
- Debra Fried Levin, NOPE Neighbors
- Jessica Mott, VA Blue Wave 2019 Fundraising Campaign

You have certainly made a donation to a friend or relative who has asked you to support their run against cancer, their walk to end homelessness, etc. Why? Because you were

probably asked by someone you knew through an unimposing email. Learn about how you can take the power of peer-to-peer email fundraising to elect progressive candidates. There’s no cost, it involves very little time when compared to fundraising events, and nobody ever says “no.”

Grassroots Activism: Speed Dating with the Liberal Women of Chesterfield County & Beyond (LWCC) Breakout #2 2:45-4:15pm | Continental Ballroom C

- Tara Corallino, LWCC
- Amy Towne, LWCC
- Kristi Glass, LWCC
- Becky Stuart Conner, LWCC
- Kim Drew Wright, LWCC

We will share the Liberal Women of Chesterfield County & Beyond (LWCC) experience from an inside-out perspective to help grow or shore-up other grassroots groups. Using one of our most successful educational methods, a “Speed Dating” workshop, we will address such topics as: Building and Structuring Your Grassroots Organization, The Most Effective Way for Grassroots Groups to Help Campaigns, Community Service and Advocacy on a Grassroots Level, and Organizing Grassroots Volunteers from Parades to Polling Places.

High Stakes Performance: How Women of Power Must Navigate, Negotiate and Speak Differently to be Heard

Breakout #3 4:15-5:30pm | Int. Ballroom B

- Lorie Hood, The Hood Group

Are you a Woman of Power? If asked that question would you answer differently based on context? I developed The High Stakes Performance?(HSP) method, which teaches individuals to function under acute stress, and guess what? 99% of my clients are men. However, my research on women shows that 98% are HSPs. In this workshop you will learn why most women hide their power and how to use it to outsmart our current political circumstances.

Intersectional Justice: Bringing Economic, Environmental and Social Justice through the Green New Deal Breakout #1 11-12:15pm | Int. Ballroom B

- Karen Campblin, Green New Deal VA
- Delegate Elizabeth Guzman, Virginia House of Delegates, HD31
- Delegate Sam Rasoul, Virginia House of Delegates, HD11

We cannot simply defend the same neoliberal ideas which created our current economic and social disparities. Green New Deal Virginia is an opportunity to tackle the twin crises of inequity and climate change at the speed and scale that justice and science demand. This session will focus on leading boldly and how we can bring justice everywhere ensuring that people know what our party stands for leading into November 2019.

Inviting in Stakeholders: Moms Demand Action Case Study Breakout #1 11-12:15pm | Stevens A&B

- Leanne Fox, Moms Demand Action – Virginia
- Alison Torrillo French, Moms Demand Action – Virginia
- Priya Mahadevan, Moms Demand Action – Virginia
- Samyuktha Mahadevan, Students Demand Action – William & Mary
- Brenda Moss, Moms Demand Action – Virginia
- Elizabeth Partoyan, Moms Demand Action – Virginia
- Carolyn Woodard, Moms Demand Action – Virginia

Join Moms Demand Action leaders from around Virginia for an expert discussion on creating change and developing a roadmap to increase the effectiveness of promoting gun safety legislation. This workshop will include a review of gun safety legislation blocked in Virginia in 2019, our goals for creating change, and how to engage stakeholders in meaningful ways within your organization by using gun violence survivors, affected communities, and student groups as case studies. We will also break into small groups to brainstorm how to increase the diversity and effectiveness of your efforts.

Leadership Development: Becoming the Activist You Want to Be Breakout #3 4:15-5:30pm | Stevens A

- Sarah Smith, Rising Organizers
- Chantelle Tait, Rising Organizers

Movements are made of leaders like you! We all have things we are great at that can contribute to a political movement, but we also have things that keep us from reaching our full potential. This session will challenge you to grow into the change agent/leader that you most want to be this year.

Leading in Your Community Breakout #2 2:45-4:15pm | Statler A

- Julie Jakopic, Virginia's List
- Mali Phonpadith, SOAR Community Network
- Joyce Connery, Defense Nuclear Facility Safety Board

Women are stepping up to lead organizations, campaigns, and communities. Learn how to step up to your own leadership potential. When women lead, things change.

Leading with New Power Double Session 2:45-5:30pm | Int. Ballroom A

- Delegate Sam Rasoul, Virginia House of Delegates, HD11

Using examples from cutting-edge neuroscience research, social media practices, and groundbreaking literature, we'll focus on how to build trust and bridge the political divide to make fundamental changes with real reform. During this session we'll discuss the concept of new power values and its ability to surge through entire communities. In contrast, we'll bring in examples of old power values and the differences between these two notions of power and blending the two together to form impactful developments in our own communities.

Liberating Our Youth

Breakout #2 2:45-4:15pm | Las Vegas

- Nightvid Cole, National Youth Rights Association
- Brian Conner, National Youth Rights Association
- Andrea Cubelo-McKay, Embark Center for Self-Directed Education
- Catina Franklin Sweedy, Embark Center for Self-Directed Education

While most common oppressions, such as racism, sexism and classism, are widely acknowledged and fought, one oppression remains nearly untouched. This is the oppression of young people—all young people. Children and teenagers are viewed as inferior to adults and denied basic liberties under the law. This workshop will be a roundtable discussion about the oppression youth face and the steps we can take to end it.

Listening: The Activist's Superpower

Breakout #2 2:45-4:15pm | Stevens A

- Theresa M. Caldwell, Petersburg Wellness Consortium

Activists are so passionate about their cause or candidate that they are always bursting at the seams to share what they know and press a piece of "lit" into someone's hand. But as we all know, passion is not enough. More people with more passion and funds are not enough. During this interactive workshop, you will have a full-body listening experience strengthening your listening muscles in ways that support every area of your life.

Lobbying Like a Pro: Secrets to Strategy, Organizing and Communication that will Transform Your Ideas into Law

Breakout #1 11-12:15pm | Istanbul

- Senator George Barker, Virginia State Senate
- Holly Hazard
- Nicole Pugar Lawter, Williams Mullen

This workshop features legislators, lobbyists and General Assembly staff giving you tips and tricks for effective lobbying. Professional lobbyists spend years learning how to best

influence legislation. That's why corporations and other special interests have such power in Richmond. This workshop will explain the process of drafting legislation, what influences legislators (and what doesn't) and how you can work the system for the best results.

Menstrual Equity: Practical Action to Public Policy

Breakout #1 11-12:15pm | Continental Ballroom B

- Natalie Baumeister, Student, Justice High School
- Senator Jennifer Boysko, Virginia State Senate
- Jen Golobic, Teacher, Justice High School
- Catherine Read, Read.Think.Act
- Holly Seibold, BRAWS
- Fariha Tasneem, Student, Justice High School

The cultural stigma around menstruation has impeded the implementation of good public policy, allowing the fundamental needs of the impoverished to be ignored. We need to address why menstrual supplies are not provided as freely as other products our society deems "essential." Communities should continue to focus on practical solutions; however, we also need smart public policy mandates to regulate government, corporations, businesses, schools, prisons, and jails. Join us to learn about the evolution of the Menstrual Equity Movement and how a partnership between grassroots advocates, educators and students, and state legislators successfully created sustainable, long term, institutional change in Virginia.

Not Mission Impossible: Growing Grassroots Activism in Red and Purple Counties

Breakout #1 11-12:15pm | HHonors

Breakout #2 2:45-4:15pm | HHonors

Breakout #3 4:15-5:30pm | HHonors

- Donna Cywinski, Fauquier Indivisible
- Whitney Petrilli, Fauquier Indivisible
- Miggy Strano, Fauquier Indivisible
- Carolyn Woodard, Fauquier Indivisible

For grassroots resistance groups in Virginia's red and purple counties, building an enduring

organization is a challenge. This workshop offers the opportunity to learn about ways to recruit new members, promote activities, and work effectively with local democrats. Topics discussed will include telling a story about a successful event, activity, and campaign; effective newsletters; and techniques for recruiting new members. Participants will join in a roundtable discussion to share thoughts, ideas, and strategies of what is working in red and purple districts. Together we can take back power.

Paid Family and Medical Leave: What It Is and Why We Need It

Breakout #3 4:15-5:30pm | Amphitheater

- Ellen Bravo, Family Values @ Work
- Senator Jennifer Boysko, SD-33)
- Delegate Jennifer Carroll Foy, HD-02
- Tara Gibson, VA Campaign for a Family Friendly Economy
- Vicki Shabo, New America's Better Life Lab

The absence of paid leave in this county is a personal and public health catastrophe that leaves nobody untouched. It is time to honor honest, hard work and put Virginia's families first. Session attendees will watch 20-minute highlight reels from the award-winning documentary, ZERO WEEKS immediately followed by a dynamic panel discussion with Delegate Jennifer Carroll Foy, state Senator Jennifer Boysko, and national thought leaders on paid family and medical leave.

Pro-Choice Proud! Session 1

Breakout #2 2:45-4:15pm | Int. Ballroom C

- Jane Materna, Network NoVA and NARAL Pro-Choice Virginia Foundation Board Member
- Galina Varchena, NARAL Pro-Choice Virginia
- Virginia League of Planned Parenthood

Reproductive rights are under attack in Virginia and across this nation. Together we will take a deeper dive into why anti-choice politicians have launched a disinformation campaign on reproductive rights and explore how we can reclaim the narrative using facts and values-driven messaging and what's at stake for Virginians in the upcoming General Assembly session.

Pro-Choice Proud! Session 2

Breakout #3 4:15-5:30pm | Int. Ballroom C

- Jane Materna, Network NOVA and NARAL Pro-Choice Virginia Foundation Board Member
- Marlee Breakstone, Catholics for Choice
- Stephanie Nash, Whole Women's Health
- Erin Matson, ReproAction

Do you feel comfortable talking about abortion? During this workshop you will learn best practices on how to effectively communicate and be persuasive on the issues of reproductive healthcare, including abortion. You will learn how to use values driven messaging when having these often-uncomfortable conversations and how to best "win people over." However, one may feel about abortion, you will learn how to remove any judgement or shame from the conversation in order to bring the conversation back to the principles and values of love, freedom, and mutual respect.

Raising Serious Money for Progressive Candidates

Double Session 2:45-5:30pm | Mobley

- Lynn Fletcher, 31st Street Swing Left
- Mary Pence, 31st Street Swing Left

This session will cover how a group of volunteers raised over a million dollars for progressive candidates. If you are serious about raising serious money, this workshop is for you.

Social Advocacy and Organizing

Breakout #2 2:45-4:15pm | Amphitheater

- Alan Rosenblatt, turner4d & Lake Research Partners

Social media is a powerful tool for advocacy and for organizing activists but only with the right strategy and tactics. This workshop digs into those strategies and tactic sparking Real Change through Conscious Leadership

Sparking Real Change through Conscious Leadership

Breakout #2 2:45-4:15pm | Stevens B

- Mali Phonpadith, SOAR Community Network

Developing mindful and conscious leaders can spark real change in business, communities, and society and increase the effectiveness of business processes, political campaigns, and promotion of humanitarian issues. The workshop will cover: 1) Current trends, opportunities, and benefits of mindfulness practices and their roles in corporate leadership, advocacy work, and politics; 2) Specific mindfulness practices that benefit corporate and civic leaders; and 3) Case studies on how developing more conscious/mindful leaders can lead to more effective leadership.

States – The Path to Progressive and Inclusive Democracy

Breakout #3 4:15-5:30pm | Fowler

- JoAnn Loulan, Local Majority

State house candidates are under-funded and under-supported and yet supporting these candidates' grassroots efforts can have the greatest impact. This workshop focuses on how to help Virginia state candidates with policy research. No matter what is happening in the Presidential race, State House and Senate races can have decisive impacts on key issues: Roe v Wade; relevance of the Electoral College; Medicare expansion; value of education; stopping the ravages of global warming; and preservation of crucial areas of our democracy.

Strategic Advocacy for Everyday People

Breakout #1 11-12:15pm | Las Vegas

- Tim Cywinski, Sierra Club Virginia Chapter

Drafting legislation, lobbying, directing media attention, and testifying in committees are a few ways everyday people can have a strong impact on the General Assembly Session. This interactive training provides an education in Virginia's law-making process through the eyes of an advocate and equips attendants with tools to influence state leaders of all levels. In

addition to practical simulations, this workshop provides an "advocacy manual" for attendants to reference for future action.

Sustaining the Resistance Movement – Developing Priorities and Strategies

Breakout #3 4:15-5:30pm | Continental Ballroom C

- Luisa Boyarski, Virginia Grassroots Coalition

Recently conducted research on the Virginia Grassroots Movement will be used to frame discussions among grassroots group leaders about priority actions and strategies for sustaining the movement. Topics to be discussed include: 1) group leadership and structure, 2) skill-building, 3) cross-group collaboration, and 4) strategic communications. Make new connections with other grassroots leaders and help develop a long-term action plan!

Take Your Canvassing Up a Notch

Breakout #1 11-12:15pm | San Francisco

- Julie Greenberg, 31st St. Swing Left
- Amy Kossoff, 31st St. Swing Left
- Jim Shelton, 31st St. Swing Left

31st St. Swing Left has developed techniques for greater "front porch" engagement with potential voters. Learn appropriate conversational techniques based on the individual's stance on the candidate. Participants will role play differing stances and techniques in simulated canvassing encounters. We'll assume that participants are familiar with the purpose and mechanics of canvassing so that we can get right to interaction.

Taking Back Power

Breakout #1 11-12:15pm | Continental Ballroom C

- Delegate John Bell
- Frank Cervarich, Swing Left
- Ibbby Han, Student Power Network
- Megan Hondl, Virginia House Democratic Caucus
- Atima Omara, Omara Strategy Group (co-moderator)
- Lyzz Schwegler, Sister District
- Kimberly Tucker, Indivisible

- Katherine White, Network NoVA (co-moderator)

What's the plan to win back the majority in the 2019 campaign in Virginia? For Democrats to take the "whole enchilada" we must have a strategic plan that's effectively implemented to mobilize and engage voters to increase turnout at the polls. Businesses fail because they lack proper planning, strong leadership or adequate funding, and so do political campaigns. Are we ready to win it? Join the discussion on strategy and tactics with lead groups working to take back power everywhere.

The Shocking Truth of Income Inequality

Breakout #3 4:15-5:30pm | Continental Ballroom B

- Sr. Simone Campbell, Sisters of Social Service

This workshop will explore the change in income for people in our nation over the last 37 years and how the 2017 tax law has made it worse. This is headline making information that ALL of us interested in politics must know...so we can change it!

Using Your Grassroots Power: How to Lobby Your Elected Representatives

Breakout #3 4:15-5:30pm | Stevens B

- Sarah Karush, Citizens' Climate Lobby
- Joshua Goodman, Citizens' Climate Lobby
- Scott Emery, Zero Carbon Virginia/Citizens' Climate Lobby

Citizens' Climate Lobby (CCL) is a nonpartisan, grassroots organization focused on national climate policy. Our respectful approach is designed to create a broad, lasting foundation for climate action. In this session, we'll explain CCL's four levers of political will—lobbying, media relations, grassroots outreach, and chapter development—and take a deeper dive into lobbying. Attendees will participate in a mock lobby meeting.

Virginians for Fair Redistricting: "Taking Back Our Voice"

Breakout #1 11-12:15pm | Amphitheater

- Dina Butcher, Badass Grandma
- Brian Cannon, OneVirginia2021
- Ellen Chaffee, Badass Grandma
- Katie Fahey, Voters Not Politicians/The People

Gerrymandering gags local residents from having a real voice in the voting process. This session will address 1) where Virginia's redistricting process stands, 2) where we go from here in the legislature, 3) the grassroots path forward, and 4) what do the new maps mean. Find out how we can take back our voice through redistricting.

We're Here. What's Next? Moving from Representation to Storytelling in the Political Space

Breakout #2 2:45-4:15pm | Statler B

- Amina Gilyard James, Influence by AG

In this session, Dr. James will share interactive case studies detailing the journey of six women executives in the public sector, highlighting their struggles with authenticity and narrative breakthroughs. Session participants will explore their own narratives by identifying the purpose and value in their stories, practicing storytelling techniques designed to foster authentic connections with their constituents, and engaging in discussion about the challenges women in politics encounter when speaking their truth publicly.

What's Your Story? Using Your Story to Increase Your Impact

Breakout #2 2:45-4:15pm | San Francisco

- Star Bobatoon, StarBobatoon.com

Whether it is an audience of one or 1,000, your ability to connect can make the difference between success and failure, and action and apathy. An authentic, well-told story that reveals the heart of your cause or your position is the best way to connect with your audience. Your story can increase your influence and move your audience to action. Your success can also be sabotaged by a hidden, limiting story you believe about

yourself. Working on one story without addressing the other shortchanges both you and your audience. Learn how to identify and transform both stories and achieve the impact you desire.

Where Technology and Politics Intersect

Breakout #3 4:15-5:30pm | Statler B

- Heidi Drauschak, Antrim Grace Solutions
- Samantha Biggio, Antrim Grace Solutions

As technology improves, one industry has been largely left behind: politics. But there are many opportunities for the two to intersect offering ways to interact with our legislators, mobilize for candidates, and inform ourselves on the issues. How do we optimize it and use it for the benefit of citizens? In this workshop we will discuss the history of technology in politics, explore some current platforms, and brainstorm ideas for the future.

Women's Safety Workshop

Breakout #3 4:15-5:30pm | Istanbul

- Julie Morrill, Roar Training LLC
- Jennifer Finkle, Roar Training LLC

Almost daily the media report stories of attacks on women and girls. Those who fight back are more likely to get away, yet without some form of training, it's hard to know what to do. Join us for an invigorating workshop where you will learn how to fight back. The workshop will include safety tips and empowering self-defense techniques. Bring your sense of humor and a sense of adventure!

Working on the Hill

Breakout #1 11-12:15pm | Fowler

- Chonya Davis Johnson, America's 5 Minute Advocate

This interactive session will cover the 3 P's of working on the Hill—politics, policy, and process—with a savvy Capitol Hill staffer. You will learn firsthand about the policy-making process, setting a legislative agenda, and nuts & bolts of working in a fast-paced environment 24/7.

Your Money, Your Power

Breakout #3 4:15-5:30pm | San Francisco

- Rebecca Borton, Concentric Private Wealth

Money is power, and I want you—a progressive woman activist—to have more of it. Combat the gender gap in fundraising and political power through strategies to earn more, build wealth, spend effectively, and give efficiently. We will use role play and group discussion to grow the power of the purse and to vote with our dollars—not just in campaign season, but throughout our lives.

Your Rhythms of Thriving- Self-Care for Activists

Breakout #3 4:15-5:30pm | Las Vegas

- Marni Sclaroff

In this session we will discuss all of the ways to take care of your energy so that you can serve the things you believe in with your full vitality. This session will include discussion, simple yoga and breathing practices, and some journaling. You will leave with a clear plan of self-care that you can incorporate into your busy and full lives.