



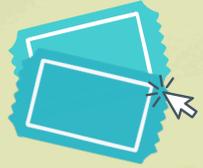
# SPRING RETREAT

Thursday, May 7 | VMA Event Center

11 AM

## AMF BAKERY SYSTEMS PLANT TOUR

*Lunch is included and an additional ticket is required.*  
2115 W. Laburnum Avenue, Richmond, VA 23227



1 PM

## WELCOME

*Kimberly Noonan, WiM VA Executive Director*

1:10 PM

## WOMAN OF THE YEAR COMMENDING RESOLUTION

Join us as *Jennifer Ney* of *Nestlé Purina Petcare*, the **2025 WiM Virginia Woman of the Year**, receives her official Commending Resolution.

1:15 PM

## BREAKING THE MOLD: THE POWER OF RISK, RELATIONSHIPS, & RESOLVE

*Marylou Garcia, ERA Group*

Drawing on lessons from trailblazing women in industry, Marylou shares what it takes to rise & thrive in male-dominated fields. She breaks down the **Three C's** of transformational leadership:

Gain practical tools to overcome imposter syndrome, strengthen key relationships, and build unshakeable confidence.

**Courage:** Trusting your internal compass & embracing the belief that the biggest risk is staying the same.

**Connection:** Building a strong circuit of mentors, sponsors, & peers.

**Confidence:** Turning down self-doubt & leading with a solution-focused mindset.

2 PM

## PROFESSIONAL HEADSHOT SESSION

*Headshots will be available throughout the afternoon's sessions.*  
Visit the designated photography area by 4 PM.

**2 PM**

## **RESILIENCY: BOUNCING BACK FROM WORKPLACE CHANGES**

*Annette Kane-Shine, Sumitomo Drive Technologies*

This session focuses on accepting the inevitability of workplace change and helps participants identify their relationship to it (denial, resistance, commitment, exploration) and craft action plans to bounce back.

**3:15 PM**

## **FROM MENTEE TO MOMENTUM: TURNING MENTORSHIP INTO CAREER ACCELERATION**

*Gina Reid, Alfa Laval*

Mentorship can be more than a program—it can be a powerful catalyst for long-term career growth. In this session, mentoring program graduates share real stories of how mentorship shaped their confidence, leadership style, and career decisions. Through an engaging panel and audience interaction, attendees will gain practical insights on how to turn mentoring relationships into lasting professional momentum and future leadership opportunities.

**4:15 PM**

## **WIM VA MENTORING PROGRAM GRADUATION CEREMONY**

*Kerry McAvoy & Jessica Baska, WiM VA Mentoring Pillar Co-Leads*

Join us as nine participants graduate from the WiM Virginia Mentoring Program, marking the culmination of a year dedicated to professional growth and leadership development.

### *Graduating Class Mentees*

**Angela Owen**, Erodex

**Annie Eckmann**, One Environmental Group

**Elena Candeloro**, Alfa Laval

**Ellen Schneider**, Alfa Laval

**Holly Hilten**, Alfa Laval

**Jennifer Shuford**, BWXT

**LaTisha Coleman**, Alfa Laval

**Rhonda Davis**, Dupont

**Xia "Summer" Li**, Altria



**4:30 PM**

## **CLOSING REMARKS**

*Brenda Clarke, WiM VA Advisor*

**4:30 PM**

## **NETWORKING COCKTAIL RECEPTION**

