



Marin  
**Teen Girls**  
2025 conference

Sunday, March 2nd

Spread  
your **Wings**

Hosted by





**Feel the energy, ignite your ideas, unleash your potential!**

Welcome to a conference designed to connect, empower, and help you **Spread Your Wings**. Prepare for inspiring workshops and discover what it means to be a formidable young person in Marin. Today, stand tall, embrace your uniqueness, and soar!

**Your 2025 Ambassadors**

Mia Abrajan . . . . .	Marin Academy. . . . .	10th grade
Sasha Acevedo . . . . .	Novato High . . . . .	10th grade
Kate Batdorf . . . . .	Marin Catholic . . . . .	11th grade
Cecilia Brenner . . . . .	The Branson School. . . . .	11th grade
Annie Carmona . . . . .	Terra Linda High . . . . .	12th grade
Ruby Cole . . . . .	Marin Academy. . . . .	11th grade
Kimberly De Leon . . . . .	The Branson School. . . . .	12th grade
Ella Ervin. . . . .	Novato High . . . . .	9th grade
Stacy Espinoza . . . . .	Archie Williams,. . . . .	10th grade
Mattea Fazio . . . . .	St. Vincent de Paul College Prep	10th grade
Blooma Goldberg . . . . .	Tamalpais High. . . . .	10th grade
Annie Hamel . . . . .	Terra Linda High . . . . .	12th grade
Jennie Liu . . . . .	Tamiscal High . . . . .	12th grade
Addie Marsh. . . . .	Terra Linda High . . . . .	11th grade
Samantha Mazariegos. . . . .	Terra Linda High . . . . .	12th grade
Hanna O’Kane. . . . .	Tamalpais High. . . . .	10th grade
Kirsten Pitcher . . . . .	San Domenico . . . . .	11th grade
Mira Sridharan. . . . .	The Branson School. . . . .	11th grade
Claudie Velázquez. . . . .	Terra Linda High . . . . .	12th grade
Shriya Yendluri . . . . .	Novato High . . . . .	11th grade



**Registration at Entrance**

*Breakfast*

Located in San Rafael Foyer  
8:30am to 9am

**Welcome & Career Panel**

Main Ballroom  
(Corte Madera & Mill Valley Suites)  
9:00am – 10:20am

**WORKSHOP SESSIONS**

**1**

**CAREERS**

10:30am to 11:20am

**2**

**MY BODY, MY HEALTH, MY COMMUNITY**

11:30am to 12:20pm

*Lunch*

Served in the San Rafael Foyer  
Dine in Main Ballroom  
12:30 to 1:20pm

**3**

**MOVEMENT**

1:30am to 2:10pm

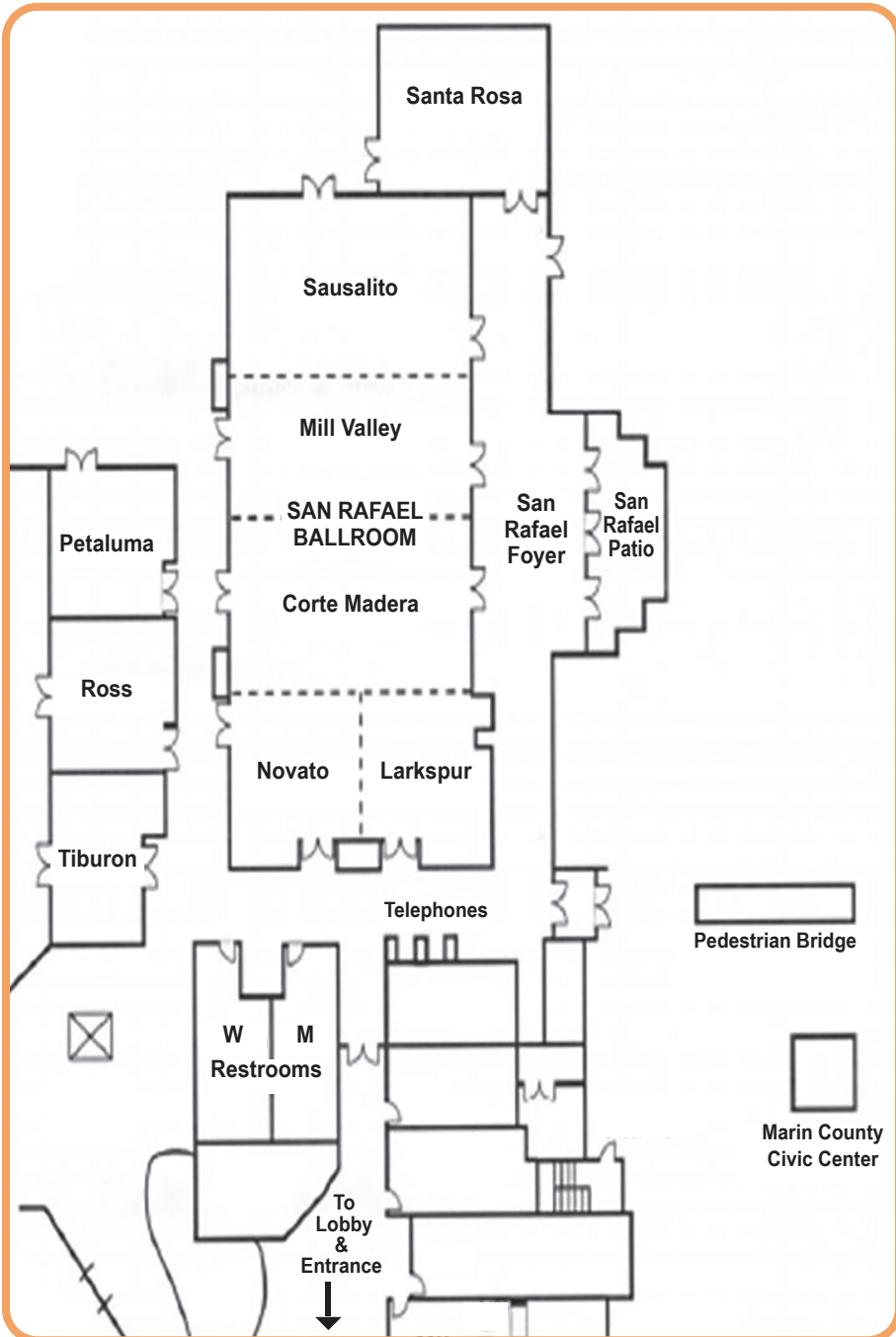
**Keynote Speaker**

Christy Smith, Executive Director of Emerge California  
***Stronger Than You Think: Building Confidence  
and Courage through Life’s Challenges***

Keynote begins at 2:20pm  
Main Ballroom

**Raffle Prizes and Closing Remarks**  
**Conference Concludes at 3pm**

## EMBASSY SUITES MAP



## Workshop Information

### 1 SESSION 1 – CAREERS

	ROOM
Apply Yourself: Crushing the College Application	Novato
Lab to Label: How Natural Beauty Products are Made	Petaluma
Exploring the World of Diagnostic Medical Sonography: A Career in Ultrasound	Larkspur
Navigating Your Future in STEM	Sausalito
Get Social! How to Break into Social Media Marketing	Santa Rosa
W\$E Up: Financial Education for Teen Girls	Ross
Mis Habilidades, Carrera, Futuro: Preparación para la Universidad	
My Abilities, Career, Future: Preparing for University*	Tiburon

### 2 SESSION 2 – MY BODY, MY HEALTH, MY COMMUNITY

	ROOM
Threads That Heal: Natural Fibers in a Fast-Fashion Era	Novato
Leadership, Activism, and Community Building	Petaluma
Using Your Super Powers for Community Good	Larkspur
You've Got This: Mastering Stress with Simple Tools	Sausalito
Fueling Confidence: Nutrition & Wellness for Teens	Santa Rosa
What is CONSENT?	Ross
Tu Voz, Tu Comunidad, Tu Impacto	
Your Voice, Your Community, Your Impact*	Tiburon

### 3 SESSION 3 – MOVEMENT

	ROOM
Deep Flow Yoga	Novato
Power Pilates	Petaluma
Full Body Barre Engagement	Larkspur
Be Your Own Bodyguard! Practical Self-Defense	Santa Rosa
Move to the Beat	Ross
Playing with Shared Space and Movement Through Improv	Tiburon
Caminando con Propósito Walking with Purpose*	Comienza en el Patio San Rafael Meet at the San Rafael Patio

\*Presented in both Spanish and English.

## CAREER PANEL

### Dominating in Male Dominated Fields

**Dr. Zita Konik** is an Emergency Physician specializing in pre-hospital care (EMS). Bay Area born and raised, she completed her training in California (UCLA, UCSF, Stanford). She is the Medical Director for Alameda County EMS, supporting 1.8 million people, and previously served Napa County and Novato Fire. She is currently serving as the Medical Director for the SANE SART team and works clinical shifts as an ER physician. A mother of four, plus pets, she enjoys trail running, travel, and true crime podcasts.

**Elizabeth Llamas** is not only managing Carroceria Collision – she’s carrying on a family legacy. From a young age, she was immersed in the world of cars, a passion that ignited her drive to excel in automotive repair. Now, as estimator and manager of this family-owned and operated business, Elizabeth brings both expertise (honed at Contra Costa College and through years of industry experience) and a personal touch. Since 2021, Carroceria Collision has been driven by a simple yet powerful goal: delivering top-notch repairs and treating every customer like family.

**Jacq Tatelman** is an entrepreneur and State Bags Co-Founder. She and her husband launched Camp POWER in 2009. Serving kids from underserved NYC neighborhoods, they were struck by a heartbreaking reality: children arriving with their belongings stuffed into plastic bags. That image sparked an idea: STATE Bags. They designed canvas backpacks mixing fashion and philanthropy as a way to give back to the communities that had given them so much. Their model is beautifully simple: buy a bag, give a bag.

**Hon. Anne Costin**, appointed to the San Francisco Superior Court in 2023 by Governor Gavin Newsom, currently serves in the Unified Family Court. Previously, she handled misdemeanor trials and felony preliminary hearings. Before her appointment, Judge Costin practiced civil litigation. She received her JD from the University of San Francisco School of Law (2008) and later taught there as an adjunct professor (2011–2017). For over a decade, she led a volunteer high school mock trial program through the YMCA. A fourth-generation San Franciscan, she lives in the city with her family.

*Moderated by Mo de Nieva-Marsh, Trustee San Rafael City Schools and Ruby Cole, Ambassador*



## SESSION 1

### Career Workshop Options:

#### **Apply Yourself: Crushing the College Application**

*Presented by Lisa Neumaier, College & Career Specialist*

This workshop will demystify the college admissions process and leave you feeling empowered about your future. There will be time for self-reflection as that is essential to making this a meaningful, individualized journey. Advice will be given for all grade levels.

*Lisa has worked in education for 30 years, including 16 at The Branson School and 14 as Archie Williams' College & Career Specialist. She's grateful to help students at her alma mater plan for the future.*

#### **From Lab to Label: How Natural Beauty Products are Made**

*Presented by Maya May, CMO of EO Products*

Have you ever dreamed of creating your own natural personal care product? Our session dives into the exciting world of product development, showing you how an idea becomes a real product, from mixing ingredients in a lab (R&D!) to designing packaging. We'll explore market research – figuring out what people actually want – and the important step of testing to make sure everything is safe and effective. If you're curious about science, business, or just love the idea of making your own natural products, this is the session for you!

*Maya May, CMO of EO Products (makers of EO and Everyone brands), leads brand transformation with 20+ years of marketing experience. A Brown and University of Chicago Booth graduate, she previously held leadership roles at Macy's, Luxottica, and Sephora. She oversees EO Products' creative, social media, PR, and product development teams.*

## **Exploring the World of Diagnostic Medical Sonography: A Career in Ultrasound**

*Presented by Catherine Taylor of UCSF Ultrasound*

Learn about the path to becoming a sonographer, the essential skills required, and the diverse opportunities in this field. Through captivating ultrasound images, real-life stories, and hands-on experience with a hand-held ultrasound device, explore how sonographers play a vital role in patient care. Whether you're considering a healthcare career or curious about imaging technology, this interactive session offers a unique perspective on a field that combines science, art, and compassion.

*Cathy Taylor is a Sonographer with over 26 years of experience from the University of San Francisco. She has been capturing life's wonders through ultrasound, transforming images into insights, fostering health, and embracing the art of diagnostic care.*

## **Navigating Your Future in STEM**

*Presented by Cortney Schultz from Santa Rosa Junior College*

Considering a career in Science, Technology, Engineering, or Mathematics (STEM)? Join us to discover the exciting possibilities in STEM fields. Learn about diverse academic pathways and dynamic career options, and find out how they align with your personal goals and aspirations.

*Cortney Schultz, a tenured Math Instructor at Santa Rosa Junior College, is deeply committed to advocating for STEM careers. Passionate about inspiring students, she strives to cultivate interest and enthusiasm for the opportunities in Science, Technology, Engineering, or Mathematics.*



## **Get Social! How to Break Into Social Media Marketing**

*Presented by Kerry Rego from Kerry Rego Consulting*

Whether you are chronically online or want to be your own boss, social media has opportunities for everyone. Join social media consultant, author, and college lecturer Kerry Rego to learn about the array of social media careers, what skills you'll need to get hired, and how to get started on the digital path to success.

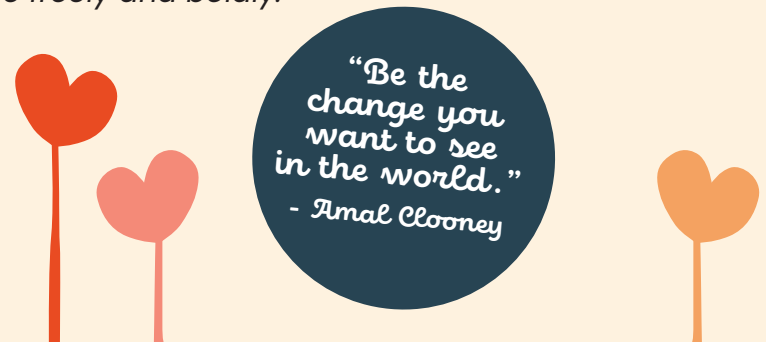
*Kerry Rego is a social media consultant, trainer, author, and speaker. Specializing in social media marketing, Kerry is associate faculty at Santa Rosa Junior College, a subject matter expert for California Community Colleges, and a former lecturer at CSU Sonoma State University. She has authored four books about social media.*

## **WISE Up: Financial Education for Teen Girls**

*Presented by Marlene Campbell from WISE Women Money Club*

Dive into the essentials of financial literacy in this engaging workshop! We'll cover topics like putting together a practical budget, spotting identity theft and fraud, understanding credit cards and scores, and smart saving strategies. Learn useful tips and information to navigate your financial world with confidence.

*Marlene Campbell, President of WISE Women Money Club, leads weekly meetings guiding women toward financial independence. A graduate of WISE UP: Financial Education for Women, she's also the founder of a nonprofit and author of *The Boundary Blueprint*, empowering women to live freely and boldly.*



**Mis Habilidades, Mi Carrera, Mi futuro:  
Preparación para la Universidad /  
My Abilities, My Career, My Future: Preparing for College\***

*Presented by Priscilla Miranda and Alejandra Lepez*

¿Quieres saber como prepararte para y como pagar la universidad? ¡El equipo de ACE esta encantado de presentar un taller para equipar a los estudiantes para tener éxito en ruta a la universidad! La presentación del taller será sobre los cuatro sistemas universitarios, los requisitos de A-G y de el promedio académico y como pagar la universidad. Jugaras Hucks Bucks for College para entender como tu promedio académico afecta tu ayuda financiera para pagar la universidad.

Want to know how to get to and pay for college? Join the ACE Team to learn about college readiness and help you get ready to succeed in your college journey. We'll go over the four college systems, what the A-G and GPA requirements are, and how to pay for college. Play Hucks Bucks for College where you will understand how your GPA affects your financial aid for college.

**The Huckleberry Youth Program panelists include:**

*Priscilla Miranda is a first-gen Latina, educator, non-profit director, outdoor adventure enthusiast, and advocate for youth. She is dedicated to empowering resilient communities, and collaboratively creating opportunities for youth.*

*Alejandra Lepez is a first-generation graduate from Holy Names University with a Bachelors in psychology. She is the Program Manager for ACE Academy and she is driven to ensure that students have access to as many resources as possible, empowering them to make choices for themselves and their future.*

*\*Presented in both Spanish and English.*

**SESSION 2**  
**My Body, My Health,  
My Community  
Workshop Options**



**Threads That Heal: Natural Fibers in a Fast-Fashion Era**  
*Presented by Rebecca Burgess, Executive Director of Fibershed*

Discover the beauty of clothing made from natural fibers, dyed with flowers, seeds, and plants—many grown right here in West Marin! Explore fabric samples and learn how “slow fashion” helps our planet. We’ll talk about the harm fast fashion causes to the environment and even to our health. Let’s also discuss the social pressures around trends and shopping. Rebecca will share Fibershed’s Clothing Guide and simple tips to build a sustainable wardrobe—one stitch at a time!

*Rebecca Burgess leads Fibershed, chairs the Carbon Cycle Institute, and teaches at Westminster and Harvard University. She has over a decade of experience creating hands-on curricula exploring how ecology and fiber systems intersect.*

**Leadership, Activism and Community Building**

*Presented by Phoebe Smith of Restorative Practices Integration Associates*

Whether you’re an aspiring leader, an emerging activist, or someone passionate about building a more inclusive world, this workshop will empower you to take action, embrace diversity, and champion a future where everyone belongs. Join us for a transformative experience that celebrates the power of girls to lead with purpose and create lasting change! Through engaging discussions, hands-on activities, and real-world examples, attendees will develop strategies for fostering inclusivity, building strong relationships, and amplifying underrepresented voices in their communities.

*Phoebe Smith is a long-time teacher of K-12 students and a group facilitator addressing issues related to health education, mental health wellness, community building, mediation, anti-bullying, and restorative practices.*

## Using Your Super Powers for Community Good

*Presented by Lenice Smith with Marin Community Foundation*

There is no one like you. Understanding what makes you unique is the first step in being able to use your authentic self to create real impact. This is a fantastic workshop to help you identify your special talents and skills and show you how to leverage them to contribute to your community in a meaningful way.

*Lenice Smith is a relatable community advocate. Her energy and humor make learning about community (and yourself!) engaging and fun. She's a singer, mother, wife, and active volunteer.*

## You've Got This: Mastering Stress with Simple Tools

*Presented by Dana Baker-Williams from Parenting In Real Life*

In this workshop, you will explore what anxiety is, how it impacts your thoughts and bodies, and why it's a normal part of life. You'll learn three simple yet effective tools—breathing exercises, grounding techniques, and positive self-talk—to manage anxious feelings. Activities like “My Calm Plan” and “Power Statements” help you personalize your approach, ensuring you leave with practical ways to feel empowered and ready to face challenges.

*Dana is an ADHD and anxiety coach for parents, teens, and young adults. Through 1:1 coaching, Dana supports teens and empowers them to understand their emotions, develop confidence, improve self-awareness, and thrive in school and at home.*



## Fueling Confidence: Nutrition & Wellness for Teen Girls

*Presented by Nimisha Gandhi of Moon Cycle Nutrition*

This empowering workshop is designed especially for teen girls to explore the connection between food, health, and confidence. You will learn how to nourish your body for energy, focus, and overall wellness while embracing a positive relationship with food and yourself. Together, we'll uncover simple and sustainable ways to support hormonal health, cultivate mindfulness, and fuel an active lifestyle. Interactive activities and take-home tips will ensure everyone leaves feeling inspired to thrive inside and out.

*Nimisha Gandhi, a nutritionist and educator skilled in functional medicine, Ayurveda, and psychology, runs Moon Cycle Nutrition. Specializing in reproductive and gut health, she melds scientific knowledge with ancient wisdom, empowering teens to tap into their inner healer.*

## What is CONSENT?

*Presented by Kari Cordero, NP, Executive Director of SANE-SART*

Consent is a clear, enthusiastic, and mutual agreement to engage in any activity. It is crucial for maintaining healthy and respectful relationships. Consent must be communicated clearly and willingly, ensuring that all parties understand and agree to the activity. Respecting personal boundaries is essential, as everyone has the right to feel safe and comfortable. Understanding the legal age of consent and the laws in your area is important, but beyond legality, the ethical aspect of consent fosters trust and respect in relationships. Understanding and respecting consent is vital in all aspects of life, and open communication is key. If ever in doubt or feeling that consent is not being respected, seeking help from trusted adults, counselors, or helplines is encouraged.

*Kari Cordero is the Executive Director of SANE-SART, a nonprofit providing forensic, advocacy, and mental health services to violence victims. With a master's in nursing from UCSF, she is dedicated to minimizing trauma by meeting victims' acute physical and emotional needs.*

## **Tu Voz, Tu Comunidad, Tu Impacto / Your Voice, Your Community, Your Impact\***

*Presentado por Magali Limeta / Presented by Magali Limenta*

Este taller está diseñado para adolescentes que desean sentirse inspiradas, seguras y empoderadas para asumir roles de liderazgo en sus comunidades. Exploraremos cómo su voz y perspectiva únicas pueden marcar una diferencia real. Ya sea que te apasione la justicia social, la educación o simplemente hacer de tu comunidad un lugar mejor, tú también puedes ser un agente de cambio. Se lleva a cabo tanto en español como en inglés.

This workshop is designed for teen girls who want to feel inspired, confident, and empowered to step into leadership roles in their communities. We'll explore how your unique voice and perspective can make a real difference. Whether you're passionate about social justice, education, or simply making your community a better place, you too can be a change agent. Conducted in both Spanish and English.

*Magali Limeta es una orgullosa mexicano-estadounidense de primera generación de Novato. Fue la primera en su familia en graduarse de la universidad y obtuvo una licenciatura en Antropología en UCLA. Su pasión tiene sus raíces en sus luchas para navegar sola en el sistema educativo. Ella cree que juntos podemos reformar los sistemas para derribar las barreras de acceso a la vivienda, la atención médica y la educación.*

*Magali Limeta is a proud first generation Mexican-American from Novato. She was the first in her family to graduate from college. Her passion is rooted in her struggles navigating the education system on her own. She believes that together we can reform systems to break down the barriers to access housing, healthcare, and education.*

*\*Presented in both Spanish and English.*



## **SESSION 3 Movement Workshop Options**

### **Deep Flow Yoga**

*Presented by Kristen Law from MCOE*

Deep Flow Yoga is a dynamic and mindful practice that combines flowing sequences, breathwork, and relaxation techniques to foster physical strength, emotional balance, and self-confidence.

*Kristen teaches yoga in a style that reflects her passion for the practice through alignment and invigorating sequences. Her classes are challenging yet fun, and a great outlet for stress. In her years of practice, she has come to understand how amazing the practice is for body, mind, and soul. Dress in clothes that you can move comfortably in and take shoes off before entering the yoga space.*

### **Power Pilates**

*Presented by Liv Skinner of Liv Well*

Power Pilates is a fusion of HIIT and Pilates, offering strength, flexibility, and cardio benefits. This empowering class connects your Mind, Body, and Spirit, strengthening your whole being. Whether you're looking to boost your fitness or just have fun, these sessions are challenging yet accessible for all levels, leaving you feeling satisfied and energized.

*Liv Skinner is an experienced wellness and fitness instructor who has been helping Bay Area residents achieve their wellness goals through a holistic approach. Liv delivers highly effective workouts that elevate and enable you to redefine what's possible for your fitness level.*



## **Full Body Barre Engagement**

*Presented by Chloe Jacobs of Barre/Health and Wellness*

The benefits of barre include improved strength, posture, flexibility, balance, stability, and muscle definition. Using bodyweight and a variety of isolated or compound movements, barre also provides an opportunity to improve the connection between mind and body while targeting muscles that support and stabilize the body and are often neglected in everyday life and by other forms of exercise.

*A Tamalpais High School graduate, Chloe earned a BS in Health and Exercise Science from Colorado State University and has spent the last six years working in healthcare, focusing on cardiac rehabilitation. She has been a barre instructor since 2022 and loves teaching others.*

## **Be Your Own Bodyguard! Practical Self-Defense**

*Presented by Stephanie Cyr from PowerUp Moves*

Ready to move? Come learn fundamental body movements and create a solid base for working out and training. This Bootcamp will feature strength movements and light core and cardio to give you a well-rounded workout that will teach you the basics but challenge you as you see fit.

*Stephanie is an attorney, martial artist, and violence prevention specialist with 30+ years of teaching experience. Her empowering self-defense workshops blend practical skills with instinct, building confidence and self-belief.*

## **Move to the Beat**

*Presented by Tara-Caprice Broadwater from Love2Dance in Novato*

Do you have a passion for music and movement? Come join Miss Tara for a super fun hip hop dance class! She will show you how dance can promote self-improvement, confidence, leadership skills, positive attitudes, and fun!

*Tara is the director and choreographer for Love2Dance Studio. A lifetime dancer, her mission is to provide quality dance training, promote mental well-being and healthy bodies, build confidence, and encourage self-improvement through dance.*

## **Playing with Shared Space and Movement Through Improv**

*Shannon Hughes of Enlivened Studios, LLC*

Embark on a creative journey in our improv workshop! Explore shared spaces and movement dynamics through playful improvisation. Enhance spontaneity, collaboration, and storytelling in a dynamic and interactive session.

*Shannon Hughes is a facilitator and strategic mentor at her business Enlivened Studios. She brings insight, creative ideas and experiential teaching practices to create easeful collaboration and inspire transformational leadership.*

## **Caminando con Propósito / Walking with Purpose\***

*Presentado por Magali Limeta / Presented by Magali Limenta*

Sal y refresca tu mente. Saldremos a dar un paseo divertido, tomaremos un poco de aire fresco y estableceremos nuestros objetivos personales para la semana. Esta caminata se trata de energizarnos y concentrarnos en lo que queremos lograr. Movámonos, respiremos y fijemos nuestras intenciones. ¡juntos!

Get outside and refresh your mind. We'll step out for a fun walk, soaking in some fresh air, and set our personal goals for the week.

*Magali Limeta es una orgullosa mexicano-estadounidense de primera generación de Novato. Fue la primera en su familia en graduarse de la universidad y obtuvo una licenciatura en Antropología en UCLA. Su pasión tiene sus raíces en sus luchas para navegar sola en el sistema educativo. Ella cree que juntos podemos reformar los sistemas para derribar las barreras de acceso a la vivienda, la atención médica y la educación.*

*Magali Limeta is a proud first generation Mexican-American from Novato. She was the first in her family to graduate from college. Her passion is rooted in her struggles navigating the education system on her own. She believes that together we can reform systems to break down the barriers to access housing, healthcare, and education.*

*\*Presented in both Spanish and English.*



## KEYNOTE SPEAKER

Christy Smith  
Executive Director of  
Emerge California

### Stronger Than You Think: Building Confidence and Courage through Life's Challenges

**Christy Smith** is the current Executive Director of Emerge California\* and a former Democratic Assemblymember for California's 38th Assembly District. She was the first Democrat to win the seat in over 6 decades. While in the Assembly, she brought back vital resources to the district and took on a challenging legislative package that included charter school reform and landmark legislation for human trafficking victims' rights. Christy holds the distinction of being the historically best performing Democratic candidate for the 25th/27th Congressional district. Christy began her time in elected service as a Newhall School District Governing Board member where she spearheaded historic investment in local school infrastructure. She also previously served the State of California on the Delta Stewardship Council, ensuring California's future water security and protecting vital ecosystems.

**EMERGE**  
CALIFORNIA

\*Emerge California is the state's premier recruitment and training program for Democratic women. In its 22-year history, Emerge CA has trained over 900 women with over 224 currently serving in office at every level of government. Distinguished alumni include Lt. Governor Eleni Kounalakis, State Controller Malia Cohen, several members of the state legislature, and leaders at the county and local level.



# Teen Trailblazers Hall Exhibitors

Marin County FREE Library



Ask an Elected



OD Free

Bay Area Community Resources



Planned Parenthood Northern California



Bucklew Suicide Prevention



PowerUp Moves

Center for Domestic Peace



Presente



Karma Club



TAY Radio

Marin 9-25



Marine Mammal Center



Marin Health



U4U Teen

Marin Student Elections Ambassador Program



Youth Leadership Institute  
Marin County Youth Commission





Marin Teen Girls  
2025 conference

Thank you to our Sponsors



CHANGEMAKER

MARIN COMMUNITY FOUNDATION

ADVOCATE



Dr. Denise Lucy &  
Dr. Francoise Lepage



SUPPORTER



FRIEND



Bill Smith +  
Ann Aylwin

WISE Choices for Girls

Sally Stocks

Assemblymember  
Damon Connolly

