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ABCD Program
- **SI Lodi Members**



DREAM IT * BE IT
CAREER SUPPORT
{for girls}



Saturday, September 29, 2018
8 a.m. to 3 p.m.
St. Paul's Lutheran Church, Lodi



Thank you!





Morning

8:00 am - 8:30 am

Registration and Continental Breakfast

Paint a rock!

8:30 am - 9:30 am

Welcome by *President Terri Lee*,
Soroptimist International of Lodi

Session 1: Discovering Your Dreams

Elizabeth Kass, M.D. (Dermatology)
Ground Rules & Guidelines for the Day
Dream Collage / Vision Board

9:30 am - 10:30 am

Session 2: Exploring Careers

Domince Muller-Kimball, Principal
Identify personal values and skills; learn how they connect to possible careers.

10:30 am - 11:15 am

Session 3: Creating Achievable Goals

Erin Summ, Certified Professional Coach
Learn the important skill of goal setting in both your personal and professional life.

11:20 am - 11:45 am

Belly Dancing Lesson with *Gladys Bates*

11:45 am - 12:15 pm

Lunch (provided by Subway)
Finish Dream Collage



Afternoon

12:15 pm - 1:00 pm

Session 4: Rising Above Obstacles

Pastor Amy Miranda, Chaplain, Lodi Police Dept.
Learn about obstacles to career success that you may face in the future and how to overcome them.

1:00 pm - 1:45 pm

Session 5: Turning Failure Into Success

Ashlee Prudhel, Realtor, Top Ten in California
Learn about resilience and how to turn experiencing a failure into understanding the usefulness of mistakes in order to move forward.

1:45 pm - 2:30 pm

Session 6: Balancing Your Stress

Erin Summ - Journaling
Gladys Bates - Yoga
Jill Lipka - Surprise!

Identifying Stress in Your Life

Cheryl Francis, President & Founder,
Grace & Mercy Foundation

Self Care Stations: *Erin, Gladys & Jill*

2:30 pm - 3:00 pm

Session 7: Putting Dreams into Action

Germaine Burke, Doctor of Optometry
Create an action plan for achieving your goals.

3:00 pm **THANK YOUs** - *S I Lodi President Terri Lee*

