

**The Delaware Bankers Association *and*
The Delaware Financial Education Alliance *present***

Women Connect!

**November 2, 2023
University and Whist Club
9:00 a.m. – 4:30 p.m.**

Engage, Empower, Network



Delaware Bankers Association

Women Connect!

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Thank You!

Women Connect!

November 2, 2023

8:30 – 9:00 a.m. Registration

9:00 – 9:30 a.m. Light Refreshments & Interactive Networking

**9:30 – 11:00 a.m. “The Return to Work”
Post-Pandemic Challenges and Silver Linings”**

This panel discussion features a dynamic group of individuals who will share their experiences of the pre- and post- pandemic work environment. Speakers will discuss accountability in the workplace, workplace diversity, talent retainment, and how to overcome common workplace challenges.

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Moderator – **Theresa Hughes**, Independent Individual Delaware Trustee, Pinion
Regina Donato, Program & Communications Mgr., DE State Chamber of Commerce
Tarrie Miller, President & Chief Operating Officer, County Bank
Artika Casini, Managing Editor, University of Delaware
Denise McKelvey, Human Resources Executive, JPMorgan Chase

11:00 – 11:30 a.m. Interactive Networking Break

11:30 – 12:00 p.m. “The 6 Pillars of Self Care” - Keynote Sarah Mayland, MS, CPT, FNS
Learn about the surprising, hidden benefits of self-care as well as six simple habits that you can build into your life to help you feel, function, and perform at your best.

12:00 – 1:30 p.m. Lunch

**1:30 – 2:30 p.m. “Building Self Care into Your Life” -
Keynote Sarah Mayland, MS, CPT, FNS**

This interactive workshop will teach attendees practical strategies you can use to build self-care habits into your life with ease, and most importantly, you’ll learn how to identify and overcome the emotional blocks that get in the way of building the habits you desire.

2:30 – 3:00 p.m. Interactive Networking Break

3:00 – 4:30 p.m. Emotional Intelligence - Linda Comerford

Emotional Intelligence (EI) can be defined as a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way. Join Linda to learn tips, techniques, and strategies on how EI can contribute to your potential!

Our Speakers



Theresa Hughes - Theresa's proficiency as a personal trust expert provides individual Delaware administrative trustee services to clients seeking a non-banking Delaware trustee for their personal trusts. Her high quality personalized trustee service meets the individual needs of a trust's grantor and beneficiaries and ensures the trust terms and the planning associated with the trust are carried out as stated in the trust instrument. Please visit www.piniondelaware.com for more information on Delaware individual trustee services. She is a frequent speaker at conferences attended by trust and estate planning professionals around the country. She enjoys sharing with these audiences her perspective as an experienced trustee on how to form an estate plan that will be conducive to long-term administration by a professional trustee. She attained a B.S. in Banking and Finance from Wilmington University, as well as an MBA from the same school. She also attended the ABA National Graduate Trust School.



Regina Donato - Regina is the Program and Communications Manager for the Delaware State Chamber of Commerce (DSCC), where she assists with event coordination, editorial editing and writing, external communications, and runs the ambassador committee for the organization. Raised in North Wilmington, Delaware, and a proud Blue Hen, Regina graduated from the University of Delaware in February 2021 with a degree in media communications and double minors in advertising and sports management. At the University of Delaware, Regina held several leadership roles as an appointed student leader for the Social Media Ambassadors and a managing communications intern at the Office of Residence Life and Housing. Regina is an active participant in the Delaware Young Professionals Network and has been a member of the Mill Summit planning committee since 2021.



The DCF is proud to partner with professional advisors to help their clients accomplish their philanthropic goals.



Tarrie Miller - Tarrie is President and Chief Operating Officer of County Bank, as well as a member of the County Bank Board of Directors. Since joining the bank in 2013, Tarrie, in collaboration with other members of the Management Team, has been instrumental in identifying and implementing strategic initiatives that have positioned County Bank for continued success. Prior to moving to Delaware and joining County Bank, Tarrie enjoyed an 18-year banking career with a large community bank in Southeastern PA. As a Senior Executive Vice President and Chief Deposit Officer,

Tarrie was responsible for consumer and commercial market expansion in loans, deposits and investments. In addition to her responsibilities and focus at County Bank, Tarrie is the Vice President of the Harry K Foundation Executive Board, Chairperson for the Delaware Bankers Association and a Board Member of the State of Delaware Cash Management Policy Board and the Chair of the Banking Sub-Committee. Tarrie has a passion for community service, client satisfaction and employee engagement, making County Bank and Sussex County the perfect place to work and live.



Artika Casini - Artika is managing editor of the University of Delaware Magazine. In this role, she develops, executes, and manages all facets of production for the University's flagship publication. The Magazine has featured the stories of Afghan women who escaped Taliban rule to find new life in Newark; the nation's first study abroad program, pioneered 100 years ago at UD; signature academic programs, from data science to hospitality to biopharmaceutical manufacturing; and much more. Outside of the University, Artika serves on the board of the Charter School of Wilmington as alumni

director, secretary, and chair of the advancement committee. She lives in Newark, Delaware, with her husband, Steve, and daughters, Adriana (13) and Arya (10).

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Denise McKelvey is a Human Resources Leader for JPMorgan Chase. Denise reports to the Human Resources Executive for Chase's Consumer Bank. Denise currently is head of the HR Market Leads in JPMC's 14 Major US hubs and also serves as the HR M&A Lead for Chase's Consumer Businesses. During her career with JPMorgan Chase, she has supported multiple businesses within the Consumer Banking Division and was the HR Executive for Chase Card Services for over 10 years. She has worked on developing HR Service Centers and HR Centers of Excellence, including

Staffing, Employee Relations and Shared services models. She has previously led Staffing for multiple Chase businesses within the Mid-Atlantic region.



Sarah Mayland MS, CPT, FNS is a women's health coach, educator, and speaker who is on a mission to empower women to love themselves and their bodies so that together, we can empower the next generation of women to do the same. She is the owner of Inside Out Transformations, where she furthers that mission every day through individual and group coaching, comprehensive online courses, workshops, and presentations with clients, companies, and conferences all over the world. As a certified personal trainer and fitness nutrition specialist, her individual and group coaching

work helps create systems that build self-care into her clients' lives so they can feel and function their best. Most importantly, her formal education in Clinical Mental Health Counseling allows her to support her clients on a deeper level by empowering them to address and overcome the deep underlying issues that get in the way of their desired outcomes. Additionally, Sarah brings support and empowerment to women everywhere with her online course called Conquer Stress from the Inside Out, her group coaching program called Love Your Body from the Inside Out, and by speaking on topics like self-love, self-care, healthy habits, habit change, stress management, and body image.

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Linda Comerford has been training busy working professionals including numerous financial institutions for the past 30 years. She specializes in writing, grammar, speaking, customer service, and interpersonal communication skills including her certification in Emotional Intelligence. In addition to creating her own workshops and training manuals for these subjects, she also coaches with her own unique style for all levels including executives. Add a great sense of humor to Linda's savvy business sense, and you'll understand why her clients describe her as an "edutainer" with her Workshops that Work!

Women Connect!

Our mission is to be a catalyst to engage, empower and connect women in the Financial Services Industry. We do this by convening to discuss relevant issues affecting the State. Through sharing of best practices we create innovative solutions that impact the communities in which we live and work.



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