

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

Women Connect!



Engage, Empower, and Network!

May 1, 2025 - New Castle County



Delaware Bankers Association



Delaware Financial Education Alliance

Women Connect!



Engage, Empower, and Network!

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BATH HOUSE



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HEALTHY  FOODS
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THE FIRST STATE SCHOOL GARDEN EXPERTS

Women Connect!

May 1, 2025

8:00 a.m. – 1:00 p.m.

Delaware Center for Horticulture

Engage, Empower, Network

8:00 a.m. - 8:30 a.m.

Registration/Welcome/Vendor Showcase

8:30 a.m. – 9:00 a.m.

Guided Meditation

Alexandra Pettinaro, Owner of Bath House

Come together to create a space of serenity, self-discovery, and healing. Led by Alexandra Pettinaro, Owner of Bath House in Greenville, DE. Alexandria will help harmonize your energy and promote profound relaxation!

9:00 a.m. - 9:45 a.m.

Women's Wellness - Health Promotion & Prevention

Moderated By: Devona Fields, CEO/Founder, Achieving Good Success, L.L.C.

Dr. Coleen Jimenez, CEO/Founder, Living Better, Inc.

Bernadette Thomas, DNP, APRN, FNP-C, Owner, Monarch Wellness Center

Join this expert-led panel for an insightful discussion on women's health, focusing on proactive strategies and preventive care to maintain a balanced lifestyle. This session will provide valuable insights, expert guidance, and practical strategies to help women take charge of their health and navigate the unique challenges they face from reproductive wellness, perimenopause and menopause, and Hormone Replacement Therapy.



is a proud sponsor of the
**Delaware Bankers Association
and the Delaware Financial
Education Alliance Women Connect!
Engage, Empower, and Network!**

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9:45 a.m. - 10:30 a.m.

Women's Well-Being - When Perfect isn't Enough

Amanda Koplin, LPC, CEO, Koplin Consulting

Dr. Amy Boyers, Licensed Clinical Psychologist, Co-Founder & President of Galen Hope

In this session we will discuss body image, aging/ageism, identity and role change, and perfectionism. Each of these issues are known to negatively impact the mental health and well-being of women in the workplace yet they are rarely acknowledged. Dr. Amy Boyers and Amanda Koplin will explore myths, facts and practical tips as women navigate these challenging and sensitive concerns in their personal and professional lives.

10:30 a.m. - 10:45 a.m.

Networking Break/Vendor Showcase

10:45 a.m. - 11:30 a.m.

Elder Care: There is No Normal

Moderated By: Caroline Dickerson, CEO, Commonwealth Trust Company

Brenda Heckert, CEO & Founder, There is No Normal

Join Caroline and Brenda for an intimate fireside chat as they share their experiences, challenges, and lessons learned while navigating the journey of providing care for their loved ones. Through meaningful and honest discussion, they will reflect on the emotional and practical realities of caregiving, and finding balance between personal well-being and supporting. Whether you're currently a caregiver or seeking guidance, this conversation will offer valuable insights, encouragement, and support.

11:30 a.m. - 1:00 p.m.

Networking Lunch/Vendor Showcase

Vendor Showcase

Bath House | Cake Sisters | La Nunery Apothecary | Loveleigh | Plants & Decor
November Moon | Fund for Women | DE Breast Cancer Coalition
Healthy Foods for Healthy Kids | YWCA Delaware



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Speakers



Caroline Dickerson, Chief Executive Officer, Commonwealth Trust Company

Caroline Horthy Dickerson is the Chief Executive Officer and Treasurer of Commonwealth Trust Company as well as a member of its Board of Directors. Caroline has more than twenty years of experience in the area of trust administration and taxation. Her responsibilities include managing the overall operations and resources of the company, and acting as the main point of communication between the Board of Directors and corporate operations. Caroline is an active member of the Delaware Bankers Association (DBA), serving on the Board of Directors, Legislative Affairs and Regulatory Compliance Committees. Caroline is also a member of Vistage International.



Amy Boyers, President & Co-Founder, Galen Hope

Dr. Amy Boyers is the founder and president of Galen Hope, which provides mental health, eating disorder, and dual diagnosis treatment for adults and teens in Coral Gables, Florida. Galen Hope emphasizes community integration, support for families, and building a sense of connection and belonging as essential to healing. Dr. Boyers has been in private practice in Miami since 2001, where she provides therapy to adolescents and adults, with a focus on women's health, eating disorders, anxiety and mood disorders, and behavioral medicine.



Devona Fields, CEO & Co-Founder, Achieving Good Success

Becoming Your Wellness Homegirl has been a lifelong journey for Dia. With a degree in Exercise and Sport Science, Devona Fields is a native of the farmlands from Oklahoma, who relocated to Delaware in December 2012. In May of 1999, she acquired her Bachelor of Science in Nursing degree from Oklahoma City University. She later attained her Master of Science in Nursing degree with a focus on Nursing Education in May 2011 from that same university. She has worked in various specialties within the acute care setting over the last 25 years and is now a nursing instructor at Delaware State University.



Brenda Heckert, Chief Executive Officer & Founder, There is No Normal

Brenda Heckert is an accomplished actress, comedian, keynote speaker, and mother. Brenda's son is on the Autism Spectrum, and navigating his education and care became her priority. It also gave her a new outlook on life and an insight into everyone's unique personalities and abilities. Brenda's presentation is called There Is No Normal. After being asked for years, "Do you think your son will have a normal life?" it became clear that Brenda's keynote would focus on educating others that there is no normal. With her wit and wisdom, she guides her audiences through a series of stories about the ups and downs of her adult life. Brenda's challenges have been many, and in addition to her son's needs, she also helped to navigate her mother's care when diagnosed with Alzheimer's.

The Women Connect Network serves as a catalyst to engage, empower and connect women in the Financial Services Industry. Women Connect brings together women from various specialties to support ongoing professional development, collaborate with other dynamic professionals, and engage in communities across Delaware.

Speakers



Dr. Coleen Jimenez, Professor, Delaware State University

Dr. Coleen Jimenez has been an Advance Practice Registered Nurse for over 19 years. She began her nursing career at Phillip Beth Israel School of Nursing in New York where she earned her Associate Degree. She continued to earn her Bachelor's, Master's and Doctorate Degree from Pace University in 2004, 2006, and 2016, respectively. Dr. Jimenez is known for her passion of caring for others. She earned six nominations for the Daisy Award in three years and was nominated twice for Delaware Top Nurse. She published two articles and is currently working on a mental wellness book for women before pregnancy, during pregnancy and after pregnancy. Dr. Jimenez is CEO/Founder of Living Better, Inc, which is a non-for-profit company whose mission is to provide education on healthy living. She is also the CEO/Founder for Better Living Maternity, LLC who has partnered with Cribs for Kids to provide tangible resources and to empower women on their journey to motherhood.



Amanda Koplin, Chief Executive Officer & Founder, Koplin Consulting

Amanda Koplin, LPC is a licensed mental health counselor, entrepreneur and thought leader who creates innovative solutions to fill gaps in the mental healthcare system. In 2016, she sold her first business, a mental health urgent care clinic, to create Koplin Consulting, a nationwide concierge behavioral health treatment team service. In 2023, she co-founded Urgent Care Mental Health, a virtual psychiatric urgent care with a concierge psychiatry branch in order to build out an elite concierge ecosystem of mental health care services. Amanda is a speaker and a nationally sought after consultant who specializes in creating unique treatment plans and recommendations for individuals struggling with psychological concerns such as addictions, eating disorders, lack of motivation, and other issues impacting mental wellness.



Bernadette Thomas, DNP, APRN, FNP-C, Owner, Monarch Wellness Center

Bernadette Thomas is a Board Certified Family Nurse Practitioner and owner of Monarch Wellness Center. As someone who has personally experienced the challenges of thyroid disease, Bernadette is dedicated her life to supporting others with the same struggles. She understands how important it is to feel great inside and out. In addition to her core health services, she offers a premier selection of beauty services as well. At Monarch Wellness Center, she draws inspiration from the butterfly-shaped thyroid gland. Bernadette believes wholly in the transformative journey symbolized by the emergence of butterflies — from a dark cocoon to a symbol of beauty, vitality, and grace.



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Delaware Bankers Association Upcoming Events

May 15

DBA Annual Meeting & Dinner
duPont Country Club

May 22

DBA Legislative Reception
Legislative Hall

July 17, 2025

Women Lead Symposium
Virtual

October 28 -29

Delaware Trust Conference
Chase Center on the Riverfront



Women Lead Symposium

July 17, 2025 • Virtual Event

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