

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

- 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**
- Moderator – Theresa Hughes, Independent Individual Delaware Trustee, Pinion
  - Regina Donato, Program & Communications Manager, Delaware State Chamber of Commerce
  - Tarrie Miller, President & Chief Operating Officer, County Bank
  - Atrika Casin, Managing Editor, University of Delaware
- 11:00 – 11:30 a.m. **Interactive Networking Break**
- 11:30 – 12:00 p.m. **“The 6 Pillars of Self Care” with 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” with 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 with 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!

*Don't miss this Exciting, Uplifting Event!*

[Sign Up Today!](#)

**Half Day Pass: \$99/Per Person\***

\*registration includes either breakfast or lunch

**Full Day Pass \$149/Per Person**

[Sponsorships Available](#)

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.