



Illinois sophomore and junior high school students are invited to register for this year's Young Women LEAD Conference at Lincoln Trail College featuring Dr. Julia Garcia and a powerhouse panel of breakout session presenters.

03
MONTH

12
DATE

26
YEAR



Registration is limited to the first 250 students and will close when full or by January 23, 2026 (whichever comes first).

Register using the QR code or visit -
<https://youngwomenlead.com/events-calendar/illinois/>

Agenda:

- 8:30 - 8:55 Arrival
- 9:00 - 9:15 Welcome and Opening Remarks
- 9:15 - 10:15 Keynote with Dr. Julia Garcia
- 10:20 - 11:00 Breakout Session
- 11:05 - 11:50 Breakout Session / Lunch
- 11:55 - 12:40 Lunch / Breakout Session
- 12:45 - 1:25 Breakout Session
- 1:30 - 1:45 Closing Session
- 1:45 Dismissal



Breakout Sessions

When registering, students will select two breakout sessions from the list below.

Beautiful Minds, Dangerous Distractions: Your brain is still under construction—and what you choose now really matters. Learn how drugs and alcohol can affect your brain and interfere with how it grows, thinks, and makes decisions. You'll see why saying "no" is actually a smart way to protect your future. You'll build a stronger, healthier, and more powerful brain.

Clear Communication, Safer Care: A Hands-On Look at Healthcare Teamwork: Hear from healthcare professionals who work together as a team—and learn why every role matters. Discover how strong communication helps teams work better, prevents mistakes, and improves patient care. See how even small communication gaps can have a big impact, and why speaking up and working together makes all the difference.

Design Your Life: Vision Boarding, Goals, and Time Hacks for Leaders: What if you could design your future instead of just dreaming about it? Create a vision board that reflects who you are and who you want to become. Learn simple tools real leaders use—goal setting, habit building, and smart time planning—to turn big dreams into doable steps. Leave with a clear plan, focus, and confidence to move forward. Your future isn't something you wait for—it's something you build.

Power of Positivity: Do you ever doubt yourself or catch that inner voice saying mean, judgmental or unfairly harsh things? We all have an inner critic - sometimes it pushes us to do better, but when it goes unchecked, that sneaky voice can do more harm than good and really bring us down. Dive into the science of self-talk, recognize and replace negative thinking patterns, and discover practical ways to remind yourself of your strength each day. Let's quiet that critic and help you step into becoming your own strongest supporter!

Self Defense: Build confidence, awareness, and personal safety. Learn basic self-defense strategies, how to recognize unsafe situations, and ways to protect yourself using your voice, body, and instincts. This session is about trusting yourself, setting boundaries, and knowing you have options.

Sensational STEM: Get ready to experience STEM in a whole new way! Dive into hands-on activities that use your senses to explore science, technology, engineering, and math. Experiment, problem-solve, and work with others to see how STEM shows up in real life. Whether you love STEM or are just curious, this session will challenge you to think differently, try new things, and discover how fun and exciting STEM can be.

Step Into the Spotlight: Build Your Personal Brand: Your Edge to Get Noticed by Dream Colleges, Jobs, and Opportunities. Your online presence is your first impression. It can open doors long before you ever walk into a room. Create a powerful footprint that stands out to colleges, employers, scholarship committees, and more. Break down what makes a profile memorable, highlight your strengths and passions, and what not to post when opportunities are on the line. Complete an “online glow-up audit,” craft a standout bio, and walk away with practical steps you can implement immediately to build confidence and attract real opportunities.

Tale of Two Companies: Ever wondered what it’s really like to start your own business? Trailblazing entrepreneur Penny Shaw takes you behind the scenes of building not one, but TWO companies! Hear real stories—big wins, epic fails, and everything in between. You’ll discover how creativity, grit, and bold choices can turn ideas into reality. Come ready to ask questions and get inspired. As Penny says, dream it, do it!

Two Cents: Finance with Tasha: Money doesn’t have to be confusing—or boring. Break down real-life money basics in a way that actually makes sense. Learn to budget, save, and make smart choices with your money now and in the future. Gain confidence to manage your money and understand why every “two cents” decision can add up to something big.

Who Am I?: Explore your strengths, values, and what makes you you—no pressure, no right answers. You’ll leave with fresh insights, more confidence, and a clearer sense of how your identity connects to your future.

Yoga with Rendi: Take a break, breathe, and reset. Learn simple yoga movements and breathing exercises designed to help you relax, stretch, and refocus. No experience needed—just show up as you are. Leave feeling calmer, more grounded, and re-energized, with tools you can use anytime you need to slow down and take care of yourself.