



# Empowering Women in Educational Leadership Institute

Orlando, FL • September 22–23, 2026

## Tuesday, September 22

7:00–8:00 a.m.	Registration and Continental Breakfast	Rooms TBD
8:00–10:00 a.m.	<b>Interactive Keynote</b> —Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt <i>Our Stories, Our Strength: Women in Conversation</i>	
10:00–10:30 a.m.	Break	
10:30–11:45 a.m.	<b>Breakout Sessions</b>	See page 2.
11:45 a.m.–1:15 p.m.	Lunch (on your own)	
1:15–2:30 p.m.	<b>Breakout Sessions</b>	See page 2.
2:30–3:00 p.m.	Break	
3:00–4:30 p.m.	<b>Reflect and Connect</b> —Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt <i>Stand Up for a Sister: A Collective Experience</i>	
5:00–6:30 p.m.	<b>Building Bridges: Networking Session</b>	

## Wednesday, September 23

7:00–8:00 a.m.	Registration and Continental Breakfast	Rooms TBD
8:00–9:30 a.m.	<b>Interactive Keynote</b> —Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt Coming soon!	
9:30–10:00 a.m.	Break	
10:00–11:15 a.m.	<b>Breakout Sessions</b>	See page 2.
11:15 a.m.–12:45 p.m.	Lunch (on your own)	
12:45–2:00 p.m.	<b>Breakout Sessions</b>	See page 2.
2:00–2:15 p.m.	Break	
2:15–3:30 p.m.	<b>Final Collaboration: Inspiring Action and Empowerment</b> Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt <i>Connected. Committed. Courageous.</i>	

Agenda is subject to change.

# Breakout Sessions at a Glance

## Tuesday, September 22—10:30–11:45 a.m.

<b>Tina H. Boogren</b>	No Retreat Required: Self-Care for Busy Educators	Rooms TBD
<b>Jasmine K. Kullar</b>	Lift As You Lead: Growing Tomorrow's Women Leaders Today	
<b>Julie A. Schmidt</b>	Rewriting the Narrative: Interrupting Internal Barriers	

## Tuesday, September 22—1:15–2:30 p.m.

<b>Tina H. Boogren</b>	Is It Hot in Here? Reclaiming Energy and Identity in Midlife	Rooms TBD
<b>Jasmine K. Kullar</b>	Own Your Impact: Strategic Self-Marketing for Career Advancement	
<b>Julie A. Schmidt</b>	More Than Ready: Releasing Over-Preparation and Leading Without Permission	

## Wednesday, September 23—10:00–11:15 a.m.

<b>Tina H. Boogren</b>	Nobody Told Me It Would Feel Like This: Wellness for Beginning Educators	Rooms TBD
<b>Jasmine K. Kullar</b>	The Art of Direct Leadership: Mastering Tough Conversations	
<b>Julie A. Schmidt</b>	The Power of Us: Building a Sisterhood	

## Wednesday, September 23—12:45–2:00 p.m.

<b>Tina H. Boogren</b>	This Meeting Could Have Been a Walk	Rooms TBD
<b>Jasmine K. Kullar</b>	Own the Room: Elevating Your Public Speaking Presence	
<b>Julie A. Schmidt</b>	Conflict Is Inevitable, Avoidance Is Optional	

Agenda is subject to change.

# Session Descriptions—Day 1

## KEYNOTE

### Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt

#### **Our Stories, Our Strength: Women in Conversation**

Teaching and leading are deeply personal, and yet women educators are rarely given space to share the stories behind the work. In this interactive keynote, Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt come together to share their own lived experiences: the moments that shaped them, challenged them, sustained them, and changed them. Through honest storytelling and shared reflection, this session creates a safe, welcoming environment where participants are invited to reflect on and share their own stories.

This opening keynote is designed to foster connection, normalize shared experiences, and remind participants that they are not alone in what they carry. Through guided prompts and intentional pauses, participants engage in personal reflection and optional sharing. They gain a renewed sense of belonging, affirmation, and collective strength.

## MORNING BREAKOUT SESSIONS

### Tina H. Boogren

#### **No Retreat Required: Self-Care for Busy Educators**

Self-care doesn't require a total overhaul or a secluded retreat; it requires the right entry points. In this session, grounded in the bestselling book, *180 Days of Self-Care for Busy Educators* (Solution Tree, 2019), participants explore easy-to-implement, research-based invitations designed for real school days and real lives. Each invitation offers a small, doable choice that supports emotional regulation, physical energy, mental clarity, and connection—without adding to already full plates.

Participants reflect on which practices best support how they want to feel in this season of life. Rather than prescribing a single path, Tina H. Boogren honors autonomy, sustainability, and self-trust—reminding women educators that meaningful care is built through consistent micro-choices, not perfection.

Participants gain:

- A clear understanding of why small, consistent self-care practices matter more than big overhauls
- A menu of research-informed self-care invitations they can implement immediately
- Permission to choose what fits their energy, context, and current season
- A renewed sense of agency around caring for themselves without guilt

## Jasmine K. Kullar

### **Lift As You Lead: Growing Tomorrow's Women Leaders Today**

Strong leadership doesn't happen by accident. We build leadership pipelines with intention, which involves intentionally creating opportunities for emerging women leaders to grow, strengthen, and step into leadership roles. In this session, Jasmine K. Kullar demonstrates how to “lift as you lead” by creating a systematic approach that consists of actionable steps to help develop competency skills needed for developing leaders.

Participants can expect to:

- Discuss the importance of developing leadership competencies.
- Identify strategies to empower others.
- Design a simple action plan to grow leaders.

## Julie A. Schmidt

### **Rewriting the Narrative: Interrupting Internal Barriers**

Research indicates that many women wrestle with internal narratives of doubt; they question whether they truly belong at the leadership table and minimize their accomplishments. Research from the Forbes Coaching Council and leading executive coaching organizations consistently identifies imposter syndrome, over-functioning, perfectionism, and the pressure to remain “humble” as persistent barriers to women's advancement.

Participants can expect to:

- Examine how imposter syndrome manifests in high-achieving women and how cultural expectations, including gendered leadership norms, shape how women show up in professional spaces.
- Analyze the cultural and systemic influences that contribute to self-doubt and hesitation in professional settings.
- Explore guided reflection, peer dialogue, and practical strategies and learn how to interrupt limiting narratives, own their accomplishments without apology, and stand confidently in their leadership impact.

## **AFTERNOON BREAKOUT SESSIONS**

## Tina H. Boogren

### **Is It Hot in Here? Reclaiming Energy and Identity in Midlife**

Midlife for women educators is often described in whispers or framed as something to “push through.” In reality, it is a season marked by layered responsibilities, hormonal shifts, evolving identities, and a growing awareness that old ways of operating no longer fit. In this session, Tina H. Boogren reframes midlife not as a breakdown but as an awakening—a moment that invites clarity, self-trust, and intentional choice.

Grounded in research and lived experience, participants explore how physiological changes, emotional load, and cultural expectations intersect during midlife—and why feeling depleted is not a personal failure. Through guided reflection, normalization, and practical tools, women educators examine where energy is leaking, what boundaries need redefinition, and how to make small, supportive shifts that honor who they are becoming. This session moves beyond awareness into action. Participants gain realistic strategies for reclaiming energy, strengthening identity, and making choices that align with how they want to feel in this season—both inside and outside school.

Participants gain:

- Language to reframe midlife from “something is wrong” to “something is shifting”
- Greater clarity on identity changes and evolving priorities
- Simple, actionable strategies to protect energy and support well-being
- Permission to choose differently and confidence in those choices
- A power playlist to carry them through the hardest days

## Jasmine K. Kullar

### **Own Your Impact: Strategic Self-Marketing for Career Advancement**

If you're waiting to be noticed or you're waiting for someone to pick you for that job you want, you might be waiting a long time. We shouldn't feel uncomfortable when it comes to self-marketing. Many leaders excel at delivering results but might struggle to position themselves for advancement. Participants in this session explore how to strengthen their executive presence and proactively pursue opportunities that could lead to promotions.

Participants can expect to:

- Discuss what prevents them from self-marketing.
- Share strategies on how to market themselves.
- Create a promotion pitch.

## Julie A. Schmidt

### **More Than Ready: Releasing Over-Preparation and Leading Without Permission**

Many high-achieving women don't struggle with competence; they struggle with believing they are competent enough. The result is ever-preparing, over-functioning, over-delivering, and quietly delaying opportunities for advancement. In this session, Julie A. Schmidt explores the hidden cost of over-competence: waiting until we feel 120% prepared before stepping into leadership, saying yes to responsibilities that dilute strategic focus, and struggling to use the word no without guilt. This session is designed for aspiring, emerging, and established leaders who are ready to move from proving to leading.

Participants can expect to:

- Identify patterns of over-competence and over-preparation that delay leadership advancement and contribute to burnout.

- Evaluate leadership readiness using evidence rather than emotion, distinguishing between healthy stretch and perfectionistic delay.
- Apply practical language for setting boundaries, including confident and professional ways to say no without apology or over-explanation.
- Develop a personal leadership readiness plan that includes one stretch opportunity they will pursue and one non-essential responsibility they will release.

## REFLECT AND CONNECT

### **Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt**

#### **Stand Up for a Sister: A Collective Experience**

Women educators share powerful, often unspoken experiences that include moments of joy, strain, resilience, and deep commitment. This session is a facilitated collective experience designed to honor those shared realities and strengthen connection among women in the field.

Through a thoughtfully designed, welcoming experience, participants engage in reflection and collective recognition that highlights both individual stories and the strength of the community as a whole. This experience centers belonging, visibility, and mutual care, reminding participants that sustainability in education is not a solo effort but something we build together. Participants leave feeling seen, connected, and grounded in the knowledge that they are not alone—and that these connections matter.

# Session Descriptions—Day 2

## KEYNOTE

**Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt**

*Coming soon!*

## MORNING BREAKOUT SESSIONS

**Tina H. Boogren**

### **Nobody Told Me It Would Feel Like This: Wellness for Beginning Educators**

The first years of teaching are demanding—not because new educators lack commitment, but because the realities of the classroom collide with developing identity, energy, and confidence. In this session, Tina H. Boogren centers wellness as a critical support for early-career success, retention, and long-term sustainability. Participants explore practical wellness strategies intentionally matched to the emotional, mental, and physical needs educators experience across each phase. Designed for beginning educators and those who support them, this session emphasizes timely, realistic wellness practices that reduce overwhelm, normalize challenges, and strengthen capacity over time. Participants gain a clear understanding of how phase-responsive wellness supports educators in feeling more grounded, capable, and supported—making the early years of teaching more manageable and more sustainable.

Participants will be able to:

- Identify the wellness needs associated with each of Ellen Moir’s Six Phases of Beginning Teaching and explain why timing matters when supporting early-career educators.
- Apply phase-responsive, research-based wellness strategies that support energy, emotional regulation, and confidence during the first years of teaching.
- Normalize common challenges of early-career teaching and use shared language to strengthen mentoring, coaching, and support conversations.

**Jasmine K. Kullar**

### **The Art of Direct Leadership: Mastering Tough Conversations**

It’s never easy having to tell someone their behavior needs to change. However, avoiding those conversations will erode culture, performance, and trust very quickly. Whether it’s underperformance, poor attitudes, or behavior concerns, it all needs to be addressed. In this session, Jasmine K. Kullar provides participants with tools and tips to lead those tough conversations effectively.

Participants can expect to:

- Identify barriers and explore tips for engaging in tough conversations.
- Practice talking through tough conversations using sample agendas.

## Julie A. Schmidt

### **The Power of Us: Building a Sisterhood**

In environments where women are often subtly positioned to compete rather than collaborate, building intentional sisterhood is essential. In this session, Julie A. Schmidt explores the power of authentic connection among women—across roles, generations, and experiences—and the impact that collective support has on confidence, resilience, and leadership growth.

Participants can expect to:

- Examine the cultural forces that fragment women's relationships in the workplace and in life.
- Explore practical strategies to build trust, advocate for one another, and create spaces where women rise together.
- Reflect through structured dialogue.
- Make a concrete commitment to strengthen their personal and professional sisterhood networks.

## **AFTERNOON BREAKOUT SESSIONS**

## Tina H. Boogren

### **This Meeting Could Have Been a Walk**

Sometimes the most powerful wellness practices are also the simplest. Participants in this session step outside for a guided walking experience designed to support physical energy, mental clarity, emotional regulation, and social connection. Together, they explore the research-supported benefits of walking, practice mindful walking, and engage in a structured walk-and-talk conversation with their peers. Tina H. Boogren models how short, intentional movement breaks can support nervous system regulation, creativity, and connection—even during busy professional days. Participants experience how walking can serve as an accessible, sustainable wellness practice that requires no equipment, no special training, and no additional time carved out of an already full schedule. Comfortable shoes are encouraged as we learn by doing, reflecting, and moving together.

Participants in this session:

- Understand the physical, mental, and emotional benefits of walking as a daily wellness practice.
- Experience mindful walking as a strategy for nervous system regulation and present-moment awareness.
- Identify simple ways to incorporate walking into real workdays and routines.
- Leave with a practical, immediately implementable movement strategy that supports overall well-being.

## Jasmine K. Kullar

### **Own the Room: Elevating Your Public Speaking Presence**

Public speaking is a skill, not a personality trait. It is important for all women leaders to explore how to organize all the ideas they want communicated in a way that achieves maximum impact. Participants in this session focus on practical strategies to strengthen their speaking presence by structuring impactful messages, commanding the room, and delivering those messages in a way that inspires people to act.

Participants can expect to:

- Discuss what makes public speaking ineffective.
- Develop a practice plan to continuously improve public speaking skills.

## Julie A. Schmidt

### **Conflict Is Inevitable, Avoidance Is Optional**

Leadership moments are often forged in discomfort. Women leaders frequently navigate a double bind in conflict; they're expected to be collaborative yet decisive, empathetic yet firm. Participants in this session learn how to transform tension into trust using principles from the Harvard Negotiation Project. Julie A. Schmidt introduces a structured, principled approach to conflict resolution that protects relationships while advancing results. Participants are empowered with language, confidence, and tools for facilitating a resolution of conflict to support healthy relationships and strong cultures.

Participants can expect to:

- Balance empathy and authority with intention.
- Learn to facilitate conflict resolution amid escalating emotions in ways that elevate shared purpose over positional power and strengthen trust, psychological safety, and professional accountability.
- Role play authentic scenarios that tap into the experience and expertise of those in the room.

## **FINAL COLLABORATION: INSPIRING ACTION AND EMPOWERMENT**

### **Tina H. Boogren, Jasmine K. Kullar, and Julie A. Schmidt**

#### **Connected. Committed. Courageous.**

We will not close this gathering quietly; we will close it courageously. This powerful, whole-group experience is designed to move us from reflection to resolve. Together, we will honor how far we've come, name the leader we are becoming, and step boldly into what comes next. Through guided reflection, meaningful connection, and identified commitment, we will transform inspiration into declaration.

Participants leave this space seen, strengthened, surrounded, and clearer about their purpose, confident in their voice, and committed to leadership moves that matter.

Because leadership is not a moment. It is a movement. And it continues with you.