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5TH EDITION • MAY 17, 2017

women

UNION COUNTY ^ MEAN BUSINESS

The Clubhouse at Galloping Hill Golf Course • Kenilworth, NJ

Diamond Level



Gold Level



Silver Level



Bronze Level



6 Trending Breakout Sessions!



KEYNOTE SPEAKER:
Janice Huff

Chief Meteorologist
NBC4 NEW YORK



Union County Means Business is a partnership between
Union County Government and our businesses and community leaders.

Our Partners



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THE NEW JERSEY SMALL BUSINESS DEVELOPMENT CENTER



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A WORKING WOMEN'S SUMMIT

www.ucnj.org/ucmb

 FROM THE FREEHOLDER CHAIRMAN
BRUCE H. BERGEN



Welcome to the 5th Annual Union County Women Mean Business Summit. Initiated by Freeholder Linda Carter in 2013, the UCWMB series is designed to help women learn from their peers and realize their full potential in our economy.

This year we are very excited to welcome Janice Huff, Chief Meteorologist for NBC4, as our keynote speaker. Ms. Huff brings a wealth of experience in a high profile field to UCWMB, along with a lifelong dedication to children in foster care. She is an inspiration to women who aspire to follow their passion in life, both professionally and in community engagement.

Our breakout sessions underscore skills that can help you gain a fresh perspective, communicate with more power, become more confident in your path to success, and seek out new opportunities to grow your network.

I wish you all the best for a successful and productive day.



**UNION COUNTY
BOARD OF CHOSEN FREEHOLDERS**



UNION COUNTY
We're Connected to You!



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Christopher Hudak



Bette Jane Kowalski



Alexander Mirabella



Vernell Wright

 **HOST COMMITTEE**

This event would not be possible without the hard work and dedication of the entire host committee. Special acknowledgment should go to this group of exceptional women!

Linda Carter
Freeholder

Union County Board of Chosen Freeholders

Angie Devanney
Founder and Managing Partner
Keyword Strategies

Ellen Dotto
Secretary of the Boards & Executive Director of College Relations
Union County College

Lisa Hiscano
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Denise LaSpata
Community Resource Coordinator
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Kay Elizabeth LiCausi
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Ana Liranzo
President
Omega Maintenance Corporation

Pamela Morgan
Executive Director
Women In Media – Newark

Robin Preisler
Director, Business Development
UCEDC

Cherron Rountree
Business Administrator
City of Rahway, New Jersey

Vernell Wright
Freeholder
Union County Board of Chosen Freeholders



CONTRIBUTORS

Thank you to all of those who contributed to Union County Women Mean Business.

Fusion D'Lite
Galloping Hill Golf Course
L'Oréal USA
Luciano's Italian Restaurant
Pasquale LaTorre
Pat Roque, Business Boomers
The Thirsty Turtle
RWJ Rahway Fitness & Wellness Center
Southwest Airlines

SUEZ Water
The Red Knot
Union County Board of Chosen Freeholders
Union County Department Heads
Union County Performing Arts Center
United Way of Greater Union County
Women's Golf Association of New Jersey (WGANJ)
Wine & Design

The centerpieces at today's event have been donated by the following Union County florists:

Apple Blossom Flower Shop
Scotch Plains, NJ

The Flower Shop
Westfield, NJ

Cindy's Flowers & Gift Shop
Rahway, NJ

Hall's Garden Center & Florist
Berkeley Heights, NJ

Christoffer's Flowers
Mountainside, NJ

The Flower Gallery
Linden, NJ

Cranford Florist, Inc.
Cranford, NJ

McEwen Flowers
Westfield, NJ

Donato Florist
Roselle Park, NJ

Rekemeier's Florist
Summit, NJ

Fresh & Pretty Florist
Hillside, NJ

Rimmele's Flower Shop
Union, NJ

Scotchwood Florist
Fanwood, NJ



OUR KEYNOTE SPEAKER

JANICE HUFF



One of the nation's most recognized and trusted weather forecasters, Janice Huff serves as Chief Meteorologist for NBC 4 New York, delivering weather reports for the station's 5 p.m., 6 p.m. and 11 p.m. newscasts. Huff joined NBC 4 New York in 1995 and has been regularly recognized for her contributions to broadcast journalism and to the field of meteorology. Huff is a member of the New York State Broadcasters Association's Hall of Fame, National Weather Association, The American Meteorological Society, the National Association of Black Journalists, the National Academy of Television Arts and Sciences, Alpha Kappa Alpha Sorority and the Friars Club. Huff was awarded the prestigious Allen B. Dumont Broadcaster of the Year Award from Montclair State University.

She has also served as a mentor to young journalists and believes strongly in giving back to the community. Known for her passion for children in foster care, Huff is the host of Wednesday's Child, a quarterly adoption feature. She was recognized at the "Family Focus Adoption

Services (FFAS) Gala" for her work on behalf of adoptable children. In 2012, Huff received recognition for her dedication to foster care children at the New York City Court Appointed Special Advocates Spring Reception (CASA-NYC)." She was honored at 1199 SEIU / Employer Child Care Corporation's "5th Annual Care for Kids Gala" for her dedication to children in New York and around the world.

Huff graduated from Florida State University with a major in Meteorology. She resides in New Jersey with her husband.



Union County Women Mean Business

a look back...



Namaste— The One Month Unlimited Class Pass gives you 31 days to experience all that House Yoga has to offer. With a variety of teachers and wide range of classes, use the next month to commit and grow your practice, build inner and outer strength, and find peace of mind. Cheers to a powerful month ahead! Afterwards head over to The Thirsty Turtle for a delicious lunch!

Donated by: Hose Yoga (Kenilworth) & The Thirsty Turtle (Cranford)

Painter's Paradise— Unleash your inner artist and grab your favorite bottle of wine with these two tickets to Wine & Design in Rahway .

Donated by: Wine & Design (Rahway)

Signature Scent— Enjoy this captivating fragrance gift set from Yves Saint Laurent declared the signature of strong femininity.

Donated by: L'Oréal (Clark)

Tech Savvy—Enjoy the hands free convenience of the Amazon Echo!

Donated by: The Board of Chosen Freeholders & County of Union Department Heads
(No public funds were used for this purchase).



RAFFLE PRIZES

Bags Fly Free! – Enjoy 2 round-trip international airline tickets on Southwest Airlines-operated, published, scheduled service (e-passes cannot be exchanged, extended or reissued). Tickets are valid through 06/01/18

Donated by: Southwest Airlines

TV, Please!– Enjoy this brand-new 40“ TV, perfect for watching movies and catching up on your favorite TV shows!

Donated by: SUEZ Water

Get Moving! - Get in to gear with this 2 month VIP membership from RWJ Rahway Fitness & Wellness Center in Scotch Plains and enjoy lunch for two at the Thirsty Turtle.

Donated by: RWJ Rahway Fitness & Wellness Center & The Thirsty Turtle (Cranford)

Act 1 – Prepare for a fun evening in Rahway starting with dinner for two at Luciano’s Italian Restaurant then head over to the Main Stage to enjoy the show-*The Springsteen Experience!*

Donated by: Union County Performing Arts Center & Luciano’s Italian Restaurant

Hole in One – Spend some time on the green with this Galloping Hill Golf Package. Includes a foursome of golf with carts at Galloping Hill Golf Course! End your round of golf with a delightful meal on the deck at The Red Knot.

Donate by: Galloping Hill Golf Course & The Red Knot

Work Hard, Train Harder – Get into shape with 3 complimentary Personal Training Sessions with certified trainer Pasquale LaTorre.

Donated by: Personal Training by Pasquale LaTorre

Rock Your Success By Leveraging Your Strength– Strive for a better you with 90-Day Success System planner and one hour breakthrough discovery coaching session from featured Rock The Room speaker Pat Roque, and one free webinar for your team.

Donated by: Pat Roque Business Boomers, The Rock Star Transformation Coach

Act 2– Prepare for a fun evening in starting with dinner for two at Fusion D’Lite head over to the Main Stage to enjoy the show– *Violin Femmes!*

Donated by: Union County Performing Arts Center & Fusion D’Lite (Garwood)

Game On -Complimentary one year membership to the #1 women’s golf association(WGANJ) with 600 members in NJ. Expand your network and flaunt an exclusive bag of golf swag!

Donated by: Women’s Golf Association of New Jersey (WGANJ)

Fashion Essential– Be the envy of the room with this luxury Kate Spade Weekender Travel Bag .

Donated by: United Way of Greater Union County

PROGRAM SCHEDULE

11:30 a.m. Registration

Clubhouse Lobby

12:00 – 1:30 p.m. Lunch & Keynote Address

Ballroom

Welcome - Freeholder Chairman Bruce Bergen

Master of Ceremonies - Freeholder Linda Carter

Keynote Address– Janice Huff, Chief Meteorologist NBC4 New York

Remarks-Kirsten Micco, SVP Head of Branch Administration, ConnectOne Bank

1:45 – 2:45 p.m. Breakout Session 1

- ◆ **Powerful Presence:** *Communicate with Clarity and Confidence*
- ◆ **Tales From the Front Lines:** *How Local Women Business Owners Continue to Beat the Odds*
- ◆ **Changing Perceptions:** *New View, New You*

3:00 – 4:00 p.m. Breakout Session 2

- ◆ **He Said/She Said:** *Rock & “Link In” your Networking Opportunities*
- ◆ **From Reactive to Proactive :** *Are you Hireable*
- ◆ **Be Decisive :** *Commit to Financial Success*

5:30 p.m. Door Prize Give Away

Prizes include international Southwest Airline tickets, a TV, Personal Training Sessions and much more! Must be present to win!!





BREAKOUT SESSIONS

SESSION 1 (1:45-2:45)

POWERFUL PRESENCE :

Communicate with Clarity and Confidence

Presented by: **Dr. Diane Brescher, President and Founder, GEM Leaders**

Do you want to be heard? It's not just what you say, it's how you say it. Learn to make an outstanding positive first impression by entering a conversation effectively and presenting yourself in a compelling way. Learn about the common challenges faced when speaking in public. Learn techniques for delivering a message with impact and credibility through choice of words, tone of voice and body language. The session will cover strategies to strengthen your ability to communicate with increased confidence, clarity, and impact.

BALLROOM A

TALES FROM THE FRONT LINES :

HOW LOCAL WOMEN BUSINESS OWNERS CONTINUE TO BEAT THE ODDS

Panelists: **Robin Presler, Director of Business Development , UCEDC (Moderator)**

Arielle Cassidy, Owner , The Juice House

Tammie Ramos-Crispino , Artist & Owner, Fire Me Up!

BJ Dowlen, Founder & President, Bodyworks Enterprises, LLC

Are you considering opening your own business? Are you struggling to get off the ground with a business that you already own? Join us as these local women business owners share their stories of success despite facing obstacles and challenges along the way. Learn from their experiences and discover how you too can realize your dream of owning a profitable enterprise.

BALLROOM B

CHANGING PERCEPTIONS:

NEW VIEW, NEW YOU

Presented by: **Kristine De Jesus, Founder, The Wellness Cooperative**

How many times have you heard the saying "Perception is reality?" You want to lead a large group of people but are not perceived as **motivational, inspirational, or organized** it does not matter if you can do it or have done it- You will not get that opportunity to do that if you are not perceived as such. How people perceive you will directly impact how they deal with you. You must understand the words associated with success for the seat you are sitting in or the seat you aspire to. If you do not know these key words you can work hard but because you're working inconsistent to the way they are thinking the effort could go unnoticed. Change the way people perceive you, change your reality!!

RED KNOT



is proud to support

Union County Women Mean Business

We commend the County for its leadership
in business and economic development

Visit us in Union Township, Springfield, Summit, and Berkeley Heights,
at our other convenient NJ locations, and now in mid-town Manhattan



Connect with us ConnectOneBank.com
or give us a call 844.266.2548



RINA KUPFERSCHMID– ROJAS



Rina Kupferschmid-Rojas is Global Head of Sustainable Investing in the Chief Investment Office at UBS Wealth Management. She is responsible for the Chief Investment Office's sustainable investing strategy worldwide. Rina was previously managing partner and CEO of ESG Analytics, an environmental, social and governance-oriented investment consultancy, and later Social Impact Director at Mastercard. She also is an adjunct Professor at Columbia University on Sustainable Investing and since 2013 has been one of the World Economic Forum's (WEF) Young Global Leaders.

She was named in 2014 by Newsweek as one of the leading Women in Tech in NYC. Rina is founding member of the New Innovators Council at the World Resources Institute and is Board Member at IamtheCode, a global movement to teach girls and young women to code as a way to build their creative capacity and help them realize their own potential. Rina founded in 2015 the Impact Lab for the WEF, a boot camp to identify ideas to tackle global social challenges, having launched successfully more than 20 Global Initiatives. She is an Advisor to the Sustainable Finance Professionals Network at Columbia University and a member of the B-20 Germany Climate Change Taskforce in 2016-2017. She is founder of the Gender Lens Investing Network a partnership between UBS and UNWomen.

Rina holds a MA from the University of Fribourg, Switzerland and Certificates on Innovating for Sustainability and Corporate Performance from Harvard Business School and Certificates on Public Policy for the 21st Century from the Harvard Kennedy School and Public Policy and Leadership from Yale.

BE DECISIVE

THERE IS NO
FORCE MORE
POWERFUL
THAN A WOMAN
DETERMINED
TO RISE.

SESSION 2 (3:00– 4:00)

HE SAID/SHE SAID:

ROCK & “LINK IN” YOUR NETWORKING OPPORTUNITIES

BALLROOM A

**Presented By: Pat Roque, Author, “Rock Your Business & Your Life: 90 Day Success Planner”
Bill Dorf, Founder, Special Recognition, Inc**

NEVER leave another networking event empty handed! Learn this energetic approach that will help rock YOUR business and your life by honoring your personal brand to attract your ideal clients or collaborators. This interactive session lead by two savvy business veterans will focus on:

- ◆ Mastering the art of connecting with LinkedIn to grow REAL relationships
- ◆ Stopping the wasting of valuable time, money and resources by OVER-networking
- ◆ Preparing yourself BEFORE, DURING and AFTER your next big event
- ◆ Implementing a smart networking game plan to maximize face time
- ◆ Applying the best practices because “the fortune is in the follow up”

FROM REACTIVE TO PROACTIVE : ARE YOU HIRABLE?

BALLROOM B

**Panelists: Panelists: Kay LiCausi, President & CEO, Hoboken Strategy Group (Moderator)
Tracy Cooper, Founder & Owner, Résumé Writer and Career Workshop
Dr. Denise Dennis, Founder, Prepared Mind Coaching, LLC
Ann Meyers Piccirillo, Innovation Group, KPMG**

It doesn't matter where you are or where you're going with your career; there is always something more you can do to prepare yourself for success! Are you prepared? Are you hireable? Let our expert panel be your guide in navigating through a tough job market.

BE DECISIVE : COMMIT TO FINANCIAL SUCCESS

RED KNOT

Presented By: Rina Kupferschmid-Rojas, Global Head of Sustainable Investing Chief Investment Office, UBS Wealth Management

The path to financial success is making decisions that every bit of you is committed to it. Financial leadership is about making the right choices. Making smart financial decisions can bring success your way especially in the midst of trouble- Having a solid economic plan can make you less afraid of obstacles in your path..



DR. DIANE BRESCHER



POWERFUL PRESENCE

As President and Founder of GEM Leaders, the focus is on Generating Exceptional Leaders in profit, nonprofit, and government agencies. While Diane has worked with all levels of leaders in organizations, her passion is to help mid-level leaders successfully address their workplace challenges so they achieve results efficiently and effectively when resolving today's global problems. Diane has a high level of success in building and maintaining client relationships and achieving business results while developing the appropriate individual, team, and organizational performance interventions. She has over 27 years' experience in the field of adult learning and organizational learning, with a deep expertise in leadership development. She also has extensive experience in the principles of adult learning. Additional strengths include facilitation, strategic thinking, creative thinking, emotional intelligence, change management, coaching, feedback, influencing skills, communication skills, and political savvy. Fascinated by the topic, she is currently writing a book on Business Politics, focused on identifying the situation and determining ways to most effectively address.

Diane is well versed in all learning and development competencies ranging from assessing needs, designing and developing courses, competency development, program management, curriculum design, facilitating both face to face and virtual, coaching both group/team and individual, and implementing learning evaluation tools and processes. She has expertise in developing competency models, talent assessments, change management, and designing and facilitating train the trainer sessions.

Diane's leadership coaching enables leaders to 'polish their perspective' and better understand themselves in terms of how they think, interact with and ultimately impact others. It also helps them become more strategic and emotionally intelligent when achieving business results.

Diane is very active in ATD, Association for Talent Development, and has been on the NNJ board since 2008, currently serving as VP of professional development. Currently she is also volunteering for the NYC ATD Chapter and is a volunteer coach for the New Career Start Initiative, which provides career coaching to those 45+ older NJ long term unemployed workers. Diane has published articles on influencing, social networks, transitions, entrepreneurship, and leadership.

ROBIN PREISLER



TALES FROM THE FRONT LINE

Robin has been telling the story and advancing the mission of major nonprofit organizations for 40 years (back when we all used typewriters!). Along the way, she embraced and mastered evolving skill sets in marketing, advertising, media relations, digital communications, and relationship management.

As the Executive Director of Marketing for a major urban academic medical center, Robin oversaw and executed all communications function for the hospital and its medical staff/faculty. During her tenure she was the recipient of 34 state, national and international awards for marketing, crisis communications, advertising, and website development, including five national highest-achievement awards the hospital's website.

Moving from healthcare to higher education, Robin took on the role of Director of Educational Marketing for the largest free-standing health sciences university in the country. There she was responsible for building and marketing a robust portfolio of online and live activities for the continuing education division.

In her current role as Director of Business Development at UCEDC, Robin oversees the external communications function for this statewide economic development corporation, including all digital marketing, social media, outreach initiatives, advertising and special events. She spends her days helping fledgling entrepreneurs and experienced owners make smart decisions about how to start and grow their small businesses (no typewriters needed!).

DR. DENISE DENNIS



Dr. Denise Dennis is an author, speaker, expert, and business coach who guides new and aspiring leaders and entrepreneurs to personal and business success. She is the founder of Prepared Mind Coaching, LLC, a coaching and training company.

Dr. Denise works with individuals and groups to increase self-awareness of their skills and strengths, create strategic action plans, and maximize accountability leading to increased productivity, profitability and personal growth. In addition, she helps entrepreneurs grow their business on the side while they continue to work their full-time jobs. She uses an evidence-based approach to help her clients tackle the challenges of limited time, energy, and resources.

Dr. Denise has been working in the fields of education, training, and coaching for over 20 years. She received her doctorate in industrial/organizational psychology from North Carolina State University. Currently, she is a full professor of psychology, teaching courses in introductory psychology, career development, group dynamics, and the psychology of coaching and mentoring.

She is the author of *Make That Change! 8 Steps for Crafting Your Ideal Life*, and *The B.O.S.S. Journal: Set Quarterly Goals, Track Daily Progress, and Be a Business On the Side Success!*

Through one-on-one and group coaching, leadership assessment, keynote speeches, and corporate training, Dr. Denise Dennis provides powerful learning and growth to her clients and audiences of all sizes.

ANN MEYERS PICCIRILLO



Ann Meyers Piccirillo is no stranger to the challenge of juggling a career and family. Having stepped off her career path, she worked odd part-time jobs over the course of 10 years to make ends meet -jobs as a reporter, a Mommy and Me instructor, a secret restaurant reviewer, door-to-door insurance salesperson and a volunteer with just about any organization that needed help.

Having 14 years' experience in HR, she never anticipated the difficulty she would encounter trying to return to full-time employment in her field. She credits the support of her network, along with pure luck, for getting an offer at KPMG.

Ann is currently working in the Innovation group at KPMG where part of her focus is to utilize her HR background to work with creative people to develop cutting edge solutions for attracting senior talent to fill the gender, diversity and leadership gaps. Ann is co-chair of KPMG's Network of Women

Community Outreach committee, a committee that partners with women's shelters to organize collections of needed items and provides professional development opportunities for women transitioning out of the shelter system. She is also national co-chair of KPMG's Diversity Network where she serves on the national diversity recruitment, market development, and Special Olympics committees.

“Success is liking yourself, liking what you do, and liking how you do it”

– Maya Angelou

KAY ELIZABETH LICAUSI

FROM REACTIVE TO PROACTIVE



Kay Elizabeth LiCausi is an influential consultant with twenty years of experience in government and politics at the local, state, and federal levels. PolitickerNJ.com has listed Kay among its “Top Ten Hired Guns.” In 2007, NJ Biz named her one of the state’s 40 most dynamic leaders under 40 years old. Kay is the Founder and President of Hoboken Strategy Group, a boutique government and public relations firm. Known for her results-oriented approach and tireless work ethic, she is a highly successful advocate for her clients. Kay represents a diverse client-base such as Fortune 100 companies, brownfields developers, a financial services company, a private university, national associations and government entities.

She formed her first firm, KL Strategies in 2002. HSG works with organizations in New Jersey to increase their business presence, solve a regulatory crisis or champion their legislative issue. In addition, HSG Public Affairs produces press events and runs grassroots and social media campaigns. HSG is a certified Women Business Enterprise (WBE). Kay is a determined advocate for women and children. She is co-chair of PAM’s List, a New Jersey fundraising network for women legislators, a board member of Latinas United for Political Empowerment Political. Kay serves on the New Jersey Committee of the Regional Plan Association. Kay earned her bachelors of arts in Political Science and American Studies from Rutgers University in 1993. Kay grew up in Montgomery Township, New Jersey. Kay is a proud single mother by choice. She and her daughter, Lily, reside in Hoboken.

TRACY COOPER



Professionally, Tracy Cooper is a Résumé Writer and Career Workshop facilitator. Previously, she held the role of a Project Consultant and was the Transfer Counselor at Essex County College in Newark, NJ. She is also the founder of “The Résumé Workshop”. As the owner of this company, she wears many hats. She designs branded résumés for her clients that she gains from attending numerous networking and community events, via recommendations from her former clients and from her active involvement in social media.

Tracy teaches branded résumé writing and career workshops in an effort to allow her clients and students to become self-sufficient in the creation of their own résumés. She is passionate about her work and loves to share the same with everyone she meets. She is an entrepreneur who often speaks of her business as “a one-stop résumé writing service where résumés are designed by her or created

by you in “hands-on” résumé writing workshops”. Ask her how!

Tracy earned her master’s degree in Communications from Seton Hall University, a bachelor’s degree in Management Science along with a certification in Adult Training and Development from Kean University, an associate’s degree in Business Management from Union County College, a Project Management master from George Washington University and a certification in Human Resources, Selection and Staffing from Cornell University.

“In order to be irreplaceable one must always be different”

– Coco Chanel

ARIELLE CASSIDY



Arielle Cassidy brings a boundless reservoir of energy and passion to the growing ranks of entrepreneurial women. The pursuit of healthy living captured her interest early in life and propelled her into the field of health and nutrition. She has paired her academic training with business savvy as owner of The Juice House in Garwood, where she has fostered a welcoming environment that provides consumers with support for a wide variety of healthy choices including juices, smoothies, bowls and on-the-go options.

Arielle’s supportive approach to business also resonates in her nonprofit work. She is founder and President of the Resilient and Relentless Foundation, which aids families that take off from work to care for critically ill members. She is a member of the Greater Westfield Area Chamber of Commerce – Women to Women Networking Committee, and her enthusiasm for reaching out to make a difference is reflected in fundraising activities for the Westfield Y, Children’s Specialized Hospital, Garwood Knights of Columbus and many others.

BJ DOWLEN



BJ Dowlen is the Founder and President of the top sports performance, writing and product development company Bodyworks Enterprises, LLC, and inventor of the award winning, Made-in-America BodyworksBall line of products.

She started her career as an entry level employee in a small exporting company. Spurred by her true passion in life - helping people to get out of pain and improve their mobility – she has built a wide-ranging career that combines a rich trove of experience in business, sports performance therapy, corporate wellness and academic studies. Among the recognitions for BJ’s work are Oprah Winfrey’s O Magazine, Inc. Magazine, USA Today, Prevention Magazine and Yahoo Health, which rated the BodyworksBall as one of the top new wellness items for 2016. BJ won Shark Tank’s Barbara Corcoran #SealOfApproval contest and she has been featured on The View, The FABLife, TodayShow and many, many more.

BJ was among the many New Jersey residents who lost everything in Hurricane Sandy – home, car and business – but she hasn’t slowed down. Her #Take2AndRenew program has gained national attention. She has been invited to teach the program at the first Cancer Prevention Summit in New York and she is planning to roll it out to the mass market, with the aim of helping today’s tech and office workers live healthier lives. With three books already completed or nearly finished, she is co-writing another four books and is preparing to debut Stretch.Flex.Breathe.Roll., the next BodyworksBall product.

“Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life”

– Amy Poehler

TAMMIE RAMOUS-CRISPINO



Tammie Ramos-Crispino is a Certified Life and Career Coach, Artist and Owner of Fire Me Up! Studio in Cranford, NJ. and Founder of Imperfectly Balanced Life. Her passion is to help individuals find purpose, success and balance in their lives. After a 12 year career on Wall Street, she followed her love for the arts, and opened her own business, a Contemporary Art Studio.

Tammie graduated with a Bachelor of Science in Business Administration from The University of Connecticut and pursued a Masters in Computer Science Engineering from Polytechnic University in Brooklyn, NY. She lives in Westfield, NJ with her husband, Todd, of 14 years and her three kids, Alec, Addison and Brianna and their two beautiful dogs, Phoebe and Onyx.

KRISTINE DE JESUS



Kristine holds a Bachelors of Arts degree from Rutgers University, where she majored in Psychology and minored in Puerto Rican and Caribbean Studies. She completed a Masters of Arts degree in Clinical Psychology in 2001, a Masters of Arts in Organizational Behavior from Alliant International University (2003), and received a Doctorate of Psychology degree from the California School of Professional Psychology (2004).

Prior to founding The Wellness Cooperative, she worked at Montclair State University as the Coordinator of the Alcohol and Other Drugs program, and at Tuttleman Counseling Services at Temple University as the Educational Coordinator of the Campus Alcohol Substance Awareness (CASA) program. Kristine prides herself in working with diverse populations including the LGBTQ, Latino, and African American communities. Kristine is a on the board of the National Youth Recovery Foundation, and has served as the Co-Chair of the Montclair State University Advisory Committee on Alcohol and Other Drugs, and planned the first Symposium on Marijuana Legalization (April 2014). She serves as the Chair of the New Jersey Higher Education Consortium on Alcohol and Drugs and is an active member of the Rahway Municipal Alliance/Rahway Prevention Coalition.

Save The Date....



“Ask The Experts” June 13th at Hamilton Stage, Rahway

PAT ROQUE



HE SAID/ SHE SAID

Pat Roque is much more than just a networking and LinkedIn expert. She's a global speaker, success coach and master connector who shares her inside secrets to how she's skyrocketed her sales, global media attention and landed amazing speaking gigs. Pat just returned from a global workshop teaching HR and employee engagement best practices. She launched her company, Business Boomers, in 1988. She has authored two respected books including the Rock On Success: 90-Day Fast Action Planner and Rock Your Golf!

A true go-giver, she's often called “the Tony Robbins of the Golf World” as she helps raise millions of dollars for charity. She often teaches folks how to leverage the relationship-building of golf as a business tool. Pat mentors at numerous universities, SCORE, and had doubled membership as the Marketing Officer for the Women's Golf Association of NJ; she is a founding board member of the nonprofit AdaptiveGolfers.org.

Look for the launch of ROCK YOUR STRENGTH program in June, supporting the nonprofit DreamtoSucceedFoundation.org. For your complimentary “rock your success” discovery session or to learn more about how to leverage your talents, go to www.rockonsuccess.com/discover

BILL DORF



Bill is a high energy experienced sales, marketing and business development executive with a proven track record of delivering solid sales, increased revenues and profitability.. His lucrative career includes early roots in the home goods retail industry: he created his own warehouse home center chain in Florida and later sold Home Owners Warehouse to Home Depot.

Having retired for about 15 minutes he then started Special Recognition, Inc. to service Fortune 500 companies with brand identity merchandise. He has reinvented himself again and now leverages his corporate relationships by representing many companies around the country. Mr. Dorf earned his undergraduate degree from LIU/Post and his MBA from University of Michigan. He was one of the founders of The Network of Opportunity here in Central Jersey and has given many presentations on the art of networking. Bill served on the board of NJ Make-A-Wish, St. Elizabeth Hospital, Morristown Seeing Eye Foundation, and Circle of Life and is very active with children's causes and career counseling.

Save The Date....



EXPO September 12th at Warinanco Parks Sports Center, Roselle