



ALFA International
THE GLOBAL LEGAL NETWORK

**WOMEN'S INITIATIVE PRACTICE GROUP
REGIONAL SEMINAR**



Dallas, TX | August 22, 2024

SEMINAR PROGRAM SCHEDULE

Thursday, August 22, 2024

Program at Quilling, Selander, Lownds, Winslett & Moser, PC

2001 Bryan Street, Dallas, Texas | 21st Floor - Room 2180A

1:30 P.M. – 2:00 P.M.

REGISTRATION

2:00 P.M. – 2:15 P.M.

WELCOME AND OPENING REMARKS

Speakers:

Kimberly Harris, *Women's Initiative Practice Group Chair & Host Firm, QUILLING, SELANDER, LOWNDS, WINSLETT & MOSER, PC, Dallas, TX*

Denise Baker-Seal, *Practice Group Women's Initiative Marketing Chair, BROWN & JAMES, P.C., Belleville, IL*

2:15 P.M. – 2:45 P.M.

IMPOSTER SYNDROME – IS IT CAKE? OR IS IT JUST SOMEONE WHO HAS NO PLACE BEING THE HEAD CHEF?

Speakers:

Monica Garcia, *BUTT THORNTON & BAEHR PC, Albuquerque, NM*

Kayla Kuri, *PHILLIPS MURRAH P.C., Oklahoma City, OK*

In 1978, psychologists developed the concept of the “imposter phenomenon” – high achieving women who believed themselves less intelligent and fooling others into thinking otherwise, regardless of their academic and professional accomplishments. This session will discuss how to combat imposter syndrome and empower women to reach the heights they were meant to achieve.

2:45 P.M. – 3:15 P.M.

DRESS FOR SUCCESS: PLATING/PRESENTATION CAN INFLUENCE FIRST IMPRESSIONS

Speaker:

Karen “KJ” Johnson, *Executive Director, DRESS FOR SUCCESS DALLAS, Dallas, TX*

The science of “plating” in restaurants mirrors the science of making a solid and confident “impression.” The message empowers women to break free from societal stereotypes and embrace their true identities. It highlights historical and ongoing challenges, such as imposter syndrome and societal conditioning, but emphasizes women’s inherent strength, value and purpose. By affirming the power of women, it inspires them to reject limiting beliefs, recognize their unique brilliance and take their rightful place as confident leaders. The message calls for women to create their own paths, support one another and fully embrace their roles as influential and invaluable members of society.



DRESS FOR SUCCESS®

DALLAS

SEMINAR PROGRAM SCHEDULE

3:15 P.M. – 3:30 P.M.

BREAK - TIME TO REST & BATTLE KITCHEN BURNOUT

3:30 P.M. – 4:15 P.M.

**QUALITIES FOR GOING FROM SOUS CHEF TO HEAD CHEF:
LEVERAGING YOUR LEADERSHIP STYLE**

Speakers:

Ellen Nimaroff, LESTER SCHWAB KATZ & DWYER, LLP, New York, NY

Madison Preston, NAMAN HOWELL SMITH & LEE, PLLC, Austin, TX

Megan Stumph-Turner, BAKER STERCHI COWDEN & RICE LLC, Kansas City, MO

Psychological research shows women leaders improve businesses. When more women are empowered to lead, everyone benefits. This session will discuss how to leverage all our different leadership styles to inspire, lead, discipline, and, if necessary, transform and epitomize what is good in the organization.

4:15 P.M. – 5:00 P.M.

**FROM STRESS TO SUCCESS: ESSENTIAL INGREDIENTS FOR
EMPOWERING WOMEN IN THE WORKPLACE**

Speaker:

Kacie Cheairs, *Licensed Professional Counselor*, SAGE MINDS COUNSELING, Houston, TX

Transitioning from stress to success in the workplace is like creating a gourmet dish: it requires the right ingredients and strategies. This session will address the mental health challenges women professionals face and offer practical solutions to manage stress, build resilience and prevent or overcome burnout. Discover how to thoughtfully balance work and personal life, integrate self-care into your busy schedule and develop a strong support network. This session will provide actionable tools and insights to enhance your mental well-being and empower you to succeed both professionally and personally.

5:00 P.M.

THANK YOU AND CLOSING REMARKS

Speakers:

Kimberly Harris, *Women's Initiative Practice Group Chair & Host Firm*, QUILLING, SELANDER, LOWNDS, WINSLETT & MOSER, PC, Dallas, TX

Denise Baker-Seal, *Practice Group Women's Initiative Marketing Chair*, BROWN & JAMES, P.C., Belleville, IL

S O C I A L E V E N T



EXCLUSIVE PRIVATE DINING EXPERIENCE

Join Chef Kent Rathbun, who defeated Bobby Flay in “Iron Chef America: Battle Elk,” at his home for an exclusive dining experience featuring a demo of a seasonally curated menu!

6:00 P.M. - 10:00 P.M.

Transportation will be provided to and from the Rathbun home, dropping attendees off at the JW Marriott at the end of the night.



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980 NORTH MICHIGAN AVENUE, SUITE 1180 | CHICAGO, ILLINOIS 60611 | 312.642.2532

SPEAKERS



DENISE BAKER-SEAL is a principal with the ALFA International law firm of Brown & James, P.C., practicing in the firm's Belleville, Illinois, office. Denise counsels clients inside and outside the courtroom on employment and complex litigation matters. She regularly defends employers in state and federal cases alleging harassment, discrimination and retaliation claims and offers guidance and training to help employers minimize the risk of workplace misconduct. Denise also handles cases involving catastrophic injuries, primarily in premises liability, product liability and transportation matters. In addition to her skills as a litigator, Denise is experienced in effective dispute resolution alternatives and regularly represents clients in mediations and arbitrations.



KACIE CHEAIRS is a Licensed Professional Counselor with a passion for promoting mental health and wellness initiatives. As the Program Director and Lead Specialist for Outlet, a unique mental health and wellness space at music festivals, she is dedicated to providing festival-goers with valuable information, activities, and resources to foster a continued sense of well-being beyond the festival experience. Outlet's mission is to empower individuals to prioritize mental health and maintain wellness practices in their everyday lives. In addition to her role at Outlet, Kacie is a respected professional in the field of mental health counseling. She is a member of a group private practice, Sage Minds Counseling, in Wylie, TX, where she offers compassionate and personalized counseling services to her clients. Kacie's approach focuses on empowering individuals to achieve personal growth and navigate life's challenges with resilience and strength.



MONICA GARCIA is a shareholder of Butt Thornton & Baehr PC, the ALFA International member firm in Albuquerque, New Mexico. Monica has litigated in state and federal courts throughout New Mexico. She has tried cases in the areas of premises liability, trucking and transportation, medical malpractice, consumer law, and civil rights.

SPEAKERS

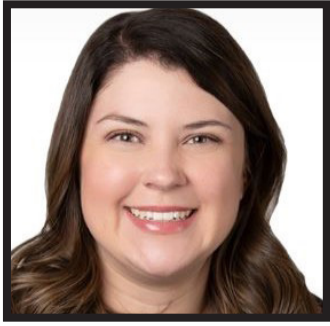


KIMBERLY HARRIS is a shareholder of Quilling, Selander, Lownds, Winslett & Moser, P.C., the ALFA International member firm in Dallas, Texas. During her career, Kimberly has gained extensive experience in commercial and civil defense litigation, trying cases in both Texas state and federal courts. She has also prosecuted and defended appeals in Texas courts of appeal and in the United States Fifth Circuit Court of Appeals. Kimberly regularly defends both national and local companies on general liability and non-subscriber claims of premises liability, wrongful death and other general negligence claims. Kimberly also defends companies on contract, product liability and Texas Deceptive Trade Practices Act claims.

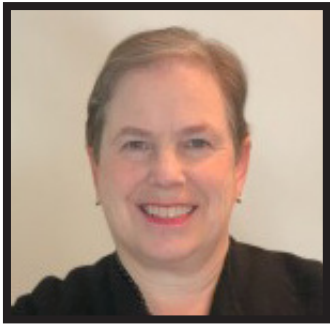


KAREN "KJ" JOHNSON is a highly skilled and influential leader, renowned for her inspirational women empowerment speaking, and an impactful executive leader. As the Founder and CEO of The Konfident Woman, she empowers women to unlock their inherent brilliance, cultivate executive presence, build self-confidence, & achieve their professional goals. KJ possesses a rich and extensive professional background spanning three decades, marked by a distinguished track record in leadership, governance, sales, and fundraising, with a notable presence in both the corporate and nonprofit domains. Her current role as the Executive Director at one of the preeminent nonprofit organizations within the Dallas-Fort Worth metropolitan area, Dress for Success Dallas, underscores her exceptional leadership capabilities. Furthermore, KJ's commitment to promoting the cause of women's empowerment and gender equity is evident as she has been selected as the 2024-2025 President-Elect for the National Association of Women Business Owners (NAWBO DFW). As a highly regarded thought leader, she has captivated audiences from renowned organizations, including DFW International Airport, Boeing, Verizon, Women's Council of Realtors Dallas, Heineken, Abilene Christian University, Burleson Chamber of Commerce, Texas Women University, Walmart, and Dell, among others. Her influence extends to media appearances on platforms such as NBC 5 Dallas-Fort Worth, WFAA's Good Morning Texas, Fox 4 News, Dallas Doing Good, Dallas Voyager, Today's Purpose Woman and Behind Her Brand magazines. KJ has garnered a multitude of awards, recognitions, and nominations, including the "Top 50 Purpose & Powerful Women," "Top 25 Global Influencer," "Top 50 Powerful Women in Business to Know", named one of the "Top 25 Purpose Driven Women to Watch", and recognized as an Influential African American Businesswomen to follow on LinkedIn. KJ's accomplishments extend to gracing the August digital cover of Today's Purpose Woman Magazine and is featured as Ms. November in the 2023 Power & Purpose Calendar. Notably, she achieved the status of #1 International Bestselling Co-author for "Future-Ready Leaders" and secured a place within the "Top 100 in Books" in the United States, among five other prestigious accolades.

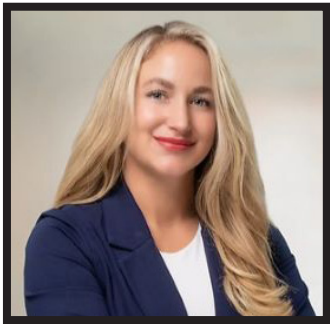
SPEAKERS



KAYLA KURI is a shareholder at Phillips Murrah P.C., the ALFA International member firm in Oklahoma City, Oklahoma. Her practice is focused on commercial business transactions, including mergers and acquisitions, real estate transactions, private securities offerings, commercial financing transactions, and commercial contract drafting and negotiation. Kayla has extensive experience structuring, negotiating, and documenting business transactions across all industries, and regularly advises both public and private companies on all matters related to corporate governance.



ELLEN NIMAROFF is a partner at Lester Schwab Katz & Dwyer, LLP, the ALFA International member firm in New York, New York. Her practice is focused in the areas of professional liability and insurance coverage. She represents professionals in liability litigation, including real estate managers, insurance brokers and agents, security companies, staffing consultants, software developers, title agents, medical professionals, travel agents, hair salons. She represents national insurers in complex insurance coverage disputes. She analyzes insurance coverage issues, renders opinions for insurers and defends and prosecutes declaratory judgment actions. She received her BA degree from Wellesley College and her JD from Brooklyn Law School.



MADISON PRESTON is a member of Naman Howell Smith & Lee, PLLC, the ALFA International member firm in Austin, Texas. Madison concentrates her practice in civil and commercial litigation including transportation, personal injury, wrongful death, premises liability, insurance defense, employment disputes, and construction defect litigation. She manages each case she is assigned with a strategic eye and her client's best interest in mind, and she is regularly called upon to evaluate challenging legal issues and develop litigation strategies for her clients. Madison has successfully defended individuals and commercial carriers in wrongful death, personal injury, and Deceptive Trade Practices Act lawsuits. She has assisted clients with resolving disputes and lawsuits through mediation and jury trials.



MEGAN STUMPH-TURNER is a member of Baker Sterchi Cowden & Rice LLC, the ALFA International member firm in Kansas City, Missouri. Megan's civil litigation practice includes creditors' rights, financial services, real estate, construction, and commercial litigation. Megan has successfully represented clients in thousands of cases throughout all stages of litigation, including bench and jury trials. While financial services and real estate litigation remain her primary area of focus, Megan's litigation practice has also included the representation of defendants in commercial disputes, construction cases, employment litigation, and product liability claims.