



**Bryant**  
UNIVERSITY

# WOMEN'S SUMMIT® 2016

FRIDAY, MARCH 18



**SHEILA HEEN**

Triad Consulting Group Founder,  
Harvard Law School Faculty,  
Author



**PAM PEEKE, M.D.**

National Fitness & Nutrition  
Expert, *New York Times* Best-Selling  
Author, Senior Games Triathlete



**CARLA HALL**

Co-Host, ABC's *The Chew*,  
*Top Chef* Finalist, Author



**HEATHER ABBOTT**

Boston Marathon Bombing Survivor,  
Philanthropist

MAKE YOUR MARK!

Platinum Sponsor:



Women's Summit® is a registered trademark of Bryant University.

# Welcome!

Twitter: #wsummit2016

## WOMEN'S SUMMIT® 2016

**Kristin Chenoweth's song "I was here" speaks volumes when it comes to our theme for the 2016 Women's Summit – Make Your Mark!** The words struck a chord with me, especially, "You will notice me. I'll be leaving my mark like initials carved in an old oak tree. Just wait and see. I want to do something that matters, say something different, something that sets the whole world on its ear."

Last year, our opening keynote speaker, Sallie Krawcheck, told us that women want to engage in work that allows them to find meaning and purpose in their professional lives. They are more likely to seek employment from a company if the work is meaningful and gives them a purpose for going to work every day, she noted.

I find meaning and purpose in my work at Bryant University, which includes creating the Women's Summit for the past 19 years. I believe in the Women's Summit mission: to empower those who attend to be professionally, personally, and financially successful.

The Women's Summit Committee works hard to present nationally recognized keynote speakers and breakout sessions that are led by experts in their fields, enabling attendees to experience renewed enthusiasm and confidence that can inspire them at work and at home.

The contributions you make to your profession, your family, and your community have great value. If you can help just one person, then you have made a difference in his or her life. Our goal is to provide encouragement and educationally enriching programs that motivate you to continue to succeed. Attending the conference also allows you to focus on your health and well-being by providing you with a day to step back, review your current situation, and set goals.

In his book, *The Road to Character*, David Brooks writes: "When we think about making a difference or leading a life with purpose, we often think of achieving something external: performing some service that will have an impact on the world, creating a successful company, or doing something to benefit the community. These are not the only parameters that measure our success. We also have internal moral qualities of humility and learning that require us to confront our weaknesses," according to Brooks. It is the combination of these qualities, plus being mindful about our health and well-being, which will help us all to **make our mark!**

At this time I would like to thank the Women's Summit Co-chairs and Women's Summit Committee, as well as everyone at Bryant University who devote so much time and energy to the creation of another successful conference.

The Women's Summit would not be possible without the help of our generous sponsors who enable us to continue this educationally enriching conference each year. We appreciate their contributions and support in advancing women through their sponsorship.

*"How wonderful it is that nobody need wait a single moment before starting to improve the world."*

— ANNE FRANK

Sincerely,

Kati Machtley  
Director, The Women's Summit®  
Bryant University

### The Summit in Brief 2016

7:30 - 9:00 a.m.

**REGISTRATION**  
Heidi and Walter Stepan Grand Hall  
George E. Bello Center for Information  
and Technology

(After 9:00 a.m., register in the Elizabeth  
and Malcolm Chace Wellness Center.)

7:30 - 8:15 a.m.

**CONTINENTAL BREAKFAST**  
Chace Wellness Center

8:15 - 8:45 a.m.

**WELCOMING REMARKS**  
Chace Wellness Center

8:45 - 9:30 a.m.

**OPENING KEYNOTE SPEAKER:**  
**SHEILA HEEN**  
Chace Wellness Center

9:30 - 9:45 a.m.

**BREAK**  
Chace Wellness Center

9:45 - 11:00 a.m.

**SESSION A WORKSHOPS**

11:00 - 11:15 a.m.

**SESSION A BOOK SIGNING**

11:15 a.m. - 12:00 p.m.

**POWER PLENARY SESSION SPEAKER:**  
**PAMELA PEEKE, MD, MPH, FACP**  
Multipurpose Activities Center (MAC)  
Chace Wellness Center

12:00 - 12:15 p.m.

**POWER PLENARY BOOK SIGNING**  
Chace Wellness Center

12:15 - 12:45 p.m.

**LUNCHEON AND WOMEN'S SUMMIT NEW  
ENGLAND BUSINESSWOMAN OF THE YEAR  
AWARD**  
Chace Wellness Center  
(Doors open at noon.)

12:45 - 1:35 p.m.

**LUNCHEON KEYNOTE SPEAKER:**  
**CARLA HALL**  
Chace Wellness Center

1:35 - 2:00 p.m.

**BREAK/BOOK SIGNING**  
Chace Wellness Center

2:00 - 3:15 p.m.

**SESSION B WORKSHOPS**

3:15 - 3:30 p.m.

**SESSION B BOOK SIGNING**

3:30 - 4:30 p.m.

**CLOSING KEYNOTE SPEAKER:**  
**HEATHER ABBOTT**  
Chace Wellness Center

4:30 - 5:30 p.m.

**NETWORKING RECEPTION/  
BOOK SIGNING**  
Stepan Grand Hall  
George E. Bello Center

# KEYNOTE SPEAKERS



**Sheila  
HEEN**

**Sheila Heen** is a founder of Triad Consulting Group, a leading global corporate education and communication consultant firm.

Her wide range of corporate clients include companies such as Unilever and the Federal Reserve Bank, as well as numerous family businesses. She often helps executive teams work through conflict, repair working relationships, and make sound decisions. In the public sector, she has provided training to organizations including the Obama White House.

Heen has spent the last 20 years with the Harvard Negotiation Project, developing negotiation theory and practice and specializing in particularly difficult negotiations. She is

the co-author of two New York Times bestsellers: *Difficult Conversations: How to Discuss What Matters Most*, and *Thanks for the Feedback: The Science and Art of Receiving Feedback Well (Even When It's Off-Base, Unfair, Poorly Delivered, and Frankly, You're Not in the Mood)*.

She has been featured on a wide variety of television and radio programs ranging from Oprah to Fox News.

Heen is a graduate of Occidental College in Los Angeles, and Harvard Law School, where she is a lecturer on law.

► [triadconsultinggroup.com](http://triadconsultinggroup.com)



**Carla  
HALL**

**Carla Hall** is a co-host of ABC's *The Chew*, alongside restaurateurs and *Iron Chef America* stars Mario Batali and Michael Symon, entertaining expert Clinton Kelly, and health and wellness enthusiast Daphne Oz. In 2015, *The Chew* team won their first Daytime Emmy for Outstanding Informative Talk Show Hosts.

Hall may best be known as a contestant and fan favorite on Bravo's *Top Chef*. She is the owner of Carla Hall Petite Cookies, an artisanal cookie company. Up next, she will open her first restaurant, *Carla Hall's Southern Kitchen*, in Brooklyn, NY, featuring her famous hot chicken recipe.

In 2012, she published her first cookbook, *Cooking with Love: Comfort Food that Hugs You*, followed by *Carla's Comfort Foods: Favorite Dishes from Around the World* in 2014.

Hall received a degree in accounting from Howard University, but traveling through Europe inspired a new career path. She completed her culinary training at L'Academie de Cuisine in Maryland, worked as a sous chef at the Henley Park Hotel in Washington, D.C., and served as executive chef at both The State Plaza Hotel and The Washington Club.

► [carlahall.com](http://carlahall.com)



**Heather  
ABBOTT**

In 2013, **Heather Abbott** was watching the Boston Marathon at the finish line when she was struck by shrapnel from the second of two bombs, severely injuring her left foot. With the help of other amputees and the support of thousands around the country, Abbott made the difficult decision to live her life as an amputee. Her recovery was a journey through pain, anger, optimism, challenge, and resilience.

Through insurance and donations, Abbott was given four different prosthetic legs to accommodate her busy lifestyle. Just months after the bombing, she was living independently and resuming the activities she loves, including paddle boarding and running.

Determined to help other victims of limb loss, Abbott became a certified Peer Counselor for the American Amputee Coalition and started the Heather Abbott Foundation to help provide customized prostheses to amputees.

In 2014-2015, she received the Orthopedic Association's Spirit of an Active Lifestyle Award, an honorary degree from Framingham State University, and the Stonehill College President's Excellence Award. She was named a 2015 *Providence Business News* Woman to Watch.

► [heatherabbott.org](http://heatherabbott.org)



**Pamela  
Peeke**

## Power Plenary Session

**Dr. Pamela Peeke, MD, MPH, FACP, FACSM**, is a nationally renowned physician, scientist, and expert in preventive and integrative medicine. A Pew Foundation Scholar in Nutrition and Metabolism, she is also an Assistant Professor of Medicine at the University of Maryland, and Fellow of both the American College of Physicians and the American College of Sports Medicine.

The author of three *New York Times* bestsellers, Peeke's pioneering work in the prevention and treatment of addictive eating has been profiled in national media. She was chief nutrition and fitness correspondent for Discovery Health TV, and was featured in its National Body Challenge series.

As the first senior research fellow at the National Institutes of Health Office of Complementary Medicine, she helped establish the scientific foundation for the research and development of investigations involving stress, nutrition, and fitness.

Dr. Peeke is featured in the National Institutes of Health's "Changing Face of Medicine" exhibit on the history of women physicians at the National Library of Medicine. She has been named one of America's top physicians by the Consumers Research Council of America. She is a member of the National Senior Games Foundation and is a Senior Games triathlete.

► [www.drpeeke.com](http://www.drpeeke.com)



**Colette Smith A. M.  
Phillips**

## 2016 Women's Summit New England Businesswoman of the Year

**Colette Smith A. M. Phillips** is president and CEO of Colette Phillips Communications, Inc. an innovative marketing and public relations firm founded in 1986. Her pioneering approach to inclusion and multicultural marketing in the Boston/New England region has earned her firm recognition from *Boston Women Business*, *Boston Business Journal*, and the *New York Times*.

She created and published *Kaleidoscope*, Boston's first and only comprehensive multicultural resource directory, and founded Get Connected!, Boston's first and only urban professional and business networking event.

A tireless social entrepreneur, a connector and advocate, civic leader and champion for the development of women and people of color, Phillips has been recognized for her business and civic contributions by the Massachusetts State Legislature, Boston Latino TV, the American Jewish Committee, the Greater Boston Chamber of Commerce, the Publicity Club of Boston, and *Boston Magazine*. She is widely respected for her ability to build bridges and create cross-cultural, interfaith, and inter-racial social networks.

► [www.cpcglobal.com](http://www.cpcglobal.com)

# OUR 2016 SPONSORS

Thank you to the following sponsors for their support of The 2016 Women's Summit.



## PLATINUM



## GOLD



## SILVER

ALEX AND ANI



## BRONZE



## MEDIA PARTNERS



## BENEFACTORS

Hampton Inn & Suites Providence/Smithfield  
PMA Industries, Inc.

### Additional Thanks To:

All of Our Workshop Presenters  
Women's Summit Scholarship Donors  
All of Our Volunteers  
Aramark Catering

Bryant University  
Department of Public Safety  
Bryant University  
Campus/Facilities Management

Coca-Cola  
Fine Catering by Russell Morin  
Karma Wellness Water  
Polar Seltzer