



2024 MONMOUTH MOM Summit



We're on a mission to inspire moms seeking to grow their careers and pursue their dreams.

April 11, 2024
9AM - 3PM
BELL WORKS
HOLMDEL, NJ

Keynote

SPEAKER
ADRIANA CARRIG
CEO

Little Words Project



Career Inspiration

Breakout Sessions

Local Advisors

Guest Speakers

Local Vendors

Working Mom Resources

Educational Experiences

Local Companies

Networking

Thank You to Our Sponsors!



Hackensack Meridian
Children's Health



**MANASQUAN
BANK**
est. 1874



BRIGHTVIEW
SENIOR LIVING
HOLMDEL



INSPIRE - NETWORK - LEARN - GROW

SCHEDULE

Check-in: 8:15 am

Kick-off with Kate Santangelo: 9:00am

EMCEES: Shannon Fasone + Stacey Donadio

Key Note Speaker - Adriana Carrig: 9:05-9:45 am

Breakout Session Option 1: 9:55-10:25am



Set Goals Like a CEO

AMANDA BYBEL
INNER BEAUTY BYBEL

LOCATION:
PREFUNCTION ROOM



Second Act Success: Get unstuck in this career clarity session

SHANNON RUSSELL
SECOND ACT SUCCESS

LOCATION:
BREAKOUT ROOM A



Building your dreamRESUME

JAMIE SZTOSER &
MARISSA KAY
THE DREAMCATCHERS

LOCATION:
BREAKOUT ROOM B

Not attending a session? Visit our networking and vendor space filled with local resources and support for moms!

LOCATION: BALLROOM

SCHEDULE

Breakout Session Option 2: 10:35-11:05am



Empowering Women to Live Well & Be Well in their Finances

LAUREN SIEWERT
MOUNTAIN HILL
INVESTMENT PARTNERS

LOCATION:
PREFUNCTION ROOM



Resources & Solutions for Small Businesses

NJEDA + UCEDC
KATHY GUZMAN & MARY ADELMAN

LOCATION:
BREAKOUT ROOM A



Social Media Strategy

STEFANY GITTLEMAN
THE GOLD MAZE

LOCATION:
BREAKOUT ROOM B

Morning Panel: 11:15 - 12pm



KAYLA GIOVINAZZO
EAT CLEAN BRO



ALEXA STIMPFEL
THE SHOE FAIRY



CARLA BUSHEY
OAK HILL FARMS



EMANUELA ARREAGA
COSMESI LLC

LOCATION: PREFUNCTION ROOM

Not attending a session? Visit our networking and vendor space filled with local resources and support for moms!

LOCATION: BALLROOM

SCHEDULE

Lunch: 12:00 - 12:40pm



LUNCH IS PROVIDED BY EAT CLEAN BRO!

EAT, TOUR OUR VENDOR SPACE,
SHOP LOCAL VENDORS, AND CONNECT WITH MOMS!

LOCATION:
BALLROOM

Breakout Session Option 3: 12:45-1:20pm



Directing your energy: Somatic Boundary Work
for Mamas with Big Dreams

NICOLE SMITH LEVAY
POWER WITHIN
HEALING

LOCATION:
PREFUNCTION ROOM



The Importance of Community Building

GROW WITH COMMUNITY
INGRID READ

LOCATION:
BREAKOUT ROOM A



Protect your Brand Legally- Basics of
Trademark and Copyright Laws

SHAHRINA ANKHI-KROL, ESQ.

LOCATION:
BREAKOUT ROOM B

Not attending a session? Visit our networking and vendor
space filled with local resources and support for moms!

LOCATION: BALLROOM

SCHEDULE

Breakout Session Option 3: 1:30-2:05pm



Love, Marriage, and Career: Insights from a
Monmouth Mom Family Law Attorney

AMANDA MASSEY, ESQ.
PASHMAN, STEIN, WALDER, HAYDEN P.C.

LOCATION:
PREFUNCTION ROOM



Providing for the Provider: 10
Ways to Prevent Burnout

WORRYWELL COLLECTIVE

LOCATION:
BREAKOUT ROOM A



Protect your Brand Legally- Basics of
Trademark and Copyright Laws

SHAHRINA ANKHI-KROL, ESQ.

LOCATION:
BREAKOUT ROOM B

Afternoon Panel: 2:15- 3:00pm



JULIA AU &
JENNIFER MATTHEWS
TEMPAPER & CO.



AMANDA BYBEL
INNER BEAUTY BYBEL



TRISHA A. FARMER,
MBA, MSN, RN, CNS
HACKENSACK
MERIDIAN HEALTH

SCHEDULE

Join us after the Summit for Happy Hour with Vodka Salad!



Thank you to our Sponsors, Vodka Salad!

JOIN US AFTER THE SUMMIT FOR
HAPPY HOUR WITH VODKA SALAD!

LOCATION:
BAR BELLA

 **Bell Works**



HALEY TELLING AND ALLIE SABOL ARE NEIGHBORS AND FRIENDS WHO SET OUT ON AN AMBITIOUS PATH TO START THEIR OWN BUSINESS. HALEY IS A MOTHER OF FOUR WITH A BACKGROUND IN SALES. ALLIE IS A MOTHER OF TWO WITH A 20+ YEAR CAREER IN MARKETING AND ADVERTISING.

TOGETHER, THEY HAVE MUSTERED UP A SECOND WIND AND STARTED BUILDING A SMALL BUSINESS IN THEIR HOME STATE OF NEW JERSEY. HALEY AND ALLIE HAVE A KNACK FOR MAKING GREAT COCKTAILS AND TOOK A CHANCE ON ENTERING THE VERY COMPETITIVE RTD CATEGORY.

Thank You to Our Sponsors!



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Recruiting, LLC



Hackensack Meridian
Children's Health

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BRO**



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BANK**
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WEISS TITLE GROUP
SERVING NEW JERSEY SINCE 1874



BRIGHTVIEW
SENIOR LIVING
HOLMDEL



MONMOUTH MOM SUMMIT

Thursday April 11, 2024

Bell Works - Holmdel, NJ

RANDI DEGRAW | BUDGET COACH
JAMIE HANLEY | AUTHOR
VELOCITY WELLNESS INSTITUTE
EAT CLEAN BRO
THIS/MILE
ONE SHOP AT A TIME
LINCOLN INVESTMENT
WISHLIST TRAVEL COLLECTIVE
LEWIS PHYSICAL THERAPY & SPORTS
REHABILITATION
MIND BY DESIGN COUNSELING
TOUCHSTONE JEWELRY
VODKA SALAD
NOLU JEWELS
MANASQUAN BANK
KMJ RECRUITING, LLC
WORRYWELL COLLECTIVE
ST. PETER'S UNIVERSITY
MAKE SPACE
SHORTCAKE ALBUMS
ACRE WINDOWS
BRANDYWINE AT SYCAMORE
AWAKE MY SOUL
NEW JERSEY LACTATION
CONSULTANTS
AVALON DAYS
HACKENSACK MERIDIAN HEALTH
EAT CLEAN BRO
BESPOKE BUNGALOW

BRIGHTVIEW SENIOR LIVING HOLMDEL
V/O MED SPA SHREWSBURY
ALTERRA HOME LOANS
JUVENATE MEDICAL WELLNESS
& REJUVENATION
NY LIFE
PASCHMAN STEIN WALDER HAYDEN P.C.
RUTGERS AT BROOKDALE COMMUNITY
COLLEGE
SACKMAN REALTY
WEISS TITLE GROUP
KOOL KIDZ PHYSICAL THERAPY
THE NEW SCHOOL
THE CUSTOM BAR
CSI GROUP
MORGAN STANLEY
BOND PERMANENT JEWELRY
EAST COAST BABY CO.
FORTIS AGENCY
ENLIGHTENED EXPECTATIONS
NJEDA
LENNOX + CO. ORGANIZING
NORTHEAST FINANCIAL
ACHIEVE WITH ANDREA
CATALYST COPY HOUSE
AMANDA JEAN NYC
THE JUNIOR LEAGUE OF MONMOUTH
ATRIUM
LIGHT COLLECTIVE
SURFSIDE SMILE CO.
TURN KEY WOMEN
COLAB



Vendors
Monmouth Mom Summit