



# 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

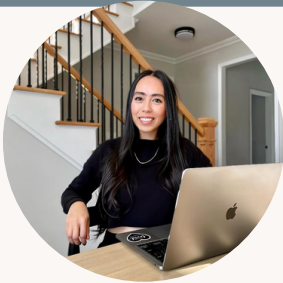
Breakout Session Option 3: 12:45-1:20pm



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

**EAT CLEAN  
BRO**



**MANASQUAN  
BANK**  
EST. 1874



**WEISS TITLE GROUP**  
SERVING NEW JERSEY REAL ESTATE



**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