



**Friday, March 7**  
**8:30 a.m. - 3:00 p.m.**  
**Northeastern University - Arlington**

A professional development and networking event designed to provide education, inspiration, and connections to foster your success and help you achieve your personal and professional goals.





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# AGENDA

**8:30 - 9:30 a.m. Registration & Networking**

**9:30 - 9:45 a.m. Welcome Remarks**

**9:45 - 10:15 a.m. Keynote "What is Fandom?" - Friday Abernethy  
General Manager, Monumental Sports Network**

**10:15 a.m. - 10:30 a.m. Networking Coffee Break**

**10:30 - 11:30 a.m.**

## **From Stress to Strength: Mental Resilience Strategies for Women Leaders**

Moderated by: Dr. Linda Lang - VHC Health

- Christie Dondero Bettwy - Rock Recovery
- Amse Heck - EveryMind
- Kate Tedeschi - Sage House Therapy

## **The Shifting Skyline: How Commercial Real Estate is Reshaping Our Economy and Creating Opportunities**

- Tina Leone - Rock Spring Real Estate Solutions
- Jessica Miller - Rock Spring Real Estate Solutions

**11:30 a.m. - 12:30 p.m. Host Welcome & Networking Lunch**

**12:30 p.m. - 1:30 p.m.**

## **Leading With Impact**

- Karen Rosales - Arlington Community Federal Credit Union

**1:30 p.m. - 1:45 p.m. Networking Coffee Break**

**1:45 p.m. - 2:45 p.m.**

## **Courageous Leadership: Thriving as a Woman in the Corporate World**

Moderated by: Mary-Claire Burick - Rosslyn Business Improvement District

- Hanna Abou-el-Seoud - Nestlé
- Susan Cunningham - Arlington County Board Member
- Peggy Fox - Dominion Energy
- Kimberly Walker - Amazon

## **Fearless and Focused: The Rise of Women Entrepreneurs**

Moderated by: Tara Palacios - BizLaunch

- Téa Ivanovic - Immigrant Food
- Evelyn Powers - Design Powers
- Hortencia Torres - Global Group

**2:45 p.m. - 3:00 p.m. Open Networking**

## KEYNOTE SPEAKER



### FRIDAY ABERNETHY

General Manager - Monumental Sports Network

Friday Abernethy is a strategic dealmaker with high-impact media experience and a proven ability to inspire, grow, and reimagine businesses. An innovative leader known for meeting industry disruption,

Friday has managed billion-dollar revenue streams, reimagined long-time partnerships, and transformed business models. At Monumental Sports & Entertainment, Friday oversees daily operations and works with existing leadership to build best-in-class linear and digital services. Friday has received The Wonder Woman Award, the WICTS Woman to Watch and was inducted into the CableFax Sales Hall of Fame.

## PANELISTS & MODERATORS



### Hanna Abou-El-Seoud

Director of Corporate Affairs - Nestlé

Hanna Abou-El-Seoud is the Director of Corporate Affairs for Nestlé. In this role she leads the Corporate and Government Affairs team and shapes Nestlé's advocacy strategy. During her career at Nestlé, Hanna has managed a wide portfolio that ranges from labor and trade to product labeling and responsible sourcing. Hanna has a long and varied career in public policy prior to joining Nestlé, including directing multiclient and trade association political and legislative advocacy.



### Mary-Claire Burick

President - Rosslyn BID

Mary-Claire Burick is a dynamic and strategic leader. As President of the Rosslyn Business Improvement District, she is responsible for leading daily operations and creating programs that define, enhance, and improve Rosslyn. Her leadership has been recognized within the region and has focused on building relationships and retaining businesses in Rosslyn, as well as working with the real estate community, property owners, and Arlington County to welcome new businesses.



### Susan Cunningham

Member, Arlington County Board

Susan Cunningham is a champion for climate resilience, affordable housing, community connection through youth programming and arts, fiscal balance, and government transparency. Locally, Susan co-leads the Board's Audit Committee and serves as a Board liaison to the Columbia Pike Partnership, Community Oversight Board and Community Services Board. Regionally, she serves on the Northern Virginia Regional Park Authority and Northern Virginia Conservation Trust.



## **Christie Dondero Bettwy**

Executive Director - Rock Recovery

Christie has served for over a decade as the Executive Director for Rock Recovery, an Arlington-based nonprofit that makes mental healthcare more accessible for all and provides treatment, support and education for those struggling with eating disorders and body image issues. Having

gone through recovery herself, she understands the depth of support needed to recover and is passionate about reducing mental health stigma across communities.



## **Peggy Fox**

External Affairs and Speakers Bureau Manager - Dominion Energy

Peggy Fox is a media and strategic communications expert specializing in public speaking, media outreach, and strong client positioning. She revitalized Dominion Energy's Speakers Bureau and manages the program

company-wide in three states—training speakers and leading public engagement events. The four-time TV news Emmy winner is host and producer of Good Works, a video podcast highlighting people and organizations that support and lift our communities.



## **Amse Heck**

Chief Advancement Officer - EveryMind

Amse Heck is a nonprofit executive, strategist, and policy advocate with a track record of scaling organizations, securing transformational funding, and shaping national policy. As Chief Advancement Officer at EveryMind, she has played a pivotal role in tripling the organization's revenue and

expanding services nationally while deepening regional impact. EveryMind now serves more than 60,000 people annually, strengthening partnerships with federal agencies, state legislatures, and private funders to ensure long-term sustainability and access to care.



## **Téa Ivanovic**

Co-Founder - Immigrant Food

Téa Ivanovic is the co-founder of Immigrant Food, America's first gastroadvocacy restaurant group that integrates innovative gastronomy and social advocacy. Immigrant Food has received notable recognitions

for its business model combining gastronomy with corporate social responsibility. Téa was named on the prestigious Forbes 30 Under 30 List, Washington Business Journal's 25 Women Who Mean Business, FSR's 40 Restaurant Stars on the Rise, and DC Fray's 8 Trailblazing Women in Hospitality.



## **Tina Leone**

VP Finance & Administration - Rock Spring Real Estate Solutions

Tina Leone is a Certified Public Accountant and Chartered Global Management Accountant, has more than 25 years of management and accounting experience. She is currently the VP of Finance &

Administration for Rock Spring Commercial Real Estate Solutions, and prior to that the CEO of District Dogs. She has held management, accounting, auditing and business consulting positions since 1994. Tina is a member of the American Institute of Certified Public Accountants, and the Virginia Society of CPAs.



## **Jamie Jones Miller**

**Inaugural CEO & Regional Dean - Northeastern University Arlington**

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Jamie Jones Miller is the inaugural CEO and Regional Dean of Northeastern University's Arlington campus. She was named one of Washington Business Journal's 2023 Women Who Mean Business for her work to launch the campus, which offers graduate programs in high-demand technology, security, and policy fields integrated with opportunities for experiential learning, research, and entrepreneurship.



## **Jessica Miller**

**President & CEO - Rock Spring Real Estate Solutions**

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As the founder and CEO of Rock Spring Real Estate Solutions, Jessica works with organizations to restructure their commercial real estate portfolios, optimize inclusive workforces, and overcome workplace challenges by developing solutions with immediate impact. She is the co-author of "A Woman's Guide to Successful Negotiating" and has received notable accolades including the Washington Business Journal's Women Who Mean Business Award.



## **Tara Palacios**

**Director - BizLaunch**

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Tara Palacios is the Director of BizLaunch, Arlington's Small Business Network in Arlington, Virginia. Tara founded the BizLaunch program in 2002 to help diverse entrepreneurs launch, grow and expand their businesses. Tara is recognized for her dedication to small businesses and has received awards from the US Small Business Administration, the Arlington Chamber of Commerce, the Virginia Department of Small Business and Supplier Diversity.



## **Evelyn Powers**

**Founder - Design Powers**

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Evelyn Powers is the founder of Design Powers and is responsible for all new business and strategy development. Gifted with the ability to delight clients on the first try, she is committed to building professional services brands and relationships of excellence with her clients.

Evelyn was recognized with a Women of Vision award and the Best Home-Based Business Award. She has spoken at the weTHRIVE Women Entrepreneurs' Conference, featured on WUSA9 Great Day Washington and hosted the Women in Business Summit from 2019-2022.



## **Dr. Linda Lang**

**Medical Director of Behavioral Health Services - VHC Health**

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Dr. Linda Lang is a distinguished psychiatrist and visionary healthcare leader with over 25 years of experience in behavioral health, hospital administration, and human-centered care. As the Medical Director of Behavioral Health Services at VHC Health, she spearheads strategic initiatives to enhance access to high-quality mental health services, drive operational excellence, and foster a culture of workforce well-being.





## Karen Rosales

CEO - Arlington Community Federal Credit Union

With over 30 years of experience in the financial services industry, Karen has served in various executive roles throughout her career. During her tenure as CEO, Karen has guided the strategic direction, service delivery, and operational efficiency of ACFCU to include field of membership expansion, development of mortgage and business services programs, and a focus on innovation and digital strategy.



## Kate Tedeschi

Founder & Director - Sage House Counseling & Art Therapy

Kate Tedeschi is the founder and clinical director of Sage House Counseling & Art Therapy, a group practice specializing in art and play therapy in Northern Virginia. Kate is a licensed professional counselor and a registered, board- certified art therapist. Her specialties include chronic medical illness, third-culture individuals, complex grief and loss, and life transitions. Kate also specializes in supporting perinatal experiences, including fertility challenges.



## Hortencia Torres

Chief Executive Officer - Global Group

Hortencia Torres provides strategic guidance in a wide range of complex domestic and international tax matters. Hortencia regularly counsels clients on U.S. tax and corporate matters related to business operations, mergers and acquisitions, and sales. Hortencia's clients include global corporations, business owners and investors, high-net-worth individuals, and executives of multinational corporations.



## Kimberly Walker

Director of Finance Operations - Global PMO & Customer Excellence Systems - Amazon

Kimberly Walker is the Director of Finance Operations Global PMO and Amazon Customer Excellence Systems at Amazon, bringing over 20 years of financial leadership experience across Fortune 500 companies. At Amazon spanning Retail, AWS, and Finance Operations, she leads critical financial disbursement and receipt capabilities, having pioneered automated analytical tools for cash flow optimization and global financing systems.

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# WOMEN IN BUSINESS NETWORKING EVENTS

This series of women-focused networking events is open to those who want to expand their network, share knowledge, and exchange ideas. The events focus on growing your business opportunities and support others who appreciate what it's like to be a woman in business.

For questions about the Women in Business program, please contact  
(703) 525-2400 or [chamber@arlingtonchamber.org](mailto:chamber@arlingtonchamber.org).



**APR 2**

**JUN 18**

**AUG 6**

**OCT 1**

**DEC 3**

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