

Workshop:



Stacey Dumbacher

"EMPOWERHER TO LIVE EVERY DAY WITH INTENTION" - MAKING WELLNESS WORK!

Stacey Dumbacher, Director of Programs for Run Hard. Rest Well. will lead us through, "Making WELLness Work". "Making WELLness Work", adds value and energy to our lives by equipping women to navigate 24/7 with joy, passion, and sustainability. Time to take it to the next level. Recognizing the whirlwind of demands and opportunities, we empower leaders to rewrite their personal stories of chronic overload and exhaustion by creating a transformational culture of work, rest, and rhythm in their workplaces, in their families, among their friends. With a singular passion for full flourishing people, Making WELLness Work arms women, with high-yield strategies for a real-life, 21st century restorative wellness that works.

Sponsored by:



Speakers:



Julie Meitzler

"HAPPINESS: A LITTLE BIT OF SCIENCE AND A LOT OF LIFE'S WISDOM"

Julie Meitzler, Assistant Superintendent of Bluffton-Harrison MSD with 20 years of leadership experience in Wells County, is on a mission to empower women to embrace happiness. In her upcoming workshop, she delves into Dr. M.E. Seligman's research on wellness, specifically exploring the PERMA characteristics. Participants will discover how these principles can enrich their daily lives. Join Julie Meitzler's transformative workshop for valuable tools and insights to find and embrace your own happiness.



Gabrielle Ginder

"BREAKING CHAINS: DON'T FEAR THE PAST, MOVE FOWARD!"

Sometimes, women are our own worst enemies. Sometimes the expectations around us make life so difficult for us. We tend to think when we get that job, or that spouse, or that home - then we will be complete. Too many times, those things just heap on more expectations, and ultimately we feel stuck. We will talk about how we are made, how to know what we are made for, and how to live into our best selves.

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Discussion Panel:

In an impactful panel discussion, four remarkable women communicators will each share the transformative power of effective, meaningful, and purposeful conversations in networking. Their message resonates with the idea that, as women, we can achieve more when we support and empower each other, fostering deeper connections and promoting unity in our shared journey.



Kylie Tomlin

Kylie is the Executive Director of Helping Hands, a local non-profit, and the Owner of The Charcuterie Shop, a local business. She's active in the Women in Leadership Steering Committee, Chamber of Commerce's Connect Group, and the Hugh O'Brien Leadership Academy. Kylie holds a BA in Public Relations from Taylor University, is passionate about leadership and a fulfilling life. She married Ryan three years ago and enjoys travel, reading, and game nights in her free time.



Ashley Kumfer

Ashley Kumfer, a devoted wife and mother of three, is passionate about education. She homeschools her own children, participates in the Forgotten Children Passport Program, and authored "Little Gray's Altruistic Adventure," a children's book filled with valuable life lessons. Ashley is dedicated to nurturing young minds and hearts through her roles as a wife, mother, educator, and author.



Julie Thompson

Julie Thompson, a Jay County native and first-generation college attendee, holds a BSN from Ball State University. She's been with Bluffton Regional Hospital since 1984, where she met her husband, Doug. They've raised a loving family, including three children and a cherished granddaughter, all born at the same hospital. Julie's leadership extends beyond motherhood; she's a dedicated Girl Scout leader and an advocate for self-care in leadership through her involvement in Wells County Women in Leadership.



Angie Topp

Angie Topp, a dedicated community leader with 33 years of marriage to Chip Topp, serves as a Producing Branch Manager at Thrive Mortgage in Bluffton. She has devoted over a decade to the Norwell School Board and actively participates in multiple community organizations, including the Apostolic Christian Church, FAM Ministries board, Chamber Special Events Committee, and the Wells County Drug Taskforce Committee. In her free time, she values moments with her father, enjoys walks, and cherishes connecting with friends, all while making a positive impact in her community.