

# Women in Banking

November 18, 2020 | 9:00-11:30 am | Zoom

## AGENDA

**What will 2020 WIB look like?** This will not be your average Zoom meeting! Maine Bankers has worked closely with our speakers to curate a workshop style, live webinar with stretch breaks and interludes that will keep the morning fast-paced, educational and inspiring. We will also be offering virtual networking opportunities and ways to connect with your fellow bankers as we lead up to the main event. We are looking forward to 'seeing' you on November 18th!

**9:00 am**      **Opening Remarks and Sponsor Thank You**

**9:05 am**      **Message to Women in Banking from Governor Mills**

**9:15 am**      ***How to Find Your Path Through Uncertainty***  
**Faith York**, Principal, Allegro Professional Development  
*Learn to develop leadership strategies during a time of ambiguity including how to connect with confidence, build your communication skills and find your path forward.*

**10:05 am**      **Intermission - Sponsor Break**

**10:10 am**      ***Wellness Wheel Workshop***  
**Lindy Grigel**, MHP, P.A.-C, CCH, Fal River Health Center  
*During this workshop, you will create your own personal wellness wheel, which Lindy uses as a metaphor to show the interconnectedness of our everyday lives. In this interactive session, you will develop your own personal strategy for dealing with stress and managing wellness.*

**11:30 am**      **Adjournment**

## About the Speakers

### **Faith York, CRC,R**

Faith has been a principal at Allegro Professional Development for over 8 years. She is a speaker, consultant, trainer, facilitator, and coach. Faith's behavior management background combined with her business experience helps her design and deliver innovative workforce improvement solutions. Faith's services include individual coaching and skill building, group facilitation and training.



### **Lindy Grigel, MHP, PA-C, CCH**

Approaching medicine with a reverence for the mind-body connection, Lindy focuses on patient-centered care and wellness education. She examines the source of health imbalances and provides effective treatment supported by evidence-based research and clinical experience. With acumen and wisdom, Lindy draws upon her vast medical knowledge to help individuals and families achieve sustainable health.

