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**ywca**

Northern New Jersey

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## **YWCA Northern New Jersey to Host Its Annual Women's Leadership Conference to Commemorate Women's History Month**

In recognition of Women's History Month, YWCA Northern New Jersey (YWCANNJ) will host its annual Women's Leadership Conference, titled "**Power UP: Refuel, Reenergize & Refocus,**" at the American Dream, East Rutherford on Wednesday, March 29<sup>th</sup> starting at 8:30 a.m. The event will feature a keynote address from **New Jersey Senator M. Teresa Ruiz**, 29<sup>th</sup> Legislative District, titled "**Power UP: Stepping Into Your Power, Being Brave & Finding Your Voice,**" which will focus on how women can harness their power to enrich their lives and encourage other women to do the same. The event will also feature panel discussions, a workshop, and networking opportunities with many of New Jersey's most inspiring and accomplished women leaders.

### **Power Panels include:**

- **REFUEL: Getting Clear on Your Actual Bandwidth** featuring **DeAnna Minus-Vincent**, Executive Vice President, Chief Social Justice and Accountability Officer for RWJBarnabas Health; **Ruth Ro**, Principal at Dattner Architects; and **Jennifer Tripucka**, Founder and Editor-in-Chief of The Montclair Girl and The Hoboken Girl, and Founder of The Local Girl Media Group.
- **REENERGIZE: Finding Joy in Your Life** featuring **Deborah Belfatto**, Creator of "Let's Talk: Women's Health & Wellness;" **Lana Mustafa**, Farm and Program Director of Montclair Community Farms; and **Tanisha Russell Day**, Founder and Managing Consultant of KEY HR Consulting, LLC and Vice President of Talent Acquisition at JP Morgan Chase & Co.
- **REFOCUS: Developing Strength From Flexibility** featuring **Kaitly Assaf**, Speechwriter; **Tevra L. Francis**, Publisher and Founder of NJ in Color; and **Rachel Wyman**, Founder and Owner of Rabble Rise Doughnuts

Following the panels will be an **Intensive Experience**, which is a guided workshop that takes a deeper dive around personal awareness and goal coach setting as a way to make more intentional changes in one's life. The workshop will be led by **Nadia Murdock** of Mindset & Movement, and sound healer and author, **Lisa Annese**.

The event will conclude with a **Networking After Party** from 4:30 p.m. – 6:00 p.m. to give attendees and other guests a chance to connect and share insights from the conference.

“YWCA Northern New Jersey is excited to be hosting our first in-person Women’s Leadership Conference since the start of the COVID-19 pandemic, which allows attendees to have a chance to network and meet with some of New Jersey’s most dynamic and inspirational community leaders. This conference is a celebration of our resilience, strength, and commitment to supporting the women making real change in our communities,” stated YWCANNJ CEO Helen Archontou. “This conference is a unique opportunity to connect with other women leaders, learn new skills, and celebrate our achievements. I want to thank New Jersey Senator M. Teresa Ruiz for taking time out of her busy day to inspire our community and all the trailblazing participants for joining the conversations. At YWCANNJ, we recognize the constant barriers and limitations preventing women, especially Black women and women of color from advancing and we hope these conversations inspire change and encourage pathways to access for all.”

The 2023 conference was made possible through the financial support of **Cross River, Let’s Talk: Women’s Health and Wellness** and **Bergen New Bridge Medical Center**.

To register for the conference, click [here](#). To learn more about YWCA Northern New Jersey, visit [ywcannj.org](http://ywcannj.org).

### **About YWCA Northern New Jersey**

For over a century, YWCA Northern New Jersey has improved the lives of thousands of women, girls, and families and is on the forefront of the fight against gender and racial discrimination. We work to build more just and inclusive communities through programs for women and girls, anti-racism training, and policy advocacy. We operate healingSPACE, Bergen County’s only Sexual Violence Resource Center (hotline number: 201-487-2227) and provide year-round child care, and senior wellness programs. YWCA Northern New Jersey serves Bergen, Essex, Hudson, Morris, and Passaic counties. To learn more, visit [ywcannj.org](http://ywcannj.org) and follow [@ywcannj](#) on social media.

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