

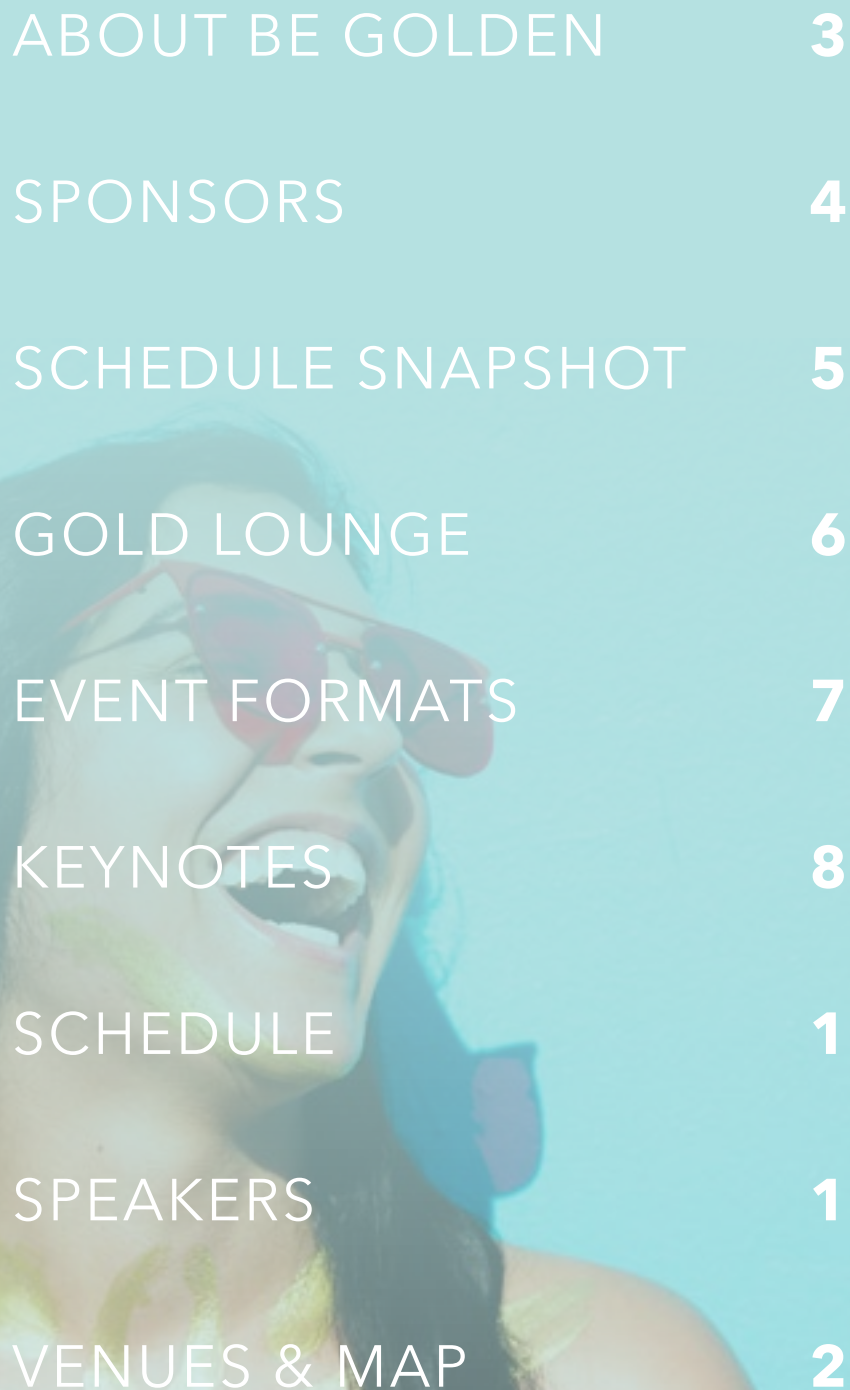


BE GOLDEN

OCTOBER 4-6, 2018
WOMEN'S EMPOWERMENT CONFERENCE

POCKET GUIDE





ABOUT BE GOLDEN	3
SPONSORS	4
SCHEDULE SNAPSHOT	5
GOLD LOUNGE	6
EVENT FORMATS	7
KEYNOTES	8
SCHEDULE	10
SPEAKERS	12
VENUES & MAP	26

MISSION

To provide community, mentor-ship, and tools to inspire and empower women and their allies to spark the change they want to see in themselves and the world around them.

ABOUT BE GOLDEN

Now, more than ever, our voices deserve to be heard. Our potentials deserve to be realized. We're a society that's on the verge of a sea of change, and it's time to step up and Be Golden.

Through a multi-day conference and an ongoing workshop series, Be Golden provides community, mentorship, education, and tools to inspire and empower women and their allies to spark the change they want to see in themselves and the world around them.

We invite forward-thinking, like minded women to join us in living unapologetically. From elevating leadership skills to inspiring the community to branding ourselves to maintaining healthy minds and bodies, we're creating an inclusive space to share stories, support each other in making continual improvements, and push ourselves to constantly grow. We'll inspire each other to have the confidence to make an impact. As strong individuals, we're even stronger as a community. We can be the best versions of ourselves. We can lift up each other up and truly shine. We can be golden and stay golden.

SPONSORS



SCHEDULE SNAPSHOT

THURSDAY, OCTOBER 4

6:00pm - 7:00pm
7:00pm - 9:00pm

Local Leadership Panel
Liquid Gold Launch Party

FRIDAY, OCTOBER 5

8:00am - 9:15am
9:00am - 12:00pm
10:00am - 11:00am

The Echo of Movement
Be Golden Headquarters
Entrepreneurship: Empower Yourself to Empower Your Dreams
Film Screening of LAMB and Q&A
Understanding the Language of Leadership

10:00am - 11:00am
10:00am - 11:00am
11:30am - 12:30pm
11:30am - 12:30pm
12:30pm - 2:00pm
12:30pm - 5:00pm
2:30pm - 3:30pm
2:30pm - 3:30pm
4:00pm - 5:00pm

Be the Lion
Sense and Sexuality
Lunch
Gold Lounge
Bringing your 'B'ee Game
Build Yourself. Build Your Brand.
Self-Made Woman: Success & Leadership Starts with You

4:00pm - 5:00pm
5:30pm - 6:30pm
5:30pm - 6:30pm
6:45pm - 8:00pm
8:00pm - 10:00pm

Representation in the Fitness Industry
Leading for Good
Let's Talk About Sex
Artist Talk at Gallery Walk
Glitter Bomb Party

SATURDAY, OCTOBER 6

8:00am - 9:15am
9:00am - 12:00pm
10:00am - 11:00am
10:00am - 11:00am

Gold Rush Workout
Be Golden Headquarters
Sexual Abuse and Recovery
Say What You Mean: Communicate Better in 10 Words or Less(tm)

10:00am - 11:00am
11:30am - 12:30pm
11:30am - 12:30pm
12:30pm - 2:00pm
2:00pm - 3:00pm
3:30pm - 4:30pm

Black Women's Experiences
Race in My Life?
Unleash Your Joy Potential
Lunch
Live Adventurously
Dream Big: Goals and Financial Planning for Creatives

3:30pm - 4:30pm
5:00pm - 6:00pm

Turmeric and Tequila
Sound Waves: A Conversation with Women in Music

5:00pm - 6:00pm
7:00pm - 8:00pm
9:00pm - 12:00am

Facing Failure
Be Golden's Main Event
Solid Gold After Party

GOLD LOUNGE

The Gold Lounge at Royale Hair Parlor is a comfy place for you to unplug. Treat yourself to complimentary professional hair, makeup, and headshots to level up your online profile game. This glam space is open to all conference speakers, Gold Badge holders, and volunteers.



Guest Celebrity Hairstylist,
GREGORY PATTERSON



royale hair parlor

116 W 6TH ST.

BLOOMINGTON, IN 47404



EVENT FORMATS

BE GOLDEN HEADQUARTERS

Have questions? We have answers. This is where you'll check in and get conference information. Smiling volunteers will help get you to where you need to be.

Be Golden HQ

Fountain Square Mall
101 W Kirkwood Ave. | Bloomington, IN 47404

LIQUID GOLD LAUNCH PARTY

This party marks the official kick-off to 2018 Be Golden! All speakers, sponsors, volunteers, and Gold Badge holders are invited to mingle and celebrate. Complimentary beverages are provided and local food trucks will set up shop outside the brewery.

GLITTER BOMB PARTY

All conference attendees are invited to hang out and enjoy an evening of art and dancing. Live music and a gallery full of art will make this a good end to a jam-packed day of awesome sessions.

SOLID GOLD AFTER PARTY

Come network, discuss conference highlights, and put on those gold dancing shoes because this is the biggest gathering of the weekend. Be Golden. Be solid gold.



KEYNOTES



ERICKA HART

Kinky, Poly, Cancer-Warrior, Sexuality Educator, and Performer



JEN WIDERSTROM

Transformational Expert



ELLISE SMITH

CEO Fatness Fiction, +Plus Size Magic Radio

THURSDAY, OCTOBER 4

Local Leadership Panel
6-7pm | Switchyard Brewing

Liquid Gold Launch Party
7-9pm | Switchyard Brewing

FRIDAY, OCTOBER 5

	Switchyard Brewing	The Wick's Building	Inkwell	Cup & Kettle	Blueline	Royale Hair Parlor	Buskirk-Chumley
8:00am		The Echo of Movement 8-9:15am				<div style="border: 2px solid purple; padding: 5px;"> <p>Entrepreneurship/Leadership</p> <p>Health & Wellness</p> <p>Special Events</p> <p>Social Impact</p> <p>Brands & Marketing</p> </div>	
9:00am							
10:00am	Understanding the Language of Leadership 10-11am	Film Screening of LAMB and Q&A 10-11am	Empower Yourself to Empower Your Dreams 10-11am				
11:00am							
12:00pm				Sense and Sexuality 11:30am-12:30pm	Be The Lion 1:30am-12:30pm		
1:00pm	Lunch 12:30-2pm					Gold Lounge 12:30-5pm	
2:00pm							
3:00pm	Bringing your 'Bee Game 2:30-3:30pm			Build Yourself. Build Your Brand. 2:30-3:30pm			
4:00pm	Self-Made Woman 4-5pm		Representation in the Wellness Industry 4-5pm				
5:00pm					Artist talk at Gallery Walk 5-7:30pm		
6:00pm				Leading for Good 5:30-6:30pm		Let's Talk About Sex 5:30-6:30pm	
7:00pm							
8:00pm							
9:00pm							
10:00pm					Glitter Bomb Party 8-10pm		

SATURDAY, OCTOBER 6

	Switchyard Brewing	The Wick's Building	Inkwell	Cup & Kettle	Blueline	Royale Hair Parlor	Buskirk-Chumley
8:00am		Gold Rush Workout 8-9:15am					
9:00am							
10:00am	Black Women's Experiences 10-11am				Sexual Abuse and Recovery 10-11am		Say What You Mean 10-11am
11:00am							
12:00pm					Race in my Life? 11:30am-12:30pm		Unleash Your Joy Potential 11:30am-12:30pm
1:00pm	Lunch 12:30-2pm						
2:00pm							Live Adventurously 2-3pm
3:00pm							
4:00pm	Turmeric and Tequila 3:30-4:30pm						Dream Big 3:30-4:30pm
5:00pm					Facing Failure 5-6pm		Sound Waves 5-6pm
6:00pm							
7:00pm							Keynotes 7-8pm
8:00pm	<div style="background-color: #d4c08e; padding: 20px; text-align: center;"> <h1>SOLID GOLD PARTY</h1> <hr style="border: 1px solid red;"/> <h2>@ THE BLOCKHOUSE</h2> <p>LOCATED IN THE ALLEY AT 205 S. COLLEGE AVENUE</p> </div>						
9:00pm							
10:00pm							
11:00pm							
12:00am							

SPEAKERS

AFIKA O. JAMES

Educator

Afika James, an Educator of teenagers on the Autism spectrum believes that every child has the potential to bring something unique and special to the world and she works tirelessly in helping them to develop their potential. Afika does not plan on keeping her skills and teaching within the realms of a classroom. Her life goal is to one day help women like herself, who are victims of abuse, learn how to love themselves and walk confidently in a world where it's at times difficult to shine.

ALEXI KING

Founder/Producer & Coordinator of MidWay Music Festival

Alexi founded MidWay Music Festival, a new festival in Bloomington, IN that celebrates & connects women in music via promotion, empowerment, and performance opportunities. She developed MidWay to counter the current statistics of women on music festival stages and hopes to, not only bring more attention to women musicians, but also encourage more women to make music & explore genres that women aren't seen in as often. She is currently MidWay's Producer & Coordinator and works with a team of six to bring their mission to life. In addition to her work on MidWay Music Festival, Alexi hopes to continue developing herself musically through her own personal endeavors as a vocalist & songwriter.

ANDREA M. STERLING

Associate Instructor, Department of African American and African Diaspora Studies at IU

Andrea M. Sterling is a Black feminist, Pisces, and doctoral student in African American and African Diaspora Studies (AAADS) at Indiana University-Bloomington. She hails from Providence, Rhode Island where she worked with the Providence Africana Reading Collective to spread political education, Black feminism, and Black studies throughout the Providence community. She presently serves as the Political Education Committee Chair of the Black Graduate Student Association. Her research interests focus on the power of critical pedagogy, oppressive ideologies (White Supremacy and Anti-blackness), Black Feminist theory, as well as radical politics of love.

BEVERLY CALENDAR ANDERSON

Director of Community and Family Resources, City of Bloomington

Beverly Calender-Anderson has served as the director of the City of Bloomington Community and Family Resources Department since November, 2014. The Community and Family Resources Department is dedicated to improving the quality of life in Bloomington through programs and services designed to engage residents in service, encourage active participation in government; connect community members to resources; encourage collaborations among area non-profits, businesses, organizations and agencies; and celebrate the Bloomington's unique and diverse history, character and people. Prior to becoming Department Director, Beverly served as the City's Safe and Civil City Director for 9 ½ years. Beverly is a Chicago native and a graduate of Judson University in Elgin, IL where she was inducted as a Distinguished Alumni in September of this year. Following graduation from Judson, Beverly studied Criminal Justice at DePaul University in Chicago. She has over 30 years of experience in fund development, volunteer management and public relations.

Since moving to Bloomington in 1997, Beverly has worked with Stone Belt ARC, United Way of Monroe County and Girl Scouts of Tulip Trace Council. She is an active member of P.E.O. Chapter EV, IU Hospital Positive Link Advisory Board, the Monroe County Community School Corporation Diversity Advisory Team, Monroe County Opioid Commission and Bloom Magazine's Advisory Board. In her rare spare time Beverly enjoys learning new things - and commits to challenging herself to learn one new skill each year.

BRICK DANIEL KYLE

Graphic Designer, Photographer and Digital Artist

Bio: Brick Daniel Kyle is a graphic designer, photographer and digital artist based in Bloomington, Indiana. Since completing his degree in Fine Arts from Indiana University in 2012, he has been working as the graphic designer for The Back Door. The constant influx of performers and artists has inspired him to pursue photography as a means to explore and reveal the queer community of Bloomington, and the infinitely varied ways in which they perform and present their identities

BRIDGETT DIVOHL

Owner, Royale Hair Parlor

Bridgett has over 22 years of hair industry experience in Cincinnati and Chicago. She has had amazing opportunities working on photoshoots and as an educator, trainer, mentor, and recently as a business coach. After years of refining her craft as an artist, she realized her dream of leading her own company and offering the same opportunities for her employees. Opening her doors six years ago, she now leads a team of 11 creative millennials and provides them with benefits such as maternity leave; complete health, vision, and dental care; paid time off; and professional development. She recently built on a bridal suite into the salon as an added service for clients. Bridgett has refined her skills in leadership and financial planning in order to grow her business to the next level.

BROOKE KEELING

Entrepreneur, Business Owner x2, Mama, Wife

Brooke is an entrepreneur, multiple business owner, wife and Mama to her daughter Reese. She is the owner of Keeling Homes, a top producing real estate firm in Madison, WI and the CEO of Love Your Living, a company with the sole vision of empowering women to be ambitious. Her mission is to be a leader for women in the art of dreaming BIG, stepping up, being seen and doing the work, so you can create a life and business beyond your wildest dreams.

CAROLINE SLAUGHTER

Writer/Director of LAMB

Caroline is a multi-hyphenate: Writer, Director and Voiceover. She produced and acted in New York and London theater collaborating with writers like Beau Willimon (House of Cards), Elizabeth Meriwether (New Girl) and Annie Baker (Pulitzer Prize Winner of The Flick). Caroline then went on to write and perform with the Upright Citizens Brigade, which led to developing a pilot with FX Networks in Los Angeles. She is currently focused on film/TV development in Georgia and recently wrapped LAMB, a film about the female assistants who led the victims up to Harvey Weinstein's hotel room, which she and her producing team will use as a vehicle to support the #MeToo and #TimesUp movement.

CHLOE BARNES

President, Elle Grace Consulting, LLC

Chloe Barnes is a former Division I Women's Basketball player turned entrepreneur, writer and advocate whose world crashed when she was forced to retire from basketball prematurely due to injury. Determined to prevent other athletes from feeling the confusion that she felt after it was time to leave the game behind; Barnes decided to start her own athletic consulting company, Elle Grace Consulting, LLC.

CHRISTINE EARTHEART

Teacher, Coach, and Founder of Joy Potential

Christine Eartheart, Founder of Joy Potential (JoyPotential.com) and enthusiastic teacher and coach, is passionate about helping people cultivate true and lasting joy from within. Christine is also CEO of the Center for Thriving Relationships (CenterThrive.com) and loves helping couples, families, and communities develop flourishing relationships that bring out the best of everyone involved. Additionally, Christine facilitates and teaches emotional healing and energy healing as the Founder of Heart Spirals (HeartSpirals.com).

DANIELLE WOLTER NOLAN

Co-Founder DNK Presents, Producer "Live Adventurously"

Growing up in the country, being outdoors was always second nature to me. Living in the fast-paced digital age we live in today I realized that there was a need for more people to unplug from technology and reconnect with themselves in nature. This was one of the many reasons why Kate (my wife) and I founded DNK Presents. Together we have organized and guided hundreds of people on adventures in and outside of Indiana. I am blessed to share my passion for the great outdoors while helping individuals and groups build confidence and empowerment through adventure experiences.

DR. DEBBY HERBENICK

Professor

Dr. Debby Herbenick is a Professor at the Indiana University School of Public Health, a pleasure-focused sex researcher, Kinsey Confidential sex columnist, Bloomington Sex Salon founder, author of five books about sex and love, and (so says Dan Savage) a "vulva puppeteer."

DJ MADDØG

Disc Jockey & Music Producer

MADDØG is an artist, stylist, entrepreneur and DJ. Born Madison True, her father coined her as “The Maddog” from an early age. Ever since she was a small child, Madison always looked up to creative women for inspiration, confidence and personal power. As an artist, she wants to use that power to tap into a male-dominated music genre where women are habitually over-sexualized and rarely taken seriously as musicians.

The passion behind her art form and personal drive to DJ is truly the result of a 30-year, creative evolution. This creative evolution began to materialize in 2015 after her transition to self-employment and DJ entrepreneurship. Goodbye office job, hello pursuit of artistic dreams. Since that leap of faith, she has worked, developed and solidified DJ residencies in both Bloomington and St. Louis. She has been asked to play in Ohio, Wisconsin and all across the state of Indiana. MADDØG has also hit the festival circuit including both Bloomington Pride and MidWay Music Festival just to name a few. She offers workshops on DJing and, all the while, is in the early stages of developing herself as a music producer. MADDØG wants to create and perform music that inspires others and proves that women have a creative place in electronic music.

ELLISE SMITH

CEO Fatness Fiction & +Plus Size Magic Radio

Ellise Smith is a first year doctoral student studying Urban Education and Ethnomusicology at Indiana University (IU). She obtained her baccalaureate from Eastern Michigan University not far from her hometown of Detroit, Michigan and recently graduated with her M.S.Ed from IU with a concentration of Higher Education and Student Affairs. Smith has a research interest in understanding the experiences of fat bodies, as she self identifies as fat, and works to provide a space to share their narratives. She does so by using spoken word poetry, hip-hop culture, and freestyle lyricism as a catalyst to share these stories. Her interest lead to the creation of her brand Fatness Fiction and a podcast titled +Plus Size Magic Radio. On this platform she interviews a plethora of individuals and scholars, including Dr. Lori Patton Davis, in regard to experiences as a plus sized body. Smith is currently planning to further research in her doctoral program using frameworks from Black Feminist Thought and Critical Race Theory to ensure the work and narratives around bigger bodies are included in the field of academia.

ELLIE SYMES

CEO, The Bee Corp

Born in St. Louis, Missouri, Ellie Symes, CEO of The Bee Corp, grew up in a number of cities across the Midwest and Canada. Ellie recently completed her Masters of Public Affairs with a concentration in Information Systems from the Indiana University School of Public and Environmental Affairs. Ellie grew her love for beekeeping by starting a beekeeping club at Indiana University while she completed her BS degree in Environmental Management. Ellie was recently given the Rising Star Award at TechPoint’s annual Mira Awards.

ERICKA HART

Kinky, Poly, Cancer-Warrior, Sexuality Educator, and Performer

A kinky, poly, cancer-warrior, activist, sexuality educator and performer with a Master’s of Education in Human Sexuality from Widener University, Ericka Hart has taught sexuality education for elementary aged youth to adults across New York City for the past 10 years. Her work in sexuality education was catalyzed by her service as a Peace Corps HIV/AIDs volunteer in Ethiopia from 2008-2010.

Diagnosed with bilateral breast cancer in May 2014 at the age of 28, she realized that neither her identity as a queer black woman, nor her sex life as a survivor, was featured prominently in her treatment.

Ericka is shifting ingrained cultural modes and attitudes on chronic illness and posits visibility as a sociopolitical stance, one vital to any radically inclusive progressive movement toward equity. From framing desire and pleasure as political to dismantling the ways that systemic patriarchy and anti-black standards of beauty affect our everyday lives, her work is part of a larger conversation on healing that forces us to see our institutions and systems of care as complicit in the perpetuation of illness in marginalized communities; unabashedly centering and sentient such that queer, trans black, brown and femme voices aren’t lost among the drone of scholarly research less skilled than Hart in bringing academia to the places it refuses to go.

Audiences around the world admire Ericka for her ability to use what has swelled to a cult following on social media among young QTPOC (Queer and Trans People of Color) cancer survivors, activists, artists, medical professionals alike to assert the personal as political and challenge anti-blackness everywhere it rears its head—from the front pages of magazines, runways to the university; white supremacist patriarchy does not stand a chance.

Pronouns: She/They.

FREDA HOBBS

Bedroom Kandi Boutique Consultant

Freda Hobbs is a proud graduate of the University of Virginia. After over a decade as a HR training consultant she was introduced to Bedroom Kandi by a colleague. Freda and her team of 500 nationwide consultants take pride in providing a comfortable and safe environment for people to discuss the most intimate parts of their lives.

GREGORY PATTERSON

Celebrity Hairstylist

Gregory's talent, enthusiasm and passion for teaching have brought him to the hair styling spotlight. Shortly after relocating to New York from Arizona, Gregory quickly became one of the most sought after stylists in New York City.

Gregory has worked the runway at New York Fashion Week, Leading the hair team for Project Runway Seasons 14 and 15 as Celebrity Consultant and Brand Ambassador for Sally Beauty, Pamela Roland SS/16, Amanda DeLeon Presentation (2014) Mercedes Benz Fashion Week.

He has been featured in many editorial and lifestyle magazines as a Celebrity Hairstylist contributor such as; Glamour, Shape, W, Harpers Bazaar, Cosmopolitan, In Style, Vogue, Elle, Allure, Martha Stewart, People, US weekly, and being featured in Allure Magazine Best of Directory as "Best Blow Dry Stylist in the Industry" (Dec 2013) and once again as "The One to Watch" (January 2015).

His talents have transcended into television with such works as; QVC, HSN, The Shopping Channel Canada, The Knot Dream Wedding, ABC's The Chew, TLC's What Not to Wear, Good Morning America, Today Show, Access Hollywood, E! News, Extra! and Cosmo Radio on Sirius XM. Gregory joined the Project Runway family as Lead Stylist and Brand Ambassador on Project Runway's "Under The Gunn" (2014), and Lead Hairstylist for Sally Beauty on Project Runway Season 14 (2015) and Season 15 (2016) on Lifetime TV and you can find him this spring on The LOOK! ALLSTARS airing on the CW Network.

Internationally Gregory has been featured in top beauty and fashion publications such as Expressen Mode and Skonhet and Femina. His passion for educating has launched him into a Global Educator and Platform Artist Role having toured Scandinavia, Dubai, Thailand, South Africa and Asia educating as well as working on Dancing with the Stars and Sweden's largest morning news program tv4.

His celebrity clientele includes; Anne Hathaway, Deborah Messing, Britney Spears, Mackelmore, Meryl Streep, Hannah Davis, Carrie

Underwood, Edward Norton, Lisa Perry, Ashley Tisdale, Bella Thorne, Zanna Roberts-Rassi, Jen Rade, Kristen Bell, Nicole and Paris Hilton, Ashley Greene, Kelly Rowland, Ellen Pompeo, Melanie Brown, Olivia Culpo, Priyanka Chopra, Zara Larsson, Emma Stone and Julianne Moore to include a few.

Patterson has advanced into an International and Elite Brand Ambassador for the world renowned brand, FHI Heat, and Celebrity Hair consultant and ambassador for Sally Beauty.

IU ESSENCE DANCE TEAM

Essence dance team is a student-based and student-organized dance team on the campus of Indiana University- Bloomington. Essence dance team has been on the Bloomington campus for over 12 years and continues to grow every year. Essence likes to focus on the hip hop genre of music but is also capable of doing other styles as well. This team consists of dancers ranging from freshman to seniors. Essence is a family that comes together to enjoy the what we all love to do, Dance!

JENN KAYE

Master Communicator & Executive Coach

Jenn Kaye is a Master Communicator & Executive Coach whose contagious enthusiasm brings a refreshing perspective to everyday challenges. Having overcome a life-threatening illness and recovered from a head-on collision, she is a true advocate for the authentic expression of the human spirit. She works with leaders at all levels to align their voice and presence - from the inside-out. She holds a degree in languages from the University of Arizona, is a facilitator for The Marcus Buckingham Company in strengths-based leadership and Creator of The Choice Point Method™

JAC HADFIELD

M.S. Associate Instructor, Indiana University School of Public Health

Jac lives to engage with others. All of her engaging experiences have shaped her passion for movement, her desire to empower others, and her deep appreciation for art. The start of her journey began in her native state of California, which led her to Europe, New York, and then to the Midwest. She is proud to be the director of Echo Dance Company, which represents the echo of love many individuals all over the world have created for her.

JEN WIDERSTROM

Transformational Expert

Your leading lady in fitness and television star is the global partner of SHAPE Women's Activewear Collection, Fitness Director of SHAPE Magazine, owner of HEALTH HOUSE wellness studios and the best-selling author of Diet Right for Your Personality Type.

KATE NOLAN

I am co-founder of DNK Presents, Trek Women's Advocate and Professional Guide. Getting outside has always been a passion of mine and I love sharing that with others. I believe we need a connection to nature in order to live a happy, healthy and balanced life. I grew up camping; backpacking, skiing, trail running and racing BMX and mountain bikes. I believe my bond with nature has helped me to excel in my professional career, to overcome obstacles personally and professionally and the spiritual gain has been profound.

KERRY THOMSON

Executive Coach and Founder, Teem

Kerry is a passionate community builder, change-maker, and visionary. For 25 years she worked with Habitat for Humanity, most recently as the long-time CEO of Habitat in Bloomington, Indiana. Kerry has a B.A. in Sociology, Anthropology, and Women's Studies from Randolph-Macon Women's College. Kerry's focus, and the hallmark of her work, is on building community across lines which too frequently become barriers, creating relationships which span boundaries of race, culture, and income. Through her work as a fundraising and leadership development coach, Kerry is impacting the capacity of other social impact organizations across a spectrum of missions.

KRISTEN OLSON

Human, Athlete, Business Woman

KO is an experienced and innovative marketing professional with 15+ years' experience in brand development and management and particular expertise with integrated marketing strategies, strategic territory management and relationship building. Her broad-based background encompasses strong focus on team building and aligning key voices alongside forward thinking and innovative companies/brands (varsity version of influencer marketing). She played Division I lacrosse at George Mason University and is a 5X CrossFit Games Athlete.

LAURIN EMBRY

Yoga Instructor

LaurinTheYogi is a 22-year-old yoga instructor from Indianapolis, Indiana and a recent graduate from Indiana University. After transferring to Indiana University, she started her yoga teaching career by hosting Trap Yoga (which is a power vinyasa style class paired with popular hip hop and trap music). Not long after hosting her first Trap Yoga event she went on to teach Power Vinyasa at the Student Recreational Center on campus. Laurin has volunteered as a yoga instructor at the Monroe County Jail and has plans to teach at the Marion County Juvenile Detention Center and Indiana Women's Prison in Indianapolis starting in September.

LINDLEY KING

Lindley has been doing hair and makeup in Bloomington for about 7 years now. She's very passionate about collaboration and making creative projects happen. Makeup is what originally sparked her interest in the beauty industry and after perusing it as a career, she quickly fell in love with hair as an artistry. When she isn't behind the chair, you can find her modeling, doing creative shoots, or crafting up things such as headpieces.

MARILUZ SANTANA PERRY

Born and raised in Puerto Rico, Mariluz lives in Bloomington with her husband and daughter. She's a rockstar fitness instructor holding certifications in R.I.P.P.E.D, PiYo, and Insanity and teaches a variety of group fitness classes at the Monroe County YMCA such as P90X and Boot Camp. Mariluz is excited to lead a workout for all body types and fitness levels at Be Golden.

NATALIE PERFETTI

Florida State University, PhD in English

Natalie is a PhD graduate of Florida State University, where she specialized in 20th-century American literature with a concentration in feminism, gender, and sexuality studies. Her dissertation analyzes how the bodies represented in Confessional poetry reflect the relationships among truth, power, and the body in contemporary American culture via the feminist principle that the personal is political. Natalie presented her paper "Chick Flicks and the Straight Female Gaze: Sexual Objectification and Sex Negativity in NewMoon, Forgetting Sarah Marshall, Magic Mike, and Fool's Gold" at the Pop Culture Association / American Culture Association of the South Conference, and published it in the "Absolute Erotic" issue of Gender Forum. She has also presented her work at the Midwest Modern Language Association, the South Central Modern Language Association Conference, and the Southern Humanities Council.

RACHEL GLAGO

Marketing Director at Cardinal Stage Company, D2C Specialist at Secretly Group, and Marketing Director at MidWay Music Festival.

Rachel Glago is a Bloomington transplant originally from Sonoma, CA. She holds a degree in theatre and communication from the University of California, Santa Barbara, and an MBA and MS in Marketing from the IU Kelley School of Business. She's worked for arts organizations in various creative industries, ranging from visual arts to music and performance art.

REBECCA SALERNO

Director of Creative and Content Marketing, Indiana University Kelley School of Business

Rebecca Salerno has nearly 20 years of experience leading creative teams in marketing higher education programs. In 2016, she received a scholarship from the Webby Awards to attend the Berlin School of Creative Leadership Executive MBA Program. Through the program she has recently traveled throughout the U.S., Asia, and Europe to learn more about the forces shaping the future of creative work.

SAMANTHA MCGRANAHAN

Owner and lead photographer of UNVEILED

Samantha McGranahan is an award-winning boudoir photographer who empowers hundreds of women at her studio, UNVEILED. Inspired by clients and their most personal stories, she's created a photo shoot experience that focuses on self appreciation and celebration, as well as a series of self-care workshops beginning fall 2018 at the UNVEILED studio.

SARA ELIZABETH TIMMONS

Producer/Creative Director, Life Out Loud Films

Sara Elizabeth Timmons established Life Out Loud Films to create quality, inspiring films that champion women in film. Past films include WISH YOU WELL, based on NY Times Best selling author David Baldacci's novel starring Ellen Burstyn and Josh Lucas, COMING THROUGH THE RYE starring Chris Cooper as J.D. Salinger and LAKE EFFECTS starring Jane Seymour for the Hallmark Channel. She remains dedicated to encouraging talented writers and championing female leaders behind the camera while providing strong female roles on camera.

SARA MCINERNEY

Senior Engagement Partner at the Finish Line Youth Foundation

I am a 20-something living and working in Indianapolis. I grew up in Griffith, Indiana (proud Region Rat) and am a 2014 grad from Ball State University. When I'm not working my 9 to 5, you can find me working out anywhere, reading, pursuing my MBA, traveling or surrounding myself by positive souls.

SARATTA REEVES MURPHY

Empowerment Speaker

SaRatta is a native Texan, small business owner and empowerment speaker who encourages other women to chase dreams and build their empires. From corporate America to unemployment to business owner of two thriving businesses based in Prosper, Texas, SaRatta is truly a believer in living your life like it is golden. Her hand stamped jewelry line, expressions bracelets launched in 2012, creates story telling jewelry for women all over the world. As an empowerment speaker and coach with her other business, SaRatta Speaks, SaRatta uses real life experiences to help other women build their business or career that will allow them to live a life they love. A warm cup of coffee and a sprinkled donut inspires SaRatta to work harder for her dreams and yours.

SYM KINNEY

Writer and Bar Industry Professional

Sym Kinney is a fiction writer and beer enthusiast. After earning her Bachelor's in Creative Writing from Indiana University, she continued to live in Bloomington to write her novel, an untitled work of historical fiction. She is experienced in the bar and restaurant industry, taking pride in the ins and outs of hospitality, the impact of food and liquor in relationships, and has plans to open her own food business in the near future.

TIMBERLY BAKER

Ph.D, Education Consultant, and Assistant Professor

Dr. Timberly L. Baker graduated from University of Arkansas at Pine Bluff, a historically black university, and holds a Ph.D from IU Bloomington in Educational Leadership and Policy Studies.. Her scholarly pursuits and accomplishments are centered on the improvement of educational outcomes for African American students. Her consulting focuses on improving outcomes for all students; by focusing on teacher preparation for inclusion, talking about race, and developing socially just curriculum and learning engagement.

TRENT

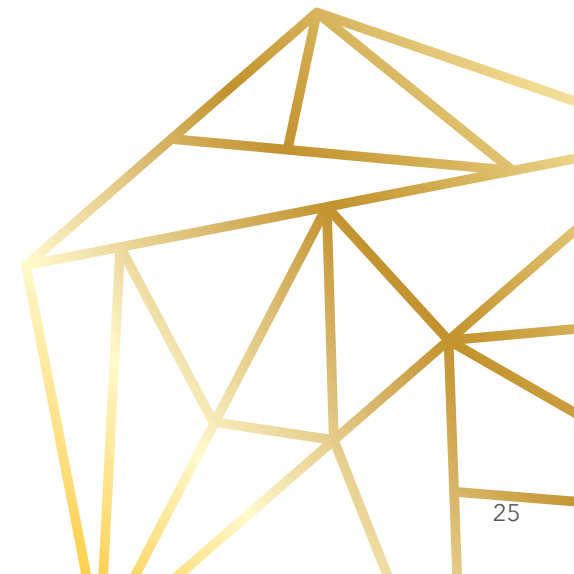
Social Media and Podcast Advisor, Music Artist, Miss Kentucky 2010

Trent is a social media and podcast advisor, music artist, lover of food and travel, and former Miss Kentucky (2011 Miss America Top 10). Trent is an individual who cares deeply about personal growth and responsibility, and believes in the power of truth and vulnerability. She loves to share and indulge in inspiration and motivation, for which she previously used her social media platforms. Trent is an individual of many talents and passions, who follows her heart and trusts her gut. In 2017, Trent decided to take a break from inspiring others, to focus on inspiring herself. As a result of this decision, she is now focusing on her development as a music artist- a passion she has had since childhood.

VERONICA KIRIN

Speaker, Author, and Coach to LGBTQ Entrepreneurs

Veronica Kirin is a Forbes notable graduate of Grand Valley State University and a 40 Under 40 Business Leader. An Anthropologist turned Serial Entrepreneur, her career has taken her from Disaster Relief through the Startup world. She is founder of the award winning GreenCup Website Services, author of Stories Of Elders (publishing 2018), and Entrepreneur Coach to LGBTQ business owners who wish to scale their businesses so they work less, grow faster, and earn more. Her work as a coach is certified by the National LGBT Chamber of Commerce and is known for her trademarked Self Care Through Scaling™ program. She is also the founder of the Fempreneur Forum, where women Entrepreneurs can build community and get Coached in workshops and Live Q&As.



VENUES



BUSKIRK-CHUMLEY THEATER
114 E KIRKWOOD AVE.
BLOOMINGTON, IN 47408



FUNCTION BREWING
108 E 6TH ST.
BLOOMINGTON, IN 47408



BLUELINE
212 W 4TH ST.
BLOOMINGTON, IN 47404



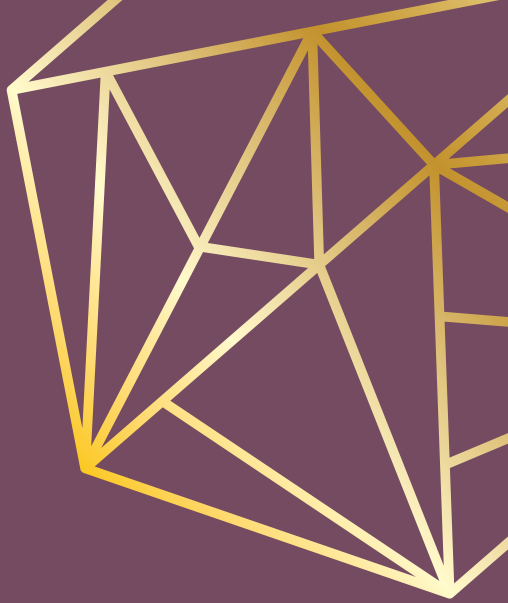
SWITCHYARD BREWING
419 N WALNUT ST.
BLOOMINGTON, IN 47404



ROYALE HAIR PARLOR
116 W 6TH ST.
BLOOMINGTON, IN 47404



CUP & KETTLE TEA CO.
208 N WALNUT ST. #100
BLOOMINGTON, IN 47404



CONNECT WITH US!

#begoldenstaygolden
www.begoldenstaygolden.com

 @BeGolden.StayGolden

 @BeGoldenNow

 @BeGolden.StayGolden