



HER<sup>TM</sup>  
NEXT CHAPTER

**2025 CONFERENCE**

*Nurture Your Now and Inspire Your Next Chapter*  
**Aug 29-31, 2025 • Hilton Anatole, Dallas TX**

**Event  
Agenda**



**August 29-31, 2025**

**Hilton Anatole**  
2201 N. Stemmons Freeway  
Dallas, TX 75207



# About the Event



## Inspire Her Nexx Chapter Conference

In August of 2025, Her Nexx Chapter (HNC) will be hosting our first in-person women's conference held in Dallas, Texas that will bring solidarity on several levels. At the heart of this conference's vision, we desire to speak to women's spirits, cultivate their souls, and pamper their hearts in a space where diversity and differences are seen as strengths and where women can actively participate. Speakers with lived experience will help women to own perspectives not characterized by their limitations. Unexpected life events, economic upheaval, and health issues such as breast cancer or navigating financial anxiety, can all impact women's mental wellness. Topics like generational mental illness or setting boundaries with grace are more than just buzzwords; we intend to dive deep! This inaugural conference aims to achieve effective whole-person well-being and empower women of all ages through captivating workshop sessions with renowned speakers to dismantle the culture of silence with life-changing messages. The conference will feature two programs, focusing on takeaway guidance for achieving and managing physical, emotional, and financial well-being.

## Our Vision

We are a wellness community that delves into the concept of women's flow of well-being. Fostering purposeful living and strategies for experiencing life to its fullest. Supporting women of different backgrounds through all stages of life is at the core of Her Nexx Chapter, fulfilled through our programs as an extension of our purpose and our values.



# Venue



Experience the ultimate in Dallas hospitality at the Hilton Anatole Hotel, the premier venue for the Inspire Her Nexx Chapter 2025 Conference! Enjoy luxurious accommodations at a special discounted rate, exclusively for attendees.

## Booking

Your hotel reservation can be made directly through the Hilton Anatole Hotel. We have arranged for discounted rooms under Inspire Her Nexx Chapter 2025 Conference using the below link only. Guests can choose between single or double accommodations.

**Please note your hotel reservation does not include your registration for the conference (either single-day or the full weekend).**

Click the booking link which already applies the discounted group rate and code:

<https://book.passkey.com/e/50953209>

Note that rooms will be ready as of Thursday, August 28; on-site registration will open at 6:00 pm CT, followed by a guest meet-and-greet session.

2201 N. Stemmons Freeway  
Dallas, TX, USA 75207

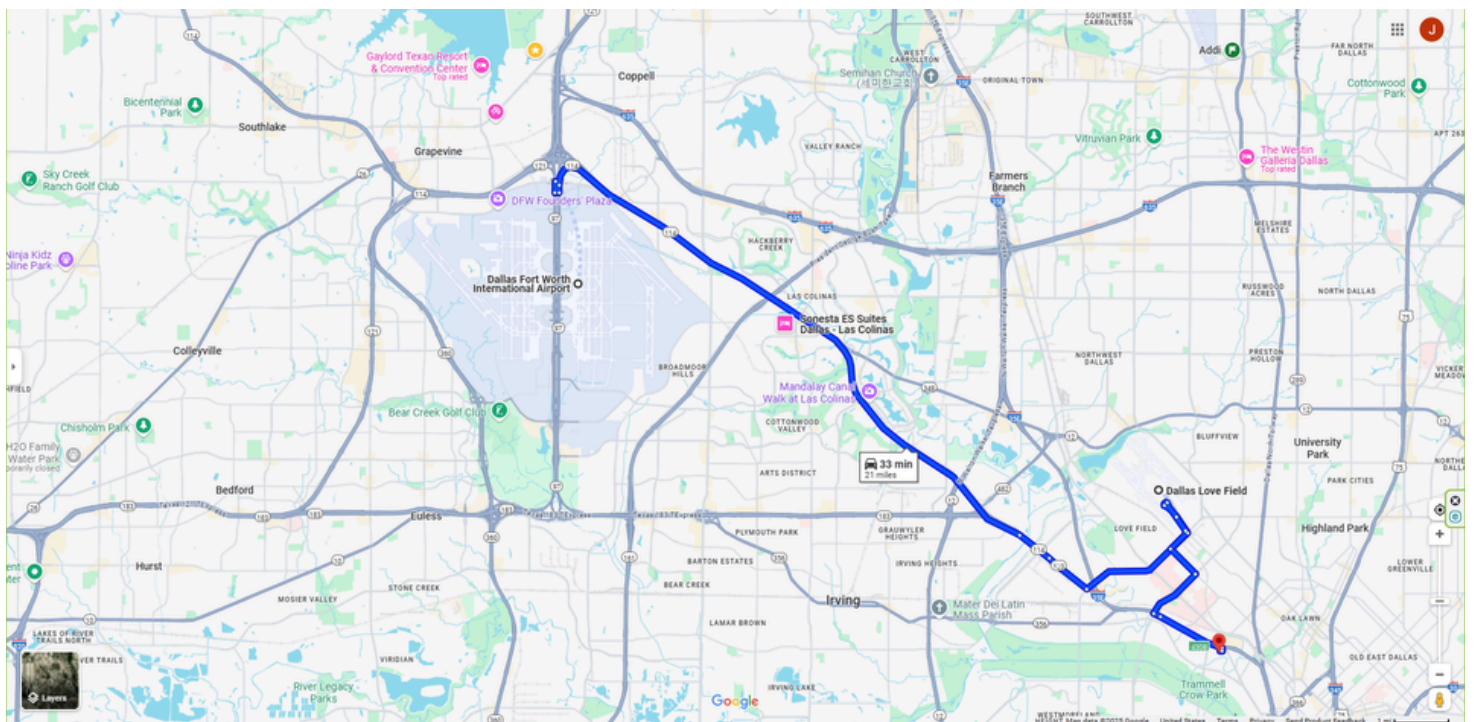


  
**Hilton Anatole**  
DALLAS





Arrange for a taxi, car rental, or rideshare with the service of your choice from either DFW Airport or Dallas Love Field Airport to the Hilton Anatole Hotel.



- »» **Dallas Fort Worth (DFW) International Airport:** As the global headquarters and home hub of American Airlines, DFW Airport offers travelers a high-frequency schedule flying out of five terminals and 171 gates. DFW Airport is host to 28 passenger airlines and is rated No. 1 in customer service among large airports.
- »» **Dallas Love Field Airport:** Love Field is a convenient airport that serves as headquarters and home hub for Southwest Airlines. It recently underwent a \$519 million modernization renovation, including a centralized terminal with 20 gates. Ranked No. 1 in customer satisfaction ratings from J.D. Power, the airport is less than 5 miles from the Hilton Anatole Hotel.

# Connect, Inspire, Enjoy



Join us for a transformative women's conference designed to empower you in all aspects of life. Gain inspiration and wisdom from our speakers, nurturing your well-being.

## **Be Inspired**

Explore vital financial and business strategies. Prioritize your well-being through health and self-care sessions. Take this chance to invest in yourself, gain valuable insights, and leave feeling refreshed, inspired, and ready to embrace your future.

## **Find Support**

Connect with like-minded women and become part of a community dedicated to empowering women to indulge in growth and thrive in self-awareness.

## **Relax and Revel**

Unwind, connect and recharge with fellow attendees with our social events that include a pajama party, reception, meditation session and more!



# Day 1: Friday, August 29

## Pathways to Optimal Financial Health, Balance & Life Change

### »» Wake Up With Yoga

7:00 am

### »» Program Opening and Welcome Remarks

9:00 am – 10:00 am, Wedgwood Ballroom

### »» Coaches Panel

10:00 am – 11:00 am, Wedgwood Ballroom

- Meet the Coaches
- Panel – Your questions answered

### »» Intermission and Lunch (Self-Service)

11:00 am – 1:00 pm

\* Note that complimentary lunch is part of the VIP Package, otherwise please dine on your own or with new friends

### »» Breakout Session Series

Series A: 1:00 pm – 1:45 pm

- Navigating Financial Anxiety
- Career Path
- Entrepreneurship – Inc. YOU
- The Business Incubator Workshop

Series B: 2:30 pm – 3:15 pm

- Accelerators Workshop
- Building Your Financial Toolkit
- Navigating Work-Relationship Balance
- Learn about Certification: An Information Session with Women's Business Council Southwest (WBCS)

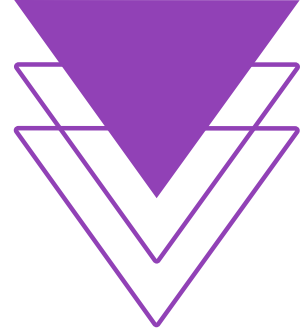
### »» Leisure Time at the Interactive Hall

3:15 pm – 4:15 pm, Wedgwood Foyer

### »» Daily Wrap-up

4:15 pm – 5:00 pm, Wedgwood Ballroom

- Networking
- Cash Bar/Hors d'oeuvres
- Live Entertainment
- Raffle Drawing



# Day 1: Friday, August 29

## Pathways to Optimal Financial Health, Balance & Life Change

### **Breakout Session Series A**

*1:00 pm – 1:45 pm, Wedgwood Ballroom and Gem Function Rooms*

#### »» **Navigating Financial Anxiety**

Empower yourself to be the CEO of your life! Learn how to navigate financial burden, known as the Mental Load, by creating and managing a budget that aligns with your monetary goals. Track spending, save effectively, and maintain financial stability. Grow wealth over time through basic investment tools like stocks, bonds, and other financial instruments, while understanding risks and rewards. Plan for a secure retirement by understanding different retirement accounts, setting savings goals, and making informed decisions to ensure long-term financial health.

#### »» **Career Path**

This coaching course will help impact families and work-life integration. Through a 360° cycle of assessment, feedback, and intentional exercises, create a clear game plan to achieve your leadership and development goals. Understand how to align your income potential with a sense of self-worth and value. Be empowered to seek opportunities that match your skills and contributions. Explore tools and assessments to identify the career path or job role that best aligns with your strengths, passions, and goals, ensuring long-term satisfaction and success.

#### »» **Entrepreneurship – Inc. YOU**

“Incorporate Your Opportunities Unlimited!” Be equipped with the knowledge, skills, and tools to harness your unique strengths in the marketplace, enabling you to launch, scale, and sustain a thriving new business. Gain foundational knowledge in setting up a solid business structure, understanding key operational processes, and creating strategies to maximize profits. Learn how to cultivate a strong personal brand that reflects your values, vision, and expertise. Establish a firm foundation for your enterprise by mastering fundamental skills and creating a roadmap for sustainable growth.

#### »» **The Business Incubator Workshop**

The Business Incubator Workshop helps start-up companies and individual women entrepreneurs develop their businesses by providing a full-scale range of services to unlock their brand’s potential. Build on business basics like structure, operations, and profits with an understanding of the 7 small business stages and selling cycles. Manage your personal brand and develop a solid foundation in business planning. Enhance your management skills with training to make you an even more effective and empowered people-leader.





# Day 1: Friday, August 29

## Pathways to Optimal Financial Health, Balance & Life Change

### **Breakout Session Series B**

*2:30 pm – 3:15 pm, Wedgwood Ballroom and Gem Function Rooms*

#### »» **Accelerators Workshop**

Gain access to mentorship, investors, and support to become stable business owners, self-sufficient women, and business accelerators. Create a robust business structure designed for growth and profitability. Learn the foundational elements of business organization, including choosing the right entity type, structuring ownership, and setting up systems that align with financial goals to maximize profitability. Master the art of budgeting for business by learning to analyze income, expenses, and investment needs. This segment focuses on creating and maintaining a business budget that helps manage cash flow, allocate resources efficiently, and maximize ROI.

#### »» **Building Your Financial Toolkit**

Discover strategies for securing seed money, grants, and investments. Identify various sources for seed money, including personal savings, loans from friends and family, crowdfunding platforms, and early-stage investors. Understanding these sources can empower you to take the first steps toward entrepreneurship.

#### »» **Navigating Work-Relationship Balance**

Explore the concept of “Breaking Free and Exiting Cycles” to grow your business while maintaining strong personal relationships. Discover the strength that begins within. Learn how self-reflection, self-compassion, and a commitment to personal growth empower you to show up authentically in both business and relationships.

#### »» **Learn about Certification: An Information Session with Women's Business Council Southwest**

Information session conducted by Women's Business Council Southwest (WBCS), the most widely recognized and respected women's certification organization in the United States. The WBCS assists women entrepreneurs in connecting to government entities and corporations with procurement and supplier diversity initiatives by validating that an organization, or supplier, is owned, operated, and controlled by at least 51% women.





# Day 2: Saturday, August 30

## Reshape Life with Inner Strength & Grace

### »» Morning Session: Self-Defense Class | Breathing Class

7:00 am

### »» Medical Advice for Self-Care

9:00 am – 11:00 am, Wedgwood Ballroom

Panel of Professionals:

- Obstetrician-Gynecologist – Pre-menstrual Syndrome, Menopause, Fibroids
- Oncologist – Breast Cancer
- Cardiologist – Your Heart Health
- Endocrinologist – Diabetes Management
- Nutritionist – Plant-based, Vegan, Vegetarian & Gluten-free Diet
- Psychologist – Treatment Options for Mental Wellness
- Chiropractor
- Sports Medicine

### »» Intermission and Lunch (Self-Service)

11:00 am – 1:00 pm

Enjoy lunch on your own or with new friends!

### »» Fresh Spirit Wellness and Empowered to Overcome

1:00 pm – 2:30 pm, Wedgwood Ballroom

### »» Breakout Sessions

3:00 pm – 4:00 pm

- Essential Management for Self-Care and Balance
- Design a Blueprint for Life
- Rewrite and Rewire Your Mindset
- Inner Peace When Faced with Adversity



# Day 2: Saturday, August 30

## Reshape Life with Inner Strength & Grace

### »» Leisure Time at the Interactive Hall

4:00 pm – 5:00 pm, Wedgwood Foyer

### »» Daily Wrap-up

5:00 pm – 6:00 pm, Wedgwood Ballroom

- Sit-down with Breakout Session Leaders
- Raffle Drawing

### »» Dinner (Self-Service)

6:00 pm – 8:00 pm

Enjoy dinner on your own or with new friends!

### »» Evening Program/Pajama Party

8:00 pm – 10:00 pm, Wedgwood Ballroom

Come back after dinner for some girl-time fun and entertainment! (PJs are not required, but welcomed!)



# Day 2: Saturday, August 30

## Reshape Life with Inner Strength & Grace

### **Breakout Sessions**

*3:00 pm – 4:00 pm, Wedgwood Ballroom and Gem Function Rooms*

#### »» **Essential Management for Self-Care and Balance**

Understand how to confidently set and maintain boundaries when making challenging decisions that reflect your values and self-worth, ensuring alignment with your true priorities. Explore practical techniques to manage time efficiently, balancing personal, professional, and family responsibilities without compromising self-care or values.

#### »» **Design a Blueprint for Life**

Uncover your inner potential and define the woman you aspire to be by connecting with values, passions, and strengths. Understand how each phase of life brings unique opportunities for growth and transformation, empowering to embrace change with grace and purpose. This workshop will provide an actionable plan that outlines clear steps and milestones to help you navigate your journey toward achieving your personal aspirations.

#### »» **Rewrite and Rewire Your Mindset**

Learn how to take control of your life by making intentional choices that align with goals, rather than letting circumstances dictate your path. Discover techniques to reshape your thought patterns and rewire your brain for success, allowing you to break free from limiting beliefs and create new, empowering habits. Create a customized plan to implement lasting changes in your life, utilizing proven strategies to help achieve your personal and professional goals.

#### »» **Inner Peace When Faced with Adversity**

Learn how to navigate grief by prioritizing authentic self-care, allowing the space and time to heal emotionally and mentally. Develop the ability to use positive self-talk, stay present through mindfulness, and embrace vulnerability as a powerful tool to help move forward through loss. Understand how to address the emotional impact of grief, self-doubt, and guilt, empowering yourself to heal and regain confidence and peace.





# Day 3: Sunday, August 31

The Art of Mastering Your Position

»» Reflection Morning and Closing Session  
9:00 am – 11:00 am  
*Hosted by Suzzen Jefferson Stroman*



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## Interactive Hall & On-site Services

Wedgwood Foyer

- »» Exhibit Booths
- »» Networking Nooks
- »» Wellness Station
- »» Book Signings
- »» Chair Massage
- »» Chiropractic Services
- »» On-site Health Counseling



# Tickets



## **Diamonds – Day 1: Pathways to Optimal Financial Health, Balance & Life Change (US\$75.00)**

Find direction and support through our Diamonds Ticket. Pave the way for professional and personal growth by sharing perspectives with career, business, and entrepreneurship experts.



## **Pearls – Day 2: Reshape Life with Inner Strength & Grace (US\$75.00)**

Prioritize your well-being with our Pearls Ticket. Engage in sessions that will help support you through mental, physical, and emotional health awareness.



## **Diamonds & Pearls – All-Access Pass to Days 1, 2, and 3 with VIP Luncheon (US\$150.00)**

Elevate your experience with total clarity, self-discovery, and growth through our Diamonds & Pearls Ticket! Immerse yourself in a full three-day weekend of joy, wisdom and sisterhood.



# Contact Us

Email: [inspirehercon@hernexxchapter.org](mailto:inspirehercon@hernexxchapter.org)

Community: [www.facebook.com/share/g/15qJ21sQVA](https://www.facebook.com/share/g/15qJ21sQVA)

# Event Page

<https://bit.ly/InspireHerNexxChapterCon>

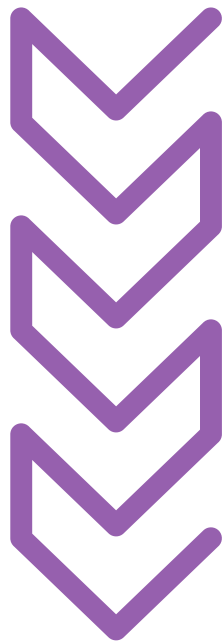
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See you in  
August!

**HER**<sup>™</sup>  
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