



**Terrell I. Whitener**

**Bio:**

Terrell L. Whitener is a native of St Louis, Missouri. Terrell received his bachelor's degree from Southeast Missouri State University and his master's degree from Webster University.

Terrell recently returned to work after a brief retirement that included successful careers in hospitality (Marriott International), Government (State of Missouri) as well as the Carboline Company.

Terrell was Co-Founder of Productive Workforce Development LLC where he served as Managing Partner of this Workforce Development and consulting firm. Productive Workforce Development worked alongside the Department of Justice during President George W Bush administration to help make the Second Chance Act and successful Prisoner Re-entry programs a reality. Terrell also co-founded the National Offender and Missouri Offender Workforce Development Conferences before stepping aside to take care of his late wife Robyn.

In 2018 Terrell added published author to his list of accomplishments with the release of his first book *The First 365 "Learning to Live After Loss"* published by Author House a division of Random House Publishing.

Terrell also serves as a contributing columnist for the Widowers Support Network, an international support group with members from over 18 countries. Terrell also conducts workshops and is a sought-after speaker on a myriad of topics throughout the year.

An avid St Louis Cardinal fan, Terrell has one son Matthew who is a successful sportswriter, producer, and radio personality with a growing national following.

**There Is Life on The Other Side of Loss**

One of many things that we share as a member of the human family is the experience of loss.

Whether it be the loss of a job, the loss of our perfect health, financial flexibility, or someone we love, we have had to manage these situations. During my presentation. I will share my experiences with managing loss in my life, share key learnings, provide both strategies and encouragement for learning to live after a notable loss in our lives.



Don Smith

**Title:**

Creating a Vision for Your Life

**Description:**

True success is all about balance in your life. Our careers, family, clubs, and health are all competing for our time, and all are important. This session will get you thinking about where you should focus your efforts to make the most of your limited time. Based on the workbook "Balance," created by Don Smith & Kain Ramsay, you will dive into the seven core areas of life that must stay in balance to begin creating a well-rounded vision for your life. While not required, it is recommended that you download a copy of the workbook which can be found by clicking [HERE](#) before the session.

**Bio:**

Don Smith is a proud father of five, former bank director, general manager, and founder of the popular personal development community The Personal Growth Channel. He was also named Area Director of the Year for District 8 Toastmasters and has served in nearly every officer role at his local clubs. Currently, he is serving as VP Membership for both League of Our Own Toastmasters and Capital City Toastmasters. A certified life coach, he enjoys helping people achieve their goals and especially enjoys working with small business owners to streamline their business.



Kelly McCormack

**Bio:**

Kelly spent 25,000 hours over 5 years to find out how to each of us can create our meaningful goals in this world, upgrade ourselves during the process, and accomplish the work in the highly desirable state called FLOW or being “in the zone.” With decades of leadership and coaching work globally, including being a trainer for Tony Robbins, Kelly has created her own three-book series and a three-level process for her clients to rapidly upgrade their skills and abilities.

**Course Title:** “Get your motor running”

**Course Description:**

Learn what frustrates efforts to accomplish meaningful goals while fulfilling your potential. Find out how the vehicle to deliver your outcomes can help you take your driver’s seat that is necessary to accomplish the goals and visions you seek.



Cathy Sexton

**Bio:**

Productivity and Profit Expert, Speaker, Coach, Author, and TV Host, Cathy Sexton helps individuals and organizations I.G.N.I.T.E. their performance. Delivering high-impact principles through speaking, coaching, training and special resources, Cathy empowers people to achieve their life and business goals, make the profit they desire and still have time for family and friends.

Cathy founded The Productivity Experts in 2003 after winning her own battle with workaholism and a stress-induced, life-threatening illness. And she has committed her life's work to helping others accomplish more, with less stress. Professionals can now avoid burnout, advance their careers, and move confidently toward achieving their dreams.

Cathy's Easy Processes are taught through her seminars and her unique Personal Productivity and

“Productivity to Profit” programs. Attendees and participants learn how to take control of their thoughts, processes, and tools to achieve better results, faster.

She is the author of “The Productivity Habit”, “52 Powerful Success Strategies to Ignite Productivity”, Co-author of "Focus, Organization and Productivity," "Exploring Productivity", “Life and Innergized Life”, and "7 Points of Impact," and Talk TV Host of “Productivity to Profit” for small business.

**Breaking Through the Roadblocks of Productivity™** - Win the battle over time-clutter and take charge of every precious minute by learning how to focus - so you work less but get more done. If you are tired of feeling busy but unproductive, this program will help you Jump Start Your Productivity. Discover way to break through these five major Productivity Roadblocks.