

**WIPS 2019 —**

# *People, Purpose & Passion: Partners in Progress*

*When passion and purpose align with people who share your vision, you can achieve anything! That's the empowering message we hope to deliver to conference attendees during WIPS 2019.*

*Make your plans to join us now. Registration opens Monday, July 15.*

*Not familiar with the conference? Check out the conference website to learn more, [www.hampton.gov/WIPS](http://www.hampton.gov/WIPS).*

**Registration Now Open  
Early Bird July 15 - August 16**

**Full Conference Registration \$200 each**

**1-Day Registration \$150 each**

**10 or More Registrants from one Agency/  
Department \$125 each**

**\*Early Bird (July 15-August 16) \$175 each**

**\*Early Bird discount off of full conference  
registration price only.**

**Breakfast & Lunch Included Both Days**

## ***Who Should Attend?***

*Public service personnel at all levels and from all areas—fire & rescue, law enforcement, administrative, civilian, and uniformed, men and women.*

**WOMEN  
IN PUBLIC SERVICE  
CONFERENCE**



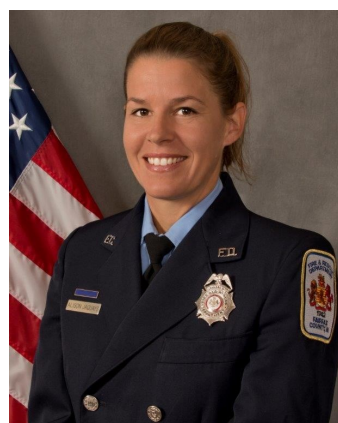
- *Learn about the challenges faced, in particular by women in the workforce, and their real world solutions.*
- *Strengthen your leadership skills*
- *Expand your network of professional women*
- *Share your inspiration*
- *Champion change on behalf of women*

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## People, Purpose & Passion: Partners in Progress



### SPEAKERS



**ALISON JAQUAYS** believes that cancer prevention, identification and treatments should be a high personal priority for firefighters. Currently serving as a Master Technician, Rescue Technician, and Paramedic with Fairfax County Fire and Rescue, Alison was especially thrilled to have been nominated by her firehouse family, and selected as Firefighter of the Year in 2016, shattering a glass ceiling in her organization. The honor, however, was short-lived—just three months later she was diagnosed with breast cancer.

Alison has been serving the citizens of Fairfax County for 19 years and is still successfully balancing treatments, a career, and a family which includes three school-aged children.

**JOSEPH BROWN** has 11 years of volunteer firefighting experience and 15 years as a career firefighter. He is currently a Fire Captain with Hampton Fire & Rescue in Hampton, Virginia. "Joe" is passionate about education and advocacy for necessary changes in fire service attitudes and behaviors at the organization, team, and personal level across the Commonwealth of Virginia.

### THE DIFFERENCE, DIFFERENCE MAKES

Statistics indicate that females make up 50.9% of the United States workforce, and this number continues to rise. Traditional male-dominated occupations such as the military and law enforcement have female-employment rates of approximately 14% and 13% respectively. Despite a target of 16–22% representation by females in the fire service only 3.7% of career firefighters are currently estimated to be female. But exposure to carcinogens that cause cancer is the great equalizer. Firefighters are 2-1/2 times more likely to be diagnosed with cancer than the general population.

This presentation by the Firefighter Cancer Support Network discusses the following:

- Current statistics and studies on Cancer in the fire service,
- The types of Cancer exposures with relevant information about the health of women in the fire service; and
- The changes we need to make in the fire service now to better protect ourselves and one another



**LAUREN HOPE** is a former television journalist turned mental health advocate, Registered Peer Recovery Specialist, Motivational Speaker, and blogger. In 2014, she survived a suicide attempt and lost everything. Homeless, and unemployed Lauren found help and hope through personal storytelling. She chronicled her story on her popular blog Good Girl Chronicles, which led to the creation of her business and an inspiring motivational speaking career. For nearly two years she has used her experience, strength, and hope to help people overcome opioid addiction as a Registered Peer Specialist.

Lauren became a board member of the Virginia Chapter for the American Foundation for Suicide Prevention. She is a facilitator with the National Alliance on Mental Illness, and a suicide prevention trainer.

### SLAY THE STIGMA: CREATING A SAFE MENTAL HEALTH ENVIRONMENT

You'll learn about the barriers to mental health treatment, mental health stigma, and how to create a safe environment where people can talk about mental illness.



**FATIMA M. SMITH, MSW** has a passion for anti-violence work, racial justice, and engaging in dialogue that ignites action for progress. She serves as a guest speaker for women's empowerment events developing a reputation as a highly sought after speaker and facilitator.

Fatima received a Bachelor of Science degree in Administration of Justice from George Mason University and a Master of Social Work from Virginia Commonwealth University (VCU) where she was an adjunct faculty member of the Sociology Department and a School of Social Work internship supervisor.

She has enjoyed recognition as a Richmond Times Dispatch Person of the Year honoree, as one of VCU's Top 10 Under 10, and GMU's Top 50 Exemplar Alumni.

### STRADDLING THE LINE BETWEEN BRAVERY & BURNOUT: HOW TO BALANCE CARE FOR YOUR COMMUNITY AND YOURSELF

It takes a great deal of bravery—how we show up for ourselves and one another at work—to be a public servant. This session engages in a dialogue to address the following:

- How can we find a balance in and out of the workplace?
- What does creating and sustaining self-care look like?
- How do we maintain the focus on "community" rather than self when they are connected?

These questions lead to how we can build sustainable capacity and change? The session also provides a "toolkit" for participants as they "straddle the line."



**DR. ANGELA TREGO, PE, PMP, FHEA** provides consulting, training and speaking on leadership and inclusion and diversity. She has held technical and senior leadership roles at Fortune 500 companies. She has taught at four universities and has been recognized previously as teacher of the year.

Angela serves on the Engineering Accreditation Commission, and several non-profit boards including Women Tech Council. Above all, Angela is passionate about empowering women and teaching them skills and motivating them to reach their full potential. Her dynamic style will keep you engaged and interacting to deliver the success you imagine. More information can be found at [angelatrego.wordpress.com](http://angelatrego.wordpress.com).

### GAIN CONFIDENCE BY SQUASHING THE IMPOSTOR SYNDROME

The Impostor Syndrome paralyzes us into thinking we don't belong and don't have the skills to suc-

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## SPEAKERS CONTINUED

ceed. Discover what's holding you back and how to gain the confidence you need to be successful.

- Understand impostor syndrome
- Identify methods to overcome the impostor syndrome
- Review case studies and results relating to the impostor syndrome



### CHESAPEAKE CROSSING FIRE

On July 15, 2017, a lightning strike ignited a four-alarm fire at a three-story senior citizen residential complex, resulting in three fatalities and the search, rescue and evacuation of over 150 residents.

The presentation by **DEPUTY FIRE CHIEF SAM GULISANO**, **BATTALION CHIEF SEAN EMMONS** AND **DEPUTY COORDINATOR OF EMERGENCY MANAGEMENT ROBB BRAIDWOOD** will cover:

- 1) The strategy and tactics of fighting a massive four-alarm fire while rescuing and evacuating 150 senior citizen residents at the same time
- 2) The challenges of rapidly establishing emergency sheltering of the fire victims, as well as short-term temporary housing
- 3) The process of investigation for cause & origin of a fire of this magnitude and how fire codes and ordinances were impacted by the fire.



**SERGEANT MICHELLE ANAYA** is a 20-year veteran with the Virginia State Police graduating in 1997 from the 96th basic session academy class as the first Hispanic female to be hired by the State Police. She has received a double major from University of Christopher Newport in Government Administration with a concentration in Criminal Justice, and Political Science with a minor in Spanish. She has studied abroad at the University de Madrid, Spain and also at the University de Guadalajara, Mexico.

With the Virginia State Police she worked as a Trooper for 5 years in the Virginia Beach/Norfolk area, was reassigned to Richmond to the Recruitment Division where she helped to implement the Mentor Program, worked for the Bureau of Criminal Investigation throughout the state, and with other federal and state agencies. She was promoted to the Sex Offender Unit and placed in charge of all sex offenders in the city of Hampton. Currently assigned to the 5th Division Public Information Office/Chesapeake Division, she oversees all media and public relation incidents within the seven major cities and 14 surrounding counties of the Hampton Roads area.

Sergeant Anaya has served on several committees and major projects with other state agencies to include the Hispanic Crash Reduction Committee, Hurricane Lane Reversal, Equal Employment Opportunity Committee, Special Olympics/LETR state representative and LETR executive council member, as well as the LBGT Public Safety Consortium, to name a few.

### PANEL MEMBER: DISTINGUISHED WOMEN



**DEUNTAY DIGGS** is a 2nd Lieutenant assigned to the Patrol Division as a watch commander with the Stafford County Sheriff's Office. He is also the coordinator for several specialty teams, and instructs multiple courses. He has been featured on America's Got Talent, Good Morning America, and multiple news and radio outlets. He has also been written about in multiple publications including Time Magazine.

Deuntay is the author of *Beneath the Scar: A Story of Resilience*. His book takes readers head on into a nightmare before making a sharp turn into the American Dream. He is a graduate of the Virginia Military Institute (VMI) where he received a Bachelor of Arts degree in history with a concentration in Middle Eastern studies. He has been a mentor to at-risk youth and is a motivational speaker.

### LIVING BEYOND YOUR BROKENNESS—A PATHWAY TO SUCCESS

In a world where divisiveness is rampant and depression and suicide rates have risen significantly; I share my journey from a young black man destined to be just another statistic, to becoming a leader within my community.

**DR. TRINA L. COLEMAN** is the founder of Coleman Comprehensive Solutions, LLC. The Ph.D. physicist and former higher education administrator devotes time and resources toward improving STEM skills for the middle school to adult demographic by providing STEM courses online. Dr. Coleman has presented physics research and spoken on STEM topics nationally and internationally. She has also worked on unclassified research to help solve national defense issues as an Intelligence Community Post-doctoral Research Fellow, and served as a C-level IT administrator for Howard and Hampton University. Currently, she provides professional services to businesses, organizations and educational entities in strategic planning, research, outreach, technology solutions and speaking engagements.

Dr. Coleman is on the board of the Hampton History Museum, a City of Hampton Planning Commissioner, President-Elect of the Hampton Rotary Club, author of three books, and the host of *Beyond the Classroom*, a daily radio program.



### NAVIGATING THE "ITIES" AT WORK AND HOME: CAPABILITIES, RESPONSIBILITIES & INSECURITIES

Choosing careers in male-dominated fields create extra challenges at work and home. This discussion will highlight life experiences in physics, information technology, managing majority male subordinates, entrepreneurship, pursuing new business relationships, outreach and community service. You will benefit in the following ways:

- Gain an appreciation of value added to your work and personal life
- Learn how to maintain a balance between work & home
- Become comfortable with excellence

**CHIEF CHERYL HORVATH** serves as the Fire Chief for Tubac Fire District in Santa Cruz County, Arizona. Chief Horvath was the former Executive Assistant Fire Chief in charge of Government and Public Affairs with the Golder Ranch Fire District. Prior to the consolidation of the Mountain Vista and Golder Ranch Fire Districts in 2017, she served as the Fire Chief of the Mountain Vista Fire District (MVFD) from January 2016 to July 2017. She has been in the fire service since 1992, beginning as a full-time firefighter in Illinois, where she also served as union president for four years and as a field instructor for the Illinois Fire Service Institute.

For the past ten years, Chief Horvath worked with other local women first responders to coordinate a camp in Tucson for high school girls called Camp Fury. The camp is designed to encourage girls and young women to consider non-traditional occupations. There are now 11 Camp Fury programs



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## SPEAKERS CONTINUED

offered by public safety departments and Girl Scout councils throughout the United States.

Chief Horvath is the past Chair of the Board of Directors for the Girl Scouts of Southern Arizona. She was the recipient of the 2010 YWCA Women on the Move Award, the 2017 Inside Tucson Business Women of Influence Public Service Award, and the 2017 Laura Penny Community Impact Award by the Women's Foundation of Southern Arizona for her service to the greater Tucson community.

Chief Horvath has a Master's degree in Public Administration from Anna Maria College and a Bachelor's of Science degree from the University of Illinois. In July, 2016, Chief Horvath received the Chief Fire Officer Designation from the Center for Public Safety Excellence.

### PREPARING FOR PROMOTION—WHAT'S THE PROBLEM; OR IS THERE ONE?

Police and fire chiefs around the country are looking for women to promote, yet we often hold ourselves back. Why? What holds women back from promotion? Are there internal and/or external barriers that prevent women from promoting in public safety careers? This workshop will focus on identifying and addressing those barriers through an instructor-led group discussion. This will be a highly interactive workshop, providing attendees with a number of perspectives regarding women ascending the leadership ladder in public safety. Whether it is an innate ability to handle conflict in a collaborative way or the ability to lead with compassion and appreciation, women have strong leadership tendencies that are needed in public service. Let's talk about what holds us back and develop strategies together that will move more women towards positions in leadership.



**SHARRELLE HIGGINS** has 29 years of dedicated service to supporting, engaging, encouraging and empowering women. As the Founder and CEO of Ouchbby Productions, she continues walking in her purpose by offering motivational speaking and life coaching for women.

Sharrelle is also a co-Host on Sisters and Company, Talking About It, Talk Show on listenvisionlive.com. She received her B.S. Degree from Virginia State University and her Coaching Certification from George Mason University. She lives in Virginia with her husband of 27 years and two children.

### HELP! I'M SWIMMING IN PS!

You'll take a trip on an insightful and encouraging journey by understanding the power of the P. The aha moments will leave you wanting more as you walk down the powerful P path to success.



In 2013, Amber Richardson-Booker was involved in a vehicle accident that resulted in a brain contusion, nerve damage, short-term memory loss, loss of cognitive abilities, and a stutter. During that tumultuous time, Amber learned that she was expecting. Devastated and not knowing where life would lead, she eventually accepted her circumstances and found purpose in her life.

Amber's complete recovery led to the creation of A.RichBook, LLC, a business that provides empowerment services. Her professional speaking career began in 2016. A.RichBook also houses an empowerment boutique, where everyday empowerment wear can be found.

Amber prides herself on being an interactive speaker, as she believes that true impact only occurs when attendees are engaged.

### LIVING A RICH LIFE

This interactive seminar will introduce attendees to healthy habit building to ensure their active growth aligns with their desires and lead to them becoming the best versions of themselves. Takeaways,

- Understand the responsibility that we have to created the lives we wish to live
- Healthy habits lead to healthy lives
- We are only accountable for self and not for the actions of others



**BATTALION CHIEF QUEEN A. ANUNAY** began her career in the fire service in Washington, DC Fire & EMS Department on July 29, 1991 through the DC Fire Cadet Program and worked her way up through the ranks becoming one of only five female fire captains in the department's history. In September 2016, she became the first female to achieve designation as both a fire captain and EMS captain, both prestigious positions in the department. Two years later, Anunay was promoted to Battalion Chief and is the third female battalion chief in the history of the department.

Chief Anunay has numerous fire certifications and an Associate's degree in Fire Science from the University of the District of Columbia. She is also a National Registered Paramedic and has attended training at the NOVA Fire Rescue Leadership Development Institute and the National Fire Academy. She is involved with the advancement of women in her department through the Empowering Women to Lead Program and is expanding her abilities in the world of public speaking and workshops for professional development.

### WHAT'S YOUR PROFESSIONAL IQ?

Does your first impression represent your true talent? What steps do you need to take to improve your professional image and presence? Successfully sell yourself by creating and maintaining a professional presence.



SAADIA WHITE



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# & MORE



*Register Today!*

*September 19-20, 2019*

*Hampton Roads Convention Center  
1610 Coliseum Drive, Hampton VA*



Registration is open, don't miss the early bird special!

- Early Bird \$175/person thru 8/16
- Group Registration (10 or more per agency, organization or department) \$125/person
- 1-Day Registration \$150/person
- Full Conference \$200 per person

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