

Your Presence Matters!

YOU ENRICH ALL OF US.

That's what TEDx is all about! Although the talks are filmed and available for download (at no cost) after the event, being here is so much better!

This TEDx event is a grassroots initiative, and all proceeds support it's planning and production.

TEDx Organizer: Jane O. Smith

Event Producer: Kathryn Carter

Videographer: J.D. Mack



TEDxBethesdaWomen 2013

"When we awaken to our truth, we realize we are free."

-Kristi Bowman

TED^x BethesdaWomen

PARTNERS



13 women from Caring Matters & Montgomery College were given free tickets to attend today's event due to your generosity. Thank you!

"She remembered who she was, and the game changed."

-Lalah Delia

TED^x BethesdaWomen

THURSDAY, OCTOBER 12, 2023

9AM-4PM



Imagination Stage

4908 Auburn Ave, Bethesda, MD 20814

Agenda

9:45 AM Welcome & Intros
10:30 AM Morning Talks
12:00 PM Lunch
12:45 PM Afternoon Talks
3:15 PM Networking & Goodies



Honoree: Janet Stanford
Founding Artistic Director
Imagination Stage



Host: Kimberly Bloch Rincan
Director
ignlTe Hub, Montgomery College

"For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction."

-Cynthia Occelli

AM Talks



NICOLE PENSAK, PH.D.

Licensed Clinical Psychologist
"The Power of the Maternal Brain"
DrNicoleAmoyalPensak@gmail.com



ERIN FRIEDMAN

Abstract Artist
"How Embracing Your Passion
Can Transform Your Life"
ErinHFriedman@gmail.com



STEPHANIE HACK, M.D.

OB-GYN and Podcaster
"The Power of Granting Yourself
Permission"
DrHack@LadyPartsDoctor.com

PM Talks



ELLEN OH

Middle Grade & Children's Author
"Who Deserves Happy Ever
Afters?"
Ellen@EllenOh.com



AMANDA MOSKOWITZ

Playwright & Author re: Trauma & Recovery
"Staying in Oz - The Dream World
Dilemma"
BeeTheChange17@gmail.com



LAUREN TAYLOR

*Empowerment Self-Defense
Teacher & Author*
"Gender-Based Violence: It's Not
Your Fault, and It's Also Not Your
Fault"
Laurena@DefendYourself.org



JENNIFER SPROUL

Baby Bloomer and Realtor
"Stop Trying - Start Living"
JenSproul90@gmail.com

"Breathe, darling.

This is just a chapter.

It's not your whole story."

-S.C. Lourie

"Let your dance be wild
Your voice be honest
Your heart untamed."

-Jolandie Du Plessis