

TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.

# I HEAR YOU EMPOWERMENT CONFERENCE

Saturday, October 14, 2023

10AM - 2PM

Sponsored by  
H.E.A.R. Non-Profit



**HEALING EMPOWERING AND RESTORING**

A 501(C)(3) ORGANIZATION COMMITTED TO CREATING A POSITIVE ENVIRONMENT IN WHICH WE CAN BE OF SERVICE TO THE COMMUNITY.







# I HEAR YOU

EMPOWERMENT CONFERENCE



SCAN HERE

## INTRODUCTION/WELCOME

PRESENTER.....HEATHER CHERRY

MOMENT OF INSPIRATION .....TAY ZVONNE

PRESENTER.....MR. EMERICK PEACE

PRESENTER.....DR. LAKEYETTA REED

## LUNCH

LET'S MOVE.....MICHELLE STROMAN

PRESENTER.....MORGAN B HOLLAND

PRESENTER.....WANDA RUSSELL

PRESENTER.....PORTIA RICHARDSON

## CLOSING REMARKS

### HEALING EMPOWERING AND RESTORING (HEAR) BOARD OF DIRECTORS

Tawana Twitty, Founder, *Executive Director*

Wanda Russell, *Chief Financial Officer*

Mltrell Sanders, *Chair*

Dr. LaKeyetta Reed, *Vice Chair*

Aaron Butler, *Advisor*



### TAWANA TWITTY | H.E.A.R FOUNDER & EXECUTIVE DIRECTOR

A native of Washington D.C., Tawana is an ordained Minister, Youth Advocate and Motivational Speaker whose presence and involvement is felt throughout the community. She holds a bachelor's degree in Management Studies from the University of Maryland, Global Campus. Tawana currently serves as Vice Chair & Treasurer of the board of Directors for the Palmer Park Landover Boys and Girls club. Having raised two children while being a single parent, she knows the importance of supporting, mentoring and providing positive programs for the community. Tawana has a heartfelt passion that drives her to encourage and empower others and firmly believes that no one should be left behind because of race, color, education, or lack. It is her desire to make a powerful impact in the community by helping to produce successful people who will therefore make a peaceful and purposeful impact on society.

## I HEAR YOU CONFERENCE PRESENTERS



### HEATHER CHERRY ESQ. | ATTORNEY AT LAW

Heather obtained her Bachelor of Science from North Carolina State University in 2004, graduating Magna Cum Laude. She went on to attend Georgetown University Law Center, graduating in 2008. Upon graduating from law school, Heather served as an Attorney at the Legal Aid Bureau in Maryland for over five years. Nearly ten (10) years ago, Heather started her own practices where she continues to represent individuals in such matters and handles cases in the district, circuit, and probate courts throughout the District of Columbia and the State of Maryland. Her practice primarily consists of Bankruptcy, Estate Planning, Guardianship, and Probate.



### EMERICK PEACE | SEASONED ENTREPRENEUR

Emerick is a Master Teacher, a seasoned entrepreneur of a 600+ person company, and self-described Phenomenalist™. He is an entrepreneur with a unique perspective and creative twist on business, leadership and social thinking and presentation style. His unique perspective is shaped and rooted by his upbringing in a single parent household in West Baltimore. He attributes his success and focus to unknowingly following “THE ONE Thing” in multiple facets of his life; which has led him to thrive at every level from a local paper boy and lawn boy to retired Air Force Service Member to Hall of Fame Real Estate Agent to Owner of a billion-dollar real estate brokerage.



### LAKEYETTA REED, PSY.D | PROFESSOR & PSYCHOLOGY ASSOCIATE

Dr. LaKeyetta Reed works as a Psychology Associate at a local mental health private practice where she provides therapy for children, adolescent, and adult clients. Her clinical experience also includes psychological assessments and school-based services. In addition to providing therapy, Dr. Reed is an Adjunct Professor at Bowie State University in the Child and Adolescent Studies Department where she teaches Infancy and Toddlerhood Development, Child and Adolescent Development, Childhood Disorders, Ethics for Helping Professions, and Family and Domestic Violence courses as needed. She enjoys participating in psychoeducational opportunities in the community to help others gain insight about social-emotional wellness, issues among special populations, and disparities in diagnosis and treatment. Dr. Reed's volunteer work includes serving as Vice Chair of the Board of Directors of Healing Empowering and Restoring (HEAR, Inc.) and the Chair of the Board of Directors of Sow S.E.E.D.S., Inc.



### MORGAN B. HOLLAND | AUTHOR & CEO, MULLEN PRESS PUBLISHING

Morgan B. Holland is a best-selling author and CEO of a Mullen Press Publishing. Understand your worth without justification and strengthen your authentic voice. Self-love can heal all wounds and lead anyone to their authentic voice. Morgan is living proof. Born in Washington, D.C., she followed her inner guidance system and quit her job to write a book, *The Merge*, in 2017 and became a full-time entrepreneur. As the founder of Goal Care, she enjoys helping women discover their authentic voice through self-care and goal setting training. She was once solely driven by fear, emotionally dependent on others' thoughts of her. That's the past. Now she has created the life she wants with her authentic voice as her guide.



### WANDA RUSSELL | DUAL CAREER PROFESSIONAL

Mrs. Russell is a seasoned business professional with over 28 years of experience in Residential and Commercial Real Estate, Life Coaching Dual Career Coaching and Financial Coaching. Realtor® with Keller Williams in the D.C, Maryland, Delaware, and Virginia Metropolitan Area and a long-time member of many associations such as the National Association of Realtors, Women's Council of Realtors, Prince Georges County Association of Realtors, and Sussex County Association of Realtors, Alpha Kappa Alpha Sorority, National Notary Association and Real Estate Ladies Rock Organization. Wife, Mother and Grandmother.

## PRESENTERS CONTINUED



### PORTIA RICHARDSON | TUMAINI DC, EXECUTIVE DIRECTOR

A transformational trailblazer, Portia Richardson is a native of Southeast, Washington, DC., Portia Richardson is the Executive Director and Founder of Tumaini DC, Inc, a 501(c)(3) nonprofit organization. A Sky Zone Trampoline Park Owner, Teach for America alumni, Founder of the Impact Institute Accelerator that helps IMPACTpreneurs turn their purpose into profit and impact into income, Portia has helped over 2500 clients nationwide and has a 100% success rate for helping individuals form sustainable non-profits and purpose-driven businesses since 2015.



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Chick-Fil-A  
Largo MD

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Phone: 667-320-5441

Photographer: Khary Vines  
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