



Mini-OWLS Roundtables

(Select and Join Roundtable I – 2:30-2:55p & Select and Join Roundtable II – 3:00-3:25p EST)

Theme	Topic	Moderator	Link	
Optimizing Work and Life	Finding Balance: Embracing Your Artistic and Creative Side as a Military Officer	LtCol Janine Garner Marine Pilot and current Joint Staff member, published fantasy author and artist	Click Here to Join	
	At Sea or on a Deployment - Staying True to Self	James Bushman A career Cutterman who has served for almost 20 years in the Coast Guard	Click Here to Join	
	Dual Career Balance	Amy Ryder A former Air Force Intel Officer and current corporate executive and military spouse.	Click Here to Join	
Skills/Techniques for Success	Building Your Passion into Your Business	Laura Hatcher A retired Naval Officer (USNA, '92), who built her photography hobby into a business.	Click Here to Join	
	Goal Setting	Greg Jenkins Management expert, mentor, trainer, executive coach, published author & Army veteran.	Click Here to Join	
	Mentoring for Impact, Collaboration, and Growth	Melody Gratic, M.A.Ed Army veteran, business owner and International Trainer and Certified Coach.	Click Here to Join	
	Decision Making	Mo Barrett A former pilot, AF Colonel, (USFA, '93), expert leadership coach, comedian, and storyteller	Click Here to Join	
Health and Wellness	Stepping Outside Your Comfort Zone	Shari Silverman , recently retired AF Colonel (USFA, '91), board certification in Orthopedics PT.	Click Here to Join	
	Alternative Health	Tracy Lorenz Former AF helicopter pilot (USFA, '96), cancer survivor and alternative health advocate.	Click Here to Join	
	Yoga Techniques for Resilience	Shaye Molendyke Director of the Yogafit for Warriors Program and retired AF Lieutenant Colonel.	Click Here to Join	
	Managing and Dealing with Loss	Rev Marilyn Jenkins retired AF Colonel, become an Episcopalian priest, serving at St George's Episcopal	Click Here to Join	
	Continuing Discussion on Wellness During Uncertain Times (Roundtable 2 Only)	Elexa Orange-Allen Former Olympian, Army officer (USMA, '90), corporate executive, trainer and coach.	Click Here to Join	
	Habits to Build for Life	Financial Management for Military and Veteran Women	Kimberly Barboza Former Naval Officer (USNA, '94) who is a financial advisor and business owner.	Click Here to Join
		Comedy: Bringing Laughter to Your Life	Robin Johnson Army veteran, comedy mentor for Armed Services Arts Partnership and comedian.	Click Here to Join
Financial Planning		Halima Muhammad Financial advisor and Air Force veteran committed to financial success stories.	Click Here to Join	
Culture and Society	Women, Peace, and Security	Madison Scaccia Air Force officer, expert on women's role in intra-and-post conflict reconstruction	Click Here to Join	
	Be a Lady They Said	Beth Jarvis US Army Veteran, Microsoft Senior Engagement Mgr, veteran advocate/USO volunteer.	Click Here to Join	

Mini-OWLS Roundtable Details

Select two different Roundtables. Join one for Roundtable Session I – 2:30-2:55p and a second for Roundtable Session II – 3:00-3:25p EST.

[See more details at https://militaryowls.org/owls/](https://militaryowls.org/owls/)

Topics and Speakers of Moderated Discussions	
Roundtable I (2:30p – 2:55p EDT) & Roundtable II (3:00p - 3:25p EDT)	
TOPIC	SESSION MODERATOR AND OVERVIEW
Finding Balance: Embracing Your Artistic and Creative Side as a Military Officer	<p>In a traditionally structured profession, how do you find ways to express your artistic self? Discuss the importance of embracing your creative side while still finding a way to balance this expression with performing your best as an effective military leader.</p> <p><i>LtCol Janine Garner, USMC</i> Marine Pilot and current member of the Joint Staff, Janine is also a published fantasy author and artist who has found ways to express her creative side to make her a more grounded and balanced military leader.</p>
Goal Setting	<p>In a world of shifting priorities and circumstances how can you set and achieve goals that will make you stronger and more effective in your personal and professional life? Discuss ways to leverage goal setting to be more effective.</p> <p><i>Greg Jenkins</i> Expert in human relations and performance management who has helped people hone their leadership and behavior to drive impact as a mentor, trainer, executive coach, published author, and Army veteran.</p>
Decision Making	<p>Regardless of how mundane or significant a decision might be, the importance of building the ability to make good split-second decisions is indisputable. Discuss how to build decision-making processes that are dependable and repeatable.</p> <p><i>Mo Barrett</i> A former pilot and Air Force Colonel, retired (USAFA, '93) who is an expert speaker, leadership coach, comedian, and storyteller who thrills audiences with her ability to make them laugh, think, and learn.</p>
Dual Career Balance	<p>How do you manage dual careers, life, moves, and all that comes with many dynamic situations in a family? Connect for a discussion around managing dual careers while building a stable family and happiness.</p> <p><i>Amy Ryder</i> A former Air Force Intel Officer and current corporate executive who is married to an Air Force Officer and leader.</p>
Stepping Outside Your Comfort Zone	<p>Your long-term goals may require you to develop new skills and step outside your specialty area/career field into the unknown. This discussion will focus on ways to hone your leadership to open up new possibilities for future career paths.</p> <p><i>Shari Silverman</i> recently Chief of Staff for the Defense Health Agency (DHA), Air Force Colonel, retired (USAFA, '91), Orthopedics Physical Therapist, holding a range of leadership positions, 16 years of her 30 year career as dual-military.</p>
Alternative Health	<p>With healthcare largely driven by traditional medicine, people often miss the benefits of alternative options. Discuss alternative health possibilities and experiences to determine opportunities for you, those you love, and those you lead.</p> <p><i>Tracy Lorenz</i> Former Air Force helicopter pilot (USAFA, '96), All-American soccer player, and cancer survivor who now teaches yoga and has used alternative health methods successfully to help others and address her own health challenges.</p>

Yoga Techniques for Resilience	<p>Yoga is an ancient practice with many benefits yet yoga's true power lies in its ability to increase Resilience via the Vagus nerve. Learn about the Polyvagal Theory and a few simple vagal hacks you can use for yourself and others.</p> <p>Shaye Molendyke is the Director of the Yogafit for Warriors Program, served 24 years in the Air Force, Air Force Lieutenant Colonel, retired, and a C-IAYT Certified Yoga Therapist with over 14 years teaching, 19 years of practice and is a consulted and published Yoga expert.</p>
At Sea or on a Deployment - Staying True to Self	<p>When you are at sea or deployed, how do you stay true to yourself? Connect with a Coast Guard Cutterman who has lived most of his career at sea and has managed the ups and downs while still maintaining perspective and building a self-fulfilling life.</p> <p>James Bushman A career Cutterman who has served for almost 20 years in the Coast Guard with 20 years of sea duties, starting as enlisted and now an officer, he understands service at sea and away from home from multiple perspectives.</p>
Managing and Dealing with Loss	<p>When life takes a turn and you or a loved one are struck by tragedy, how do you manage and where do you turn? Connect with a retired officer, who's now an Episcopalian priest to talk through managing loss and unexpected turns in life.</p> <p>Rev Marilyn Jenkins served in the United States Air Force for almost 30 years, retiring as a Colonel and becoming an Episcopalian priest thereafter; she is the Priest-in-Charge at St George's Episcopal Church in DC.</p>
Mentoring for Impact, Collaboration, and Growth	<p>Mentoring is a key factor that contributes to collaboration, growth, and professional success. How do you build strong mentoring in your life to help you achieve goals that matter? Discuss best practices and practical tips to ignite mentoring in your life.</p> <p>Melody Gratic, M.A.Ed Army veteran with 24 years of service, served in White House Transportation Agency, International Trainer and Certified Coach, business owner working to impact businesses and individuals for personal transformation.</p>
Women, Peace, and Security	<p>Peace is a prerequisite for health, equality and human security. The UN Security Council resolution 1325 recognized the essential role of women in securing and maintaining peace. Discuss challenges and opportunities for progress towards peace.</p> <p>Madison Scaccia Air Force officer with expertise on the role of women in intra-and-post conflict reconstruction in Afghanistan; MA in Strategic Security Studies, MS in Homeland Security, BA in Political Science.</p>
Comedy: Bringing Laughter to Your Life	<p>Studies show that humor makes us appear more competent and confident, strengthens relationships, unlocks creativity, and boosts our resilience during difficult times. Discuss with a comedian how to tap into the humor in your life.</p> <p>Robin Johnson Army veteran, Chief of Staff for the Military Women's Memorial, a comedy bootcamp mentor for the Armed Services Arts Partnership (ASAP), member of the Association for Applied and Therapeutic Humor, and a stand-up comedian.</p>
Be a Lady They Said	<p>Discuss the contradictory messages society gives women and the impossible standards of being a woman in today's world. We will first read Camille Rainville's blog (Writings of a Furious Woman) post titled "Be a Lady They Said" as a jumping-off point (https://writingsofafuriouswoman.wordpress.com/2017/12/09/be-a-lady-they-said/)</p> <p>Beth Jarvis A Senior Engagement Manager at Microsoft with expertise in Public Relations and Marketing Strategy, US Army Veteran, Comedy Bootcamp graduate, Veteran advocate and USO volunteer.</p>

Financial Management for Military and Veteran Women	<p>How do you manage your life and money to optimize your happiness? How do you build a comprehensive financial plan – regardless of your stage of life. Discuss with a financial advisor how to build a plan and habits to design the financial life you want.</p> <p>Kimberly Barboza <i>A former Naval Officer (USNA, '94) who is a financial advisor, business owner, and passionate about supporting other women to wisely manage their money for their own financial freedom.</i></p>
Financial Planning	<p>Realizing sound financial management is the key to securing the lifestyle you want and the ability to retire in comfort. Learn from an expert various considerations and choices you should make about how to set yourself up for financial freedom.</p> <p>Halima Muhammad <i>A financial advisor and Air Force veteran who has supported many people with her advice and guidance for sound financial management.</i></p>
Building Your Passion into Your Business	<p>Have you ever dreamed of turning your passion or hobby into a business, but you need help starting? This discussion will share free resources and opportunities available to Veterans who want to explore the world of entrepreneurship.</p> <p>Laura Hatcher <i>A retired Naval Officer (USNA, '92) now published professional photographer, who built her photography hobby into a successful business (www.laurahatcherphotography.com).</i></p>
Continuing the Discussion on Wellness During Uncertain Times (Only Roundtable II)	<p>Continue the keynote discussion on ways to maintain good health and fitness through all phases of life - especially when dealing with stress, extensive travel, physical limitations, family constraints, and/or time challenges.</p> <p>Ellexa Orrange-Allen <i>Former Olympian, Army officer (USMA, '90), corporate executive, and trainer who has not only honed her own wellness, but coached others at pivotal phases in their lives to achieve happiness, peak fitness, and wellness.</i></p>