

2025 WOMEN IN BANKING

April 16, 2025 | Grappone Conference Center, Concord, NH

AGENDA

8:30 AM – 9:00 AM

REGISTRATION & CONTINENTAL BREAKFAST

9:00 AM – 9:15 AM

WELCOME

Kristy A. Merrill, *President*, NH Bankers Association

9:15 AM – 10:00 AM

THE SKILLS AND MINDSET OF SUCCESSFUL WOMEN ENTREPRENEURS

Moderator:

Amy Bassett, *District Director*, New Hampshire District Office, U.S. Small Business Administration

Panelists:

Betsy Harrison, *Licensed Clinical Mental Health Counselor*, Counseling Associates

Jennifer MacLaren, *Owner*, Dew Collective

Abbey Morrison, *Co-Owner*, The Fresh Chef Press, Manchester

This panel of business owners and founders will share their personal journeys, challenges, experiences, goals, and passions that have supported their success and how they were able to unlock their inner power as entrepreneurs.

10:00 AM – 10:15 AM

MORNING BREAK

10:15 AM – 11:30 AM

TEETER-TOTTER AND MANAGING CHANGE FOR A WORK/LIFE FIT

Cristy Beemer, *Associate Professor of English*, University of New Hampshire (UNH)

Balancing your professional and personal life requires constant adjustments, much like a teeter-totter demanding continuous shifts in weight to maintain its level. We are all experiencing so much change at work and in our personal lives. During this interactive session, you will learn how to manage change to help provide a more balanced approach. Cristy's energy and wisdom is infectious – you won't want to miss her practical life tips to manage change.

11:30 AM – 12:30 PM

NETWORKING LUNCH

12:30 PM – 1:15 PM

PROGRESS IN PRACTICE: A CLOSER LOOK AT WOMEN IN COMMERCIAL LENDING

Moderator:

Linda Lorden, *President*, Merrimack County Savings Bank

Panelists:

Nicole Howard, *Commercial Banking Relationship Manager*, Bangor Savings Bank

Kimberly Lebron, *EVP & Chief Lending Officer*, Ledyard Bank

Joanne Connelly, *SVP Commercial Lending, Team Leader*, Merrimack County Savings Bank

Although commercial lending jobs have historically been held by men, more women are continuing to move into these roles. Hear some of the challenges and

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1:15 PM – 2:00 PM

advantages that women in commercial lending face. You'll be able to learn from their experiences to help you unlock your inner power!

FINDING YOUR CHAMPIONS: BUILDING RELATIONSHIPS FOR CAREER GROWTH

Cathy Nestricks, *Vice President, Women's Leadership & Diversity, Equity, and Inclusion*
American Bankers Association

In this session, women bankers will learn the power of mentorship and sponsorship in advancing their careers. We'll explore strategies for identifying and building relationships with influential leaders, ensuring they recognize your skills and potential. Attendees will gain practical tips on how to take ownership of their career paths, seek out the right champions, and cultivate meaningful professional connections that open doors to new opportunities.

2:00 PM – 2:15 PM

STRETCH BREAK

2:15 PM – 3:15 PM

THE SILENT LANGUAGE OF LEADERS

Linda Clemons, *CEO, Sisterpreneur, Inc.*

Approximately 80% of communications is expressed nonverbally. When you know how to unlock and tap the secrets of people's nonverbal cues, you'll always have the advantage in any situation. Imagine armed with this powerful information you'll be able to sit in a business meeting and know what your colleagues and boss are really thinking and feeling. In this interactive power pact session, you will learn: the most powerful behaviors that reveal our confidence and true sentiments, what the face truly reveals and why it's the least likely place to assess an individual true feeling, and how to create a warmer more inviting environment for everyone just from your nonverbal presence.

3:15 PM – 4:00 PM

NETWORKING RECAP & BASKET GIVEAWAYS

Share what you learned today and maximize the impactful networking connections you made along the way. Plus, we'll raffle off the last of our baskets to end our day!

4:00 PM

CONFERENCE ADJOURNS