



## COMPASSIONATE CONNECTION



March 8th

2025

# Welcome

We are grateful you are here!

WE Ignite 2025 - Compassionate Connection

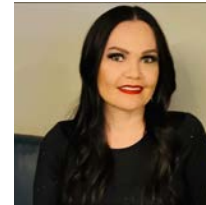
Our vision for this event is that each of you find **Connection** with yourself and other women, as well as both give and receive **Inspiration and Empowerment**.

In Gratitude  
Erin, the WE Ignite Board, and Advisory Committee



*Erin Long*  
WE Ignite  
Founder & CEO

### WE Ignite Board



*Cynthia Aguirre*



*Janie Beasley*



*Julie Blazek*



*Kara  
Starnback*

### WE Ignite Advisory Committee



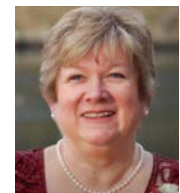
*Claudia Avendano-  
Ibarra*



*Debra Lancaster*



*Kate Bennett*



*Maurcen Harlan*

# About WE Ignite

## Our Mission

To ignite the inner spirit of women to connect, inspire and empower each other.

## Our Story

WE Ignite began as the vision of one woman, Erin Long. A vision to connect, inspire and empower other women.

That vision became a reality with WE Ignite 2019 and carries on into our seventh conference:

WE Ignite 2025: Compassionate Connection

## Erin's goal remains constant:

Creating a place for women to connect and have their voices heard. Where each participant can both be inspired and inspire others. An avenue for women to empower each other and ourselves.

Each of you are an integral part of her movement: women changing the world!



# Conference Committee

This day couldn't have happened without the hard work and dedication of the WE Ignite Conference Committee. With the utmost respect for giving of your time, your talents, your inspiring ideas, and your undying support; my heart is filled with gratitude and appreciation for the following humans:

## Planning Committee



*Erin Long*  
WE Ignite  
Founder & CEO



*Kara Starnback*



*Andi Shannon*

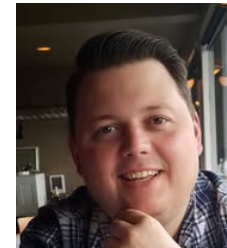


*Cindy Elliott*

## Tech Team



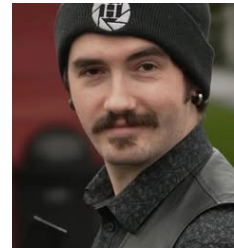
*Cindy Elliott*



*Chris Mills*



*Amirah Cowgill*



*Wesley Holby*

# Land Acknowledgement

## Land Acknowledgment

*A land acknowledgement is a formal statement that recognizes the Indigenous peoples who originally inhabited the land where an event is taking place, serving as a way to honor their history, connection to the land, and ongoing stewardship, while also acknowledging the often painful history of colonization and displacement on that land; it is meant to be a respectful gesture towards Indigenous communities and a step towards reconciliation*

Today we gather on Swinomish land, but everyday we all travel, work, live and play on the lands and waterways of the River and Coast Salish peoples, including the Sauk-Suiattle, Samish, Upper Skagit, and Swinomish, whose ancestors have resided here as stewards of this beloved land since Time Immemorial.

Many Indigenous people thrive in this place, the mothers, grandmothers, aunts, sisters, daughters, and all of the people they love and care for. They are alive and strong, although the afterlives of the traumas and injustices are deeply felt and experienced throughout Indigenous communities. That pain has been ignored and buried.

Today we collectively acknowledge these lived experiences and traumas.

WE Ignite is sincerely committed to respecting and enhancing Indigenous sovereignty through the power of multiple stories, truth, and integration of diverse voices. We are committed to looking inward and addressing our institutional biases as well as reframing our organizational structure to ensure a high degree of inclusion.

Today, as we honor the work of women, please join me in acknowledging the Indigenous people of the lands on which we gather, and to say we see you, we appreciate you, we respect your right to sovereignty and self-determination, and are committed to being better listeners, better models, and to lifting indigenous voices.

# Housekeeping & Group Agreements

## Housekeeping

- Welcome
- Program Flow
- Venue layout and facilities
- WiFi Access (Maple Hall WIFI: maple20ten01)
- Phones
- Session etiquette
- Meal and break times
- Social media
- Conference materials
- Resource and Vendor tables
- Parking pass
- Contact for questions
- Group Agreement

## Group Agreement

- Confidential, brave space
- Respectful communication
- Honor diverse perspectives
- Active participation
- Self-care
- Call in, not call out
- Commitment to action
- Content/trauma activation warnings
- Space for joy and celebration

## Thank You Table Sponsors

- Erin Long Coaching
- Soroptimist International of La Conner
- Leadership Skagit
- Maureen Harlan
- SVC BASM Program
- Mari Wuellner, Living on Purpose
- Triumph Teen Life Center

# Program Flow

## 03/08 SATURDAY

**8:30 AM**

**Doors Open**  
**Breakfast Buffet: Heart Beet Foods,**  
**inside of La Conner Fitness & MMA**

**9:00 AM**

Opening and Welcome  
**Canoe Family Singers** “Woman Warrior”

**Dana Frank**  
Opening Keynote

**Kay Knott**  
“Resilience - Through My Mothers Eyes”

**10:20 AM**

**Reflection & Journaling**

Break

**10:45 AM**

**Marie Marchand**  
“Poetry in Community”

**Silvia Alvarez**  
“Building Each Other Up - The Power of  
Women Supporting Women”

**Reflection & Journaling**

**12:00 PM**

**Lunch Buffet: Heart Beet Foods,**  
**inside of La Conner Fitness & MMA**



# Program Flow

## 03/08 SATURDAY CONTINUED

**1:00 PM**

**Spark Sessions: Concurrent Breakouts**

**Spark #1 Women's Wealth:**  
**Jenn Eddleman**  
“Demystifying Real Estate”

**Spark #2 Women's Health:**  
**Beth Batson**  
“Nourishing Connection: Cultivating  
Resilience and Presence for Meaningful  
Relationships”

**Spark #3 Women's Innovation:**  
**Tracey Warren**  
“Turning Connections into Community”

**Spark #4 Women's Civics:**  
**Rebecca P. Murray**  
“SHE SPEAKS! The Sound of Influence”

**2:15 PM**

**Break, Snack, & Find Your Seats**

**Reflection & Journaling**

**Liz Zdunich**  
Closing Keynote  
“Confessions of a Confident Woman”

**Reflection & Journaling**

**3:55 PM**

**Closing and Appreciation**  
**The Peters Family Blessing**



S&L Strategic Solutions is a consulting firm who helps nonprofits who **do good** work, **be better** at what they do.

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Be better.™*



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Thank You Encouraging Women Sponsors!

Thank You Collaborating for Women Sponsors!



Maureen Harlan



Thank You Event Sponsors!

Proud Sponsor of  
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Women in Networking Group  
SKAGIT  
EST 2024

Join us for the next WINGS meeting  
7:30-9:00 am  
1st Wednesday at Burlington Chamber  
2nd Thursday at Shawn O'Donnells  
4th Tuesday at Calico in Mount Vernon  
\*No registration required, no fees  
unless you want coffee/breakfast\*

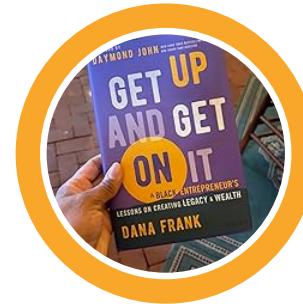
# Keynote Speakers



## Dana Frank

Nationally Best Selling Author of *Get Up and Get On It: A Black Entrepreneur's Lessons on Creating Legacy and Wealth* is a USA Today National Best Seller, Barnes and Noble Best Seller, Amazon Best Seller, Pinnacle Book Achievement Award Winner, Reader's Choice Winner, and Goodreads Winner.

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Are you ready to embark on an inspiring journey of resilience and success, especially for those often facing daunting challenges in our society? Dana Frank's debut book, *Get Up & Get On It! A Black Entrepreneur's Lessons on Creating Legacy & Wealth*, is a powerful testament to the enduring spirit of individuals from marginalized communities, such as People of Color and women navigating the male-dominated business world.

Dana grew up in her family-run apartment rental business in Seattle, Washington. Founded by her parents, Gerald and Theresa Frank, over 70 years ago. Dana has taken the helm to create a generational legacy, while still working with her ninety-two-year-old mother and adult children.

Dana learned early from her father's unconventional business practices and recalls her childhood as different; while most parents loaded the station wagon with soccer balls, hers was filled with picket signs to protest unjust bank practices.

Dana amplifies her voice and is passionate about educating others on the power of investing and how real estate ownership can change the trajectory of lives for future generations.

To honor and encourage all black families in business, Dana created National Black Families in Business Day, celebrated every August 26.

Dana is a public speaker who engages audiences with her lively stories and often funny perspectives.

# Main Stage Speakers

## Resilience: Through My Mother's Eyes

Through storytelling and sharing from her life experiences, Kay will acknowledge Vi Hilbert's words of wisdom. Vi and Kay's words express and expand upon the importance of story telling in the River and Coast Salish culture. In addition, the audience will have the honor of learning about Kay's mother's story, and, if time allows, Kay will share the "Lifting the Sky" story.



### Kay Knott

Kay Knott is an elder in the Upper Skagit Indian Tribe. She was raised in the Skagit Valley receiving her BA from Western Washington University. She is a parent and grandparent and served a foster parent for 15 years.

She served as the Executive Director of the Inter-tribal Housing Authority, Directed the Big Brothers, Big Sisters, and was the Director of Youthnet. She established and ran a Pregnancy and Parenting Teen program. She served on the Indian Child Welfare Advisory Board for ten years and is a board member for the National Housing Authority.

Kay works with Paths to Understanding to develop Let's Go Together, a program to invite people of diverse traditions and cultures into relationship. She works to prepare groups and organizations for relationship with Indigenous communities.



The  
**LA CONNER  
INN**

# Main Stage Speakers

## Dwelling in Possibility: Thresholds & Edges in Poetry

What does poetry teach us about living? How can reading and writing poetry help us identify our thresholds and the possibilities on the opposite side of our edges? In this session, Inaugural Ellensburg Poet Laureate Marie Marchand will guide participants through a generative exercise with blackout/erasure poetry as a doorway into poetry and the self.



### Marie Marchand

Marie Marchand is the Inaugural Poet Laureate of Ellensburg and the author of *Gifts to the Attentive* and the forthcoming *Mostly Sweet, Lovely, Human Things*. She is a graduate of Naropa University and The Iliff School of Theology where she studied psychology, religion, and peacemaking. Marie is a former executive director of Friendship House and a proud Leadership Skagit alum.

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## Midlife Is A Sacred Opportunity

to reinvent and do what's next in your life,  
with more understanding, joy and purpose

**Kara Stamback**  
COACHING & RETREATS  
www.karastamback.com  
360.708.8169



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- Helps you achieve healthier hair, radiant skin, and overall wellness



Stefani Tygart  
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 stefanitygart@gmail.com

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**Support & Training** – Access mentorship, personal development, and a supportive community.

**Flexibility & Freedom** – Build a business that fits your lifestyle.

**Exclusive Perks** – Enjoy discounts, rewards, and luxury incentive trips!

Ready to start your Monat journey? Let's connect!

# Main Stage Speakers

## Building Each Other Up – The Power of Women Supporting Women

In this inspiring and heartfelt discussion, we will explore the impact of women uplifting one another and the importance of breaking the cycle of exclusion, competition, and judgment. From childhood to adulthood, many of us have experienced moments of feeling left out, unseen, or misunderstood. But what if we changed the narrative? Through personal stories and real-life examples, we will examine how small, intentional actions like offering a compliment or extending grace can shift the energy around us and create a culture of support and empowerment. True strength is not about standing alone but about standing together, building each other up instead of tearing each other down. This presentation is a call to action: to reflect on our own behaviors, challenge learned patterns, and actively foster unity among women. Because when we lift one another, we don't just empower ourselves—we create lasting change in our communities and the world. Let's rise, lead, and fix each other's crowns. Together, we are strong, resilient, and unstoppable.



### Silvia Alvarez

Silvia Alvarez is a dedicated community leader. A 2022 SWAN Woman of the Year, she is a passionate entrepreneur, loving wife, and mother. Overcoming immense challenges in her own life, Silvia became a fierce advocate for youth empowerment and education. She is the founder and executive director of Triumph Teen Life Center, Skagit County's first free multilingual after-school program for teens. Silvia's mission is to uplift and inspire the next generation, ensuring every young person has the support and opportunities they deserve.

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# Do the work you love.



*I'll do the paperwork you don't.*



Andi Shannon  
 andi@kysotiservices.com  
 360-540-4585

# Spark Session Speakers

## Women's Wealth Demystifying the Real Estate Process

First-Time Purchase, Divorce or Death of a Spouse, Assisting Elderly Parents: three seasons in life when women find themselves navigating the real estate market - often on their own. Join Jenn Eddleman, a local broker with Windermere, to explore and simplify the process so you can be empowered and prepared when it's your season. We'll have a candid discussion with humor and compassion, with time for participant questions.



### Jenn Eddleman

Like many across the country, Jenn Eddleman made a mid-life career switch as a result of the COVID-19 pandemic. She brings the same client-centered philosophy to Real Estate that she carried through a 30+ year fitness career: a belief that "people only care how much you know when they know how much you care." Real estate transitions are often emotional experiences triggered by life events, and are most successful when guided by an agent dedicated to compassionate and competent service.

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[@jenneddlemanre](#)



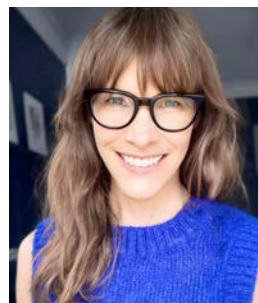
**Soroptimist International of La Conner**  
*Best for Women*

# Spark Session Speakers

## Nourishing Connection: Cultivating Resilience and Presence for Meaningful Relationships

"When our nervous system is dysregulated, we're of service to no one—least of all ourselves." This insight from a mentor powerfully reminds us of the importance of having the awareness and tools to stay grounded when stress is high. When we have the resources to find calm within ourselves—even in challenging moments—we lay the groundwork for deep, meaningful connections. In this session, we'll explore how stress responses and communication patterns influence our capacity to build strong, authentic relationships with ourselves and others. We'll normalize common obstacles that hinder connection, acknowledge the conditioning that keeps us stuck, and practice grounding techniques to remain centered in times of stress. By learning to engage with others without losing ourselves in the process, we foster relationships that are collaborative, kind, and truly connected. You'll leave with:

- An understanding of how your nervous system influences connection and communication
- Practical tools to steady yourself and support others when emotions run high
- Strategies for setting clear boundaries that encourage connection over protection
- Approaches to foster collaboration when disagreement or conflict arises



### Beth Batson

Beth Batson is a Professional Certified Coach (PCC), embodiment practitioner, and yoga teacher based in Seattle, WA. She specializes in helping people-pleasers and perfectionists reconnect with their heart and voice, advocate for their needs, and build lives aligned with their values. Her holistic approach blends ontological coaching, nervous-system-informed tools, and compassionate communication to foster emotional resilience, ease, and playful risk-taking without sacrificing well-being.

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LI: [@beth-batson-pcc](#)

# Upcoming Events

# Videography & Production

## Vision & Vibes: Spring Vision Refresh for Women

- Create a clear vision refresh for 2025
- Connect with like-minded women
- Dedicated time to manifest your dreams

*We Ignite*  
EXCLUSIVE 20% OFF  
CODE: WEI25



*Limited Seats Available*

**\$47 Ticket includes:**

- One beverage & treat from the Creative HUB & Coffeehouse
- Guided conversation for visioning refresh
- Supplies (scissors, glue, magazines)



Saturday, May 10, 2025  
2:00 - 5:00 pm  
Creative HUB & Coffee House  
501 Commercial Ave  
Anacortes, WA 98221



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# Spark Session Speakers

## Women's Innovation Turning Connections into Community

In today's fast-paced business world, building genuine connections isn't just about networking—it's about creating a community that naturally fuels referrals, retention, and mutual support. This engaging session reveals how to transform routine interactions into memorable moments that make you and your business unforgettable. Learn how to build your "Relationship Piggy Bank Plan," a practical approach that turns small, consistent acts of thoughtfulness into valuable long-term connections. Discover how to develop a Strategic Gratitude Plan that goes beyond basic thank-you notes to create a systematic process that both delights your referral partners and motivates them to champion your business. Most importantly, you'll explore how to craft customized surprise and delight experiences that help you stand out in a crowded marketplace. Through interactive examples and actionable strategies, you'll leave equipped with tools to create meaningful touchpoints that resonate with your network. Whether you're nurturing existing relationships or building new ones, this session will show you how to create authentic connections that naturally lead to increased referrals, stronger client retention, and a thriving community of mutual support.



### Tracey Warren

Tracey wants to support YOU in bringing more ease and joy to your business by Igniting YOUR Champions! As small business owners, it can be so challenging to keep all the plates spinning. Together, we can discover and create a plan for making that a little more simple by building relationships with the people in our lives who matter most!

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LI: @thetraceywarren

# Spark Session Speakers

## Women's Civics SHE SPEAKS! The Sound of Influence

In a world where women's voices are often talked over or undervalued, owning your voice means more than just being heard—it shapes how others perceive your confidence, competence, and authority. This session combines insights from evolutionary science, female anatomy, and voice samples from historical icons like Shirley Chisholm and Margaret Thatcher. You'll master vocal qualities such as pitch, pace, and volume to break through biases and inspire trust and respect. Walk away empowered to elevate your voice and amplify your impact.

### Session Takeaways:

- Discover unique qualities that make the female voice influential.
- Identify vocal mannerisms that can undermine your credibility.
- Practice proven techniques to enhance your vocal presence.



### Rebecca P. Murray

Rebecca P. Murray is a dynamic communication expert with a unique background in applied behavior science, technology, and theater. As the founder of Showcase Your Shine in the Northwest, she's passionate about transforming team dynamics by refining the art of listening, presenting, and facilitating. A fierce advocate for Voice Equity, Rebecca uses this principle as a form of applied intelligence to create spaces where every voice feels valued, fostering collaboration and shared wisdom.

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# Closing Keynote

## Confessions of a Confident Woman

Let's talk about confidence. Not the kind you fake, but the kind you own. The kind that walks into a room before you do. The kind that turns our dreams into reality. We know what happens when confidence is missing. You stay silent when you could or should speak up. You hold back when opportunities arise. You watch others live the life you know you're meant for - fear can keep us stuck, second-guessing, overthinking, and playing small. It's exhausting! Here's the first secret—confidence isn't something anyone is just born with. It's something you build. Something you cultivate. It's a practice. And together, we're going to unlock the mindset, embodiment, and action steps to help you step into your most confident self. Our world needs your voice and your full expression. If you've been holding back waiting for confidence to arrive out of some magical ether, I invite you to stop waiting and begin building. To, right now, be the confident woman. Because she's already in you. Let's bring her out.



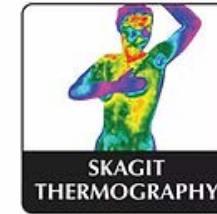
### Liz Zdunich

Liz Zdunich is a Professional Certified coach (PCC), playful yogini, lover of sweet beats and a goddess of GROOVE, Master Trainer in THEGROOVE, Reiki practitioner, business owner/operator and above all, a mumma of two beautiful, bright lights. Liz has an absolute passion for supporting people in becoming aware of and leveraging their core strengths, and then transforming their deep soul desires into reality. She is not afraid to challenge the status quo, ask the tough questions, and ignite a spark for change. In a world where leadership is constantly evolving, she strives to guide individuals and businesses towards a new paradigm of success - self-defined and breaking the mold of the outdated burnout culture.

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# Resource Tables



Dana Frank



THRIVE DIRECT  
HEALTH CARE

Dr. Brianna Wilson, DNP, ARNP, FNP-BC

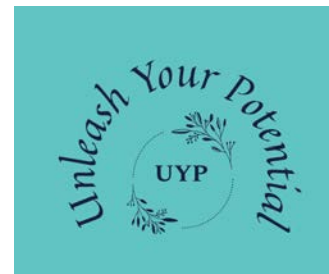


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# Vendor Tables - Women Owned

# Women Coaches for Support

## VINTAGE LaCONNER

NON-PROFIT THRIFT SHOP



### Have you tried coaching? Connect for a free session with a coach who resonates with you!

Coaching offers women a powerful path to personal and professional growth by focusing on transforming their fundamental way of being rather than simply adding skills. This approach helps women recognize and move beyond limiting beliefs shaped by gender socialization, develop authentic leadership styles, overcome impostor syndrome, and create new possibilities through shifted perspectives. By working with presence, coaching provides women with a holistic framework for sustainable change, enabling them to navigate complex environments with greater confidence, authenticity, and effectiveness. We believe in your possibility so deeply, that the amazing coaches listed in this program are gifting attendees a complimentary 20 minute coaching session. Reach out, connect with these women, and get supported in creating the life you desire to live.



### Erin Long, Certified Life Coach

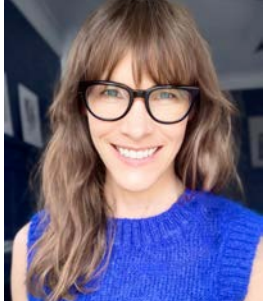
Erin is the Founder and CEO of WE Ignite and Erin Long Coaching. She has 20+ years of experience in leadership and community engagement, as well as 12+ years in coaching with over 1200 coach training hours.

She supports her clients in creating a life by design; one they love to live. Her clients appreciate the connection, commitment, love, and unwavering belief Erin has in them to generate the lives they desire.

In her free time, Erin is an avid reader who loves to travel, spend time with her grandchildren and family, and has recently found solo vacations to be exceptionally wonderful.

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# Women Coaches for Support



## Beth Batson, PCC

Beth Batson is a Professional Certified Coach (PCC), embodiment practitioner, and yoga teacher based in Seattle, WA. She specializes in helping people-pleasers and perfectionists reconnect with their heart and voice, advocate for their needs, and build lives aligned with their values. Her holistic approach blends ontological coaching, nervous-system-informed tools, and compassionate communication to foster emotional resilience, ease, and playful risk-taking without sacrificing well-being.

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## Kara Stamback

Women at midlife in this moment have much in common. We have learned to work hard and to serve the people and causes we've committed to. We love much of what we do. We have done much of the work of finding ourselves and designing our lives. But it's not all we want. Sometimes we don't even know where we truly belong in the lives we've created. What more is there for you? What's in your way? It's likely easier than it seems to get clarity and shift an obstacle when you have help. And it's way more fun!

My desire is to create understanding and to reframe this unique time of life as something thrilling, sexy and amazing. And to support women in the ways that are leveraged and freeing. I want you to be free and feel into your power in this second half.

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A JOURNEY TO INDEPENDENCE.

WOMEN'S WORK PRODUCTIONS  
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WRITTEN AND DIRECTED BY  
**NICOLA PEARSON**

MARCH 20, 21, 22 AT 7:00 PM  
MARCH 23 AT 2:00 PM  
MARCH 27, 28 AT 7:00 PM  
MARCH 29 AT 2:00 PM

# Women Coaches for Support



## Evelyn Garcia Morales, ACC

Evelyn Garcia Morales is the founder and CEO of HumanKind Coaching, dedicated to helping clients live to their fullest potential. With 20+ years in leadership across nonprofits, government, and business, she partners with her clients to navigate change, purpose, and transformation. Her coaching journey began with a life-changing conversation that led her to embrace new possibilities for herself. She believes clients are whole and complete, providing a safe space for authentic growth. Evelyn lives in Las Vegas, NV with her husband and two sons. She embodies joy, authenticity, brilliance, leadership, and connection, bringing these values into every coaching session and aspect of her life.

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702-816-6146



## Elise Majorossy, PCC

I guide individuals on transformative journeys to deepen their self-connection through joy, play, and self-discovery. By cultivating self-love, resilience, and authentic self-awareness, I empower clients to navigate relationships with confidence and bold authenticity. My mission is to help you fully embrace joy, play, passion, and possibility, leading to a deeply fulfilling life. Together, we'll strengthen your relationship with yourself, opening the door to greater love, connection, and self-expression. I am a Professional Certified Coach (PCC) through the International Coaching Federation.

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elise@theheartwithincoaching.com  
973.713.3364



## Wendy Preyessler, MCC

Wendy holds the prestigious credential of Master Certified Coach through the International Coach Federation (ICF), putting her in the top 4% of credentialed coaches, worldwide. Prior to becoming a full-time coach, Wendy was a Global Director in a Fortune100 Firm with accountability for over \$500M in annual revenues.

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702-907-4282

Wendy has received numerous awards including:

- Business Leadership Coach of the Year (2024)
- Executive & Leadership Coach of the Year USA (2023)

Wendy serves as President of the ICF Southern Nevada Chapter. She is also on the Advisory Board and Leader Team for Accomplishment Coaching, an ICF Accredited Coach Training Organization.



## Jen Westra, Life on Purpose Coaching

Jen (Coach/Owner, Life on Purpose Coaching) is on a mission to help women unlearn limiting stories and beliefs so they can be unstoppable! As an ICF-certified coach, she works with women who doubt themselves and second-guess their decisions to help them create lives of passion, purpose and possibility.

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# Women Coaches for Support



## Lilly Georgieva, PCC

I work with innovative mission-driven leaders on the front lines of creating positive environmental and social impact. I support them in balancing their lives and mission outside of overwhelm and burnout and finding joy and peace in the messy process of growth. I am a Professional Certified Coach credentialed by the International Coach Federation. Outside of work, I love laughing uncontrollably, adventuring in the mountains with my husband and obsessing over our annual tomato crop.

Contact

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## Amy Cheadle, Certified Life Coach

I specialize in Life Coaching and Neuro Emotional Tapping Release. My Life Coaching focuses on helping clients become the best version of themselves and live a life of focus and calm. I help clients set and achieve their goals, work through and learn how to handle difficult situations, and help them discover their life purpose and how to work toward achieving it. I use Neuro Emotional Tapping Release to help clients break the neurological and emotional ties that are holding them back from living the life they deserve! I look forward to helping you become the best version of you that you can be!

Contact Information

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## Christina Stathapolous, PCC (she/her)

Christina Stathopoulos, PCC (she/her) is an accomplished executive coach, trainer, and founder of Hear Her Roar, where she supports women leaders in unlocking their intuitive gifts. Her work has impacted leaders at some of the world's most influential companies, including Amazon, Instagram, Google, IBM, Deloitte, and Leidos. Christina is renowned for her ability to inspire responsibility, ownership, and clarity in her clients, helping them lead with confidence, intuition, and authenticity. Christina is proudly a queer, neurodivergent Greek-American witchy wife and mother. When not coaching, she can be found in her garden with her two children or brewing her own beer.

Contact Information

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## Liz Zdunich, PCC

Liz Zdunich is a Professional Certified coach (PCC), playful yogini, lover of sweet beats and a goddess of GROOVE, Master Trainer in THEGROOVE, Reiki practitioner, business owner/operator and above all, a mumma of two beautiful, bright lights. Liz has an absolute passion for supporting people in becoming aware of and leveraging their core strengths, and then transforming their deep soul desires into reality. She is not afraid to challenge the status quo, ask the tough questions, and ignite a spark for change. In a world where leadership is constantly evolving, she strives to guide individuals and businesses towards a new paradigm of success - self-defined and breaking the mold of the outdated burnout culture.

Contact Information

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# Thank You

Dear Attendee,

On behalf of WE Ignite, we want to thank you for attending our seventh annual conference! We hope that you found the conference educational and motivating. Your presence helped to make this event a great success. We wish you all the best and hope to see you next year!

*Interested in being a Speaker,  
Sponsor, Vendor,  
or Resource Table next year?*



Do you want to speak, know someone who should speak, what to support next year?

We are always looking for new speakers and new supporters to share their stories or skills to empower WE Ignite attendees.

Visit [www.weignitewa.org](http://www.weignitewa.org)

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**WE Ignite Conference**

*Inspiration*

**February 2026**

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