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Vance-Granville Community College's Campus Action Project,
"An Educated Woman, An Educated Future,"
is funded by the American Association of University Women

An Educated Woman

An Educated Future

— SECOND WORKSHOP —

SELF-CARE:
PROFESSIONAL APPEARANCE,
HEALTH & FITNESS

Wednesday, March 5, 2014
11:30 a.m.

Vance-Granville Community College
Civic Center
Henderson, NC

Guest SPEAKER



Kate Leser

President/Owner, The Makeover Expert

Kate Leser is a certified color and wardrobe consultant, speaker, personal shopper, and closet organizer who believes personal and professional successes are greatly influenced by one's "visual resume." In addition to her Fashion Merchandising education and experience as a seamstress, Kate has spent over 15 years in the corporate environment and understands how a

professional image produces business results. Kate also received her certification and registration as a sales professional by the United Professional Sales Association (2007).

Kate's mission is to mesh her corporate experiences with her professional image training to help men and women feel confident about the way they look, both personally and professionally. She offers individualized consultations in the areas of personal style, color and silhouette analysis, personal shopping, packing for a trip and closet organization. Kate also provides "dressing for success" seminars to corporations, national trade associations, Chambers of Commerce, law firms and women's groups, to name a few.

Media outlets such as MTV, WRAL-TV, WTVD and News14 Carolina have called upon Kate's color and image expertise. Articles on her have appeared in The News & Observer, The Triangle Business Journal and Women's World.

Maria Hardesty

Wellness and Fitness Director, Henderson Family YMCA

Maria Hardesty is originally from England but has been living in the United States for 25 years. She holds a degree in social work, focusing on counseling and therapeutic intervention with behaviorally disordered adolescents. She worked in this field for more than 15 years. In 2002, Maria had a complete career change and came to the Henderson Family YMCA as the Program Director. Twelve years later, she holds the title of Wellness and Fitness director, overseeing all fitness/wellness components of the YMCA. She is also a certified personal trainer and In-door cycle instructor.

Maria resides in Henderson and she has a 20-year-old daughter who is a junior at North Carolina State University studying political science.

Program

"AN EDUCATED WOMAN, AN EDUCATED FUTURE"

11:30-11:55 a.m. Lunch
 12:00-12:40 p.m. Program
 12:45-1:05 p.m. Breakout Session I
 1:10-1:30 p.m. Breakout Session II

Welcome..... Jasmine Hightower,
 Director of Student Activities & Athletics
 & Mistress of Ceremony

Introduction of Honored Guest Jacquelin Heath,
 Program Head of School-Age Education
 & Campus Action Project Coordinator,
 Vance-Granville Community College

Introduction of Guest Speaker..... Suzanne Keil,
 VGCC Coordinator, Research and Grants

Guest Speaker..... Kate Leser,
 President/Owner, The Makeover Expert

Remarks Kyle Burwell,
 VGCC HRD Coordinator

Introduction of Session Leader - Maria Hardesty Kyle Burwell

Explanation of Workshop Sessions Jacquelin Heath

Participants Move to Breakout Sessions
 Breakout Session Leaders Kate Leser
 Maria Hardesty

Breakout Sessions I & II — Professional Appearance, Health & Fitness