

## EMERGING FEMALE LEADERS SHARE GROUP

MAY 1-2, 2023

CHICAGO, IL

### MAY 1, 2023

- 12:00 pm – 1:00 pm **LUNCHEON & INTRODUCTIONS**  
Get to know your fellow share group members
- 1:00 pm – 1:30 pm **WHAT DO THESE ACRONYMS MEAN?**  
Introduction to National Grocers Association (NGA), Women Grocers of America (WGA) and the Emerging Female (EFL) Leaders Share Group  
*Kristin Popp, Vice President, Woodman’s Food Market*
- 1:30 pm – 2:30 pm **INTENTIONS & GOAL SETTING**  
We’ll explore both personal goals and intentions as well as goals for the share group. Learn how to set short term and long-term goals and intentions and take away strategies to achieve both.  
*Jackie LaPointe, Director, Retail, Upside*  
*Alyssa Ziegler, Account Director, Retail, Upside*
- 3:00 pm – 3:30 pm **NETWORKING BREAK**
- 3:30 pm – 5:00 pm **MENTORING**  
What makes a good mentor? Find out how to identify a good professional mentor or mentors, initiate a mentor/mentee relationship and establish a partnership that will help you advance in your career. We’ll review elements of successful mentor relationships and strategies to help you get the most from your mentor.  
*Haley Sammis, Account Management Team Lead, Local Independent Grocers, Rosie, an Instacart Company*
- 6:00 pm – 9pm **STORE TOUR: POTASH MARKET & GROUP DINNER (GIORDANO’S)**  
We will be walking to each of these venues so please dress accordingly. Feel free to grab an Uber, if preferred.

**MAY 2, 2023**

7:00 am – 8:00 am

**BREAKFAST**

8:00 am – 2:00 pm

**#SUCCESSWITHOUTAPOLOGY**

Work through the Ten Commandments of #SuccessWithoutApology with author, Rachael Melot, to identify, define and challenge traditional beliefs about women's success. Through activities and stories participants will break habits, identify obstacles to personal success, and identify key industry relationships for advancement.

The workshop will also cover topics such as networking, negotiating, pivoting, work-life balance, and self-care.

*Rachael Melot, Author & Entrepreneur*

2:30 pm – 3:30 pm

**EXECUTIVE PANEL**

A panel of dynamic women c-suite executives will share their stories and unique experiences. Our powerhouse panelists will discuss how they overcame challenges to advance their careers, found courage to advocate for themselves, and thrive in a male-dominated industry. They will discuss how being a female executive has influenced the way they lead and manage their companies—among other compelling topics.

*Caroline Catoe, President, ECRS*

*Kathy Kuzava, President, Georgia Food Industry Association*

*Amy Niemetscheck, President and CEO, Certco, Inc*

*Kristin Popp, Vice President, Woodmans Food Markets*

*Moderators: Alyssa Ziegler, Account Director, Retail, Upside*

*Haley Sammis, Account Management Team Lead, Rosie, an Instacart Company*

4:00 pm – 4:30 pm

**NGA / INDUSTRY UPDATE**

Labor constraints, technology, consumer trends and national politics all point to interesting and challenging times ahead for the grocery industry. Hear how the industry is handling the increasingly fast-paced evolution of the grocery business and how NGA is advocating for the industry.

*Greg Ferrara, President & CEO, National Grocers Association*

4:30 pm – 5:00 pm

**PROGRAM REVIEW & NEXT STEPS**

6:00 pm – 9:00 pm

**DINNER & NETWORKING WITH EXFL MEMBERS**

Enjoy a fun and relaxed atmosphere and take advantage of the chance to meet female executives from all facets of the grocery industry. This is a great opportunity to build your network.