

# GO GIRL

GENUINE INTELLIGENT RESILIENT LEADERS

empowerment summit



## PROGRAM

Friday, September 15, 2023

10 a.m. - 3 p.m.

UNM SUB Ballrooms

**HOSTED BY: UNM Hospital**  
**Office of Diversity, Equity, and Inclusion**



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A heartfelt thank you to the dedicated committee members and volunteers whose unwavering support brought the GO GIRL empowerment summit to life and making a lasting impact on the lives of the attendees.

# PROGRAM

**Welcome** **10 - 10:15 a.m.**

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**“Self-Doubt to Self-Worth: Empowering the Next Generation”** **10:15 - 11:15 a.m.**  
*by Dr. Julia García*

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**The Power of Dance**  
*Dance brings joy, improves self-confidence, and gives special care to our brain and body* **11:20 a.m. – 12:20 p.m.**  
*by VIIZON ACADEMY*

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**Lunch, Photos and Fun!** **12:20 – 1 p.m.**

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**Write like a Girl!** **1 – 2 p.m.**  
*by Albuquerque Poet Laureate Jessica Helen Lopez*

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**Say it Loud!  
I’m Beautiful!  
Hair and Skincare** **2 – 2:50 p.m.**  
***Nina Farrow Hair Studio***  
*Tikisha Hayden - Hair Queen  
Danielle Bridges -  
Makeup Artist*

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**Closing** **2:50 - 3 p.m.**

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# ABOUT GO GIRL

(GENUINE, INTELLIGENT, RESILIENT AND LEADER) EMPOWERMENT SUMMIT

GO GIRL, a dynamic empowerment summit meticulously crafted for middle school girls. This transformative event weaves together essential discussions on mental and physical well-being, cultivates a strong sense of self-identity, and embraces authentic beauty. Engaging dance sessions infuse energy, while a comprehensive day of learning empowers these young minds with valuable insights. Amidst it all, a prevailing message resonates: every participant is inherently beautiful, deserving of respect and affirmation. Join us at GO GIRL to cultivate confidence, forge connections, and embark on a journey of self-discovery that celebrates uniqueness and worth.

The GO GIRL Empowerment Summit was created by UNM Hospital to inspire, encourage, and empower young girls to achieve their full potential. The summit will focus on the G.I.R.L. (Genuineness, intelligence, resilience and leadership) values as a resource to help them feel seen, heard, and supported.

## **GO GIRL LEADERSHIP INSTITUTE**

In addition to the summit, we are developing a leadership program to continue to support our young ladies as they transition to the high school level. Once a month after school, the girls will attend the GO GIRL Empowerment Leadership program. In the leadership program, they will learn how to set goals, find their voice, online safety, and positive affirmations, among other topics. The leadership program will run every year from October to May.

**Please contact us at [UNMHCE@salud.unm.edu](mailto:UNMHCE@salud.unm.edu) for more information.**

# OUR PRESENTERS

## **Julia García**

- Doctor of Psychology
- Nationally Renowned TEDx Speaker
- Evidence-Based Practices for Mental Health

Dr. Julia is a preeminent voice for the next generation. She

helps schools, universities, and organizations build a culture where students are genuinely seen and valued.



As a doctor of psychology and TEDx Speaker, Dr. J (as she is known to students) helps audiences get honest with how they feel and move forward together. Dr. J is unparalleled in her ability to connect with audiences across any demographic through her spoken word poetry and highly engaging approach. Specializing in campus culture, diversity, and mental health, Dr. Julia reminds us all to keep showing up for ourselves and each other. Dr. Julia has over a decade of experience working with hundreds of campuses, conferences, universities, and non-profit organizations, bringing interactive experiences that shape culture and improve outcomes for all students.

## **VIIIIZON Dance Studio**

### **Vanessa Mathis**

Vanessa Mathis is a local business owner and performer. Being the co-owner and director of VIIIIZON LLC, she does a lot of work with youth and adults in performing arts and wellness.



She has many accolades as a choreographer, dancer performer and has taught for over 15 years. She also has studied psychology, social work, and life coaching, in which she uses tools from her studies

to bring empowerment, self-confidence, and safe spaces to her studio and community.

Her influence comes from her community, peers and students wide and far and believes that in cultivating positive spaces, us as individuals and communities can grow and create change.

**Brandie Mitchell-Johnson**

Brandie Mitchel -Johnson is a Licensed Massage Therapist and Natural Therapeutics Specialist who has dedicated her efforts towards Suicide Prevention and Minority Mental wellness.



She has traveled the world, planning events, youth camps and leading large group exercises.

She accredits her passion for community service, youth work, and suicide prevention to all the grassroots leaders, advocates, and change-makers that came before her, paved the way and invited her to tables.

**Jessica Helen Lopez**

City of Albuquerque, NM Poet Laureate, Emeritus (2014-2016), and the author of five collections of poetry. Her most recent book, “The Blood Poems,” was published in the Fall of 2021 by the University of New Mexico Press and



was nominated for the Housatonic Book Award. A Justice for Migrant Women’s Collective Rural Women’s Fellow and a Pushcart Prize for Poetry nominee, she is also an educator at the Native American Community Academy for the Institute of American Indian Arts and teaches for the UNM Chicana and Chicano Studies Department.

A California-born Xicana, by way of Deming, NM and the surrounding Frontera communities of Las Cruces, NM and El Paso, TX., Lopez is a NM Humanities Council Chautauqua Scholar, a national

award-winning Slam Poet, a recipient of the NM Women's Press Zia Book Award and is the Native Youth Opportunities Director for the NACA Inspired Schools Network, and BIPOC community-designed schools. [jessicahelenlopezpoet.wordpress.com](http://jessicahelenlopezpoet.wordpress.com).

## **NINA FARROW HAIR STUDIO**

### **Nina Farrow**

Ms. Nina Farrow has been a master hairstylist for the past 38 years, in the greater Albuquerque area.

In addition to practicing her hair artistry skills on an extensive client list each day, she has worked with institutions that include APS Career Enrichment Center, A Better U Barber College, and the NM CYFD. Nina has participated in Inner Beauty and is engaged in the African American community and works with, and on behalf of, African American youth. She works with girls to build their self-esteem by empowering them to embrace their inner and outer beauty and provides them with Coaching and mentorship. Nina was just awarded in 2022 for having the longest female Black-owned business in New Mexico.



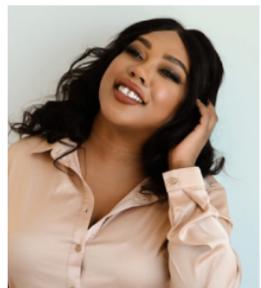
### **Tikeshia Hayden**

Tikeshia Hayden has been in the Cosmetology field for 26 years. She specializes in curly hair, braids, hair extensions, color, haircuts and more.



### **Danielle Bridges**

Danielle Bridges is a firm believer in celebrating the inner beauty and spirit of her clients. Makeup is truly an artistry to Danielle. To Danielle, every client is special, every face an exciting blank canvas, an opportunity to create a work of art!





# PARTICIPATING APS MIDDLE SCHOOLS

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VAN BUREN MIDDLE SCHOOL  
WILSON MIDDLE SCHOOL

A sincere thank you to the incredible school counselors, supportive parents, and the enthusiastic students themselves for coming together to ensure the participation of more than 300 girls at the empowerment summit.

*“Think like a queen. A queen is not afraid to fail. Failure is another steppingstone to greatness.”*

OPRAH WINFREY