A speed coaching and networking event powered by bizwomen.
One-on-one Mentors

Nicole Beachum  
Uptick Marketing, Seat #1

Shelia Benson  
ESS, Seat #2

Lakey Boyd  
Re:Posit Strategies, Seat #3

Wendi Boyen  
Regions Financial, Seat #4

Meredith Calhoun  
Corporate Realty, Seat #5

Joy Carter  
ACIPCO, Seat #6

Chianti Cleggett  
BCVB, Seat #7

Kate Danella  
Regions Bank, Seat #8

Tania Daniel  
ENGS Commercial Capital, Seat #9

Shana Fail  
Regions Bank, Seat #10

Beth Franklin  
Hand in Paw, Seat #11

Bebe Goodrich  
Icebox Coffee, Seat #12

Sandi Gornati  
SGI Delivery Solutions, Seat #13

McCall Hardison  
Free Textbooks, Seat #14

Becci Hart  
Intermark, Seat #15

Jeanne Jackson  
The Women’s Fund, Seat #16

Barbara Jacobsmeyer  
Encompass Health, Seat #17

Nancy Kane  
Protective Life Corp, Seat #18

Cindy Kostelecky  
Jim House & Assoc., Seat #19

Kim Lee  
Forge, Seat #20

Koko Mackin  
Blue Cross Blue Shield, Seat #21

Shelia Montgomery-Mills  
BJCC, Seat #22

Debra Nelson  
Elevate Communications, Seat #23

Tanveer Patel  
ConcertCare, Seat #24

Anne Pritz  
Royal Cup Coffee, Seat #25

Isabel Rubio  
The Hispanic Interest Coalition, Seat #26

Teresa Shufflebarger  
Baptist Health Systems, Seat #27

Tracy Bennett Smith  
JDRF, Seat #28

Shannon Spotswood  
RFG Advisory, Seat #29

Yolanda Sullivan  
YWCA Central Alabama, Seat #30

Darlene Wilson  
Relay Accounting Management, Seat #31

Roundtable Leaders

Barbara Burton  
Chalker Group, Roundtable #1

Katrina Cade  
PrideStaff, Roundtable #2

Yazmin Cavale  
GLOW, Roundtable #3

Mia Cowan  
MiBella, Roundtable #4

Jessica Kirk Drennan  
Kirk Drenna Law, LLC, Roundtable #5

Betsy Holloway  
Samford University, Roundtable #6

Alesia Jones  
UAB, Roundtable #7

Shellie Layne  
At Home, LLC, Roundtable #8

Lauren Pearson  
Hightower, Roundtable #9

Tyrenda Williams-Reed  
Birmingham Barons, Roundtable #10
1 | **Nicole Beachum** | Managing Partner, Uptick Marketing
Nicole Beachum is the founder and managing partner of Uptick Marketing, a full-service strategic digital marketing agency in Birmingham. Nicole is also an adjunct professor of marketing at UAB, serves on the board of the YMCA of Greater Birmingham, and spearheaded the Magic City Makeover, an annual competition between area nonprofits for $35,000 in digital marketing services.

2 | **Tracy Bennett Smith** | Executive Director, JDRF
Tracy Bennett Smith has more than 20 years’ experience as an executive in the nonprofit industry emphasizing a team approach leadership style. She is adept at building productive relationships to further the organization’s goals with a strong background in team building, coaching, marketing, strategic planning, business development, communications and community relations. Her vast experience in overseeing non-profits has provided skills and knowledge at all levels including operations, administration, human resources and business development. She currently serves as executive director of the JDRF Alabama Chapter.

3 | **Sheila Benson** | CEO | Founder, Employment Screening Services LLC
Sheila Benson is the founder and CEO of ESS. ESS is a top 10, national risk management solutions provider, specializing in background screening, drug testing and customized security and investigative services. For over 20 years, ESS has partnered with companies to minimize risk, protect their assets, their reputations and safeguard their employees. ESS serves clients in all 50 states as well as internationally.

4 | **Lakey Boyd** | Principal, Re:Posit Strategies
Boyd, currently principal with Re:Posit Strategies, is an economic development innovator and was part of the team launching the Innovate Birmingham effort. She has spent a large part of her career in consulting, working on approximately 90 projects in over 50 cities in 12 states. She has a niche in redevelopment - not only the real estate market side of catalytic projects - also community building, engagement, talent development, and innovation positioning. She also is involved in efforts to identify, support and grow entrepreneurs and small businesses, including developing and piloting programs for getting start-ups off the ground, and working with them to evolve and thrive.

5 | **Wendi Boyen** | Senior Vice President, Government & Institutional Banking Director, Regions
Wendi Boyen serves as senior vice president and South region director of government and institutional banking for Regions Financial Corp. She is a 23-year veteran with Regions. Boyen joined Regions in 1993 as a Management Associate and has served in various positions within Business Services. Since 2006, she has served as government and institutional banking market manager for North Central Alabama where she was instrumental in developing the bank’s public, institutional and non-profit practice. Boyen was named director of government and institutional banking for the South region in 2013.

6 | **Barbara Burton** | President and Founder, Chalker Group
Barbara Burton founded and is the president of Chalker Group, a start-up with the mission of being innovative and bringing the best and brightest to Birmingham. Chalker Group has been vital to numerous, successful leadership searches at UAB. Burton and her team have expanded Chalker Group to the private business sector. She is Class of 2015 Leadership Birmingham and Class of 2016 Leadership Alabama. She is an active member of the Rotary Club of Birmingham and the UAB Comprehensive Cancer Center Board.

7 | **Katrina Cade** | Owner, strategic partner, PrideStaff
Katrina Cade is the owner of PrideStaff, a staffing and recruiting agency that serves Birmingham, Hoover and surrounding areas. PrideStaff has been featured and named by Forbes Magazine as one of the top 5 “Leading Providers” in the employment agency category in North America. In 2015, Pridestaff was a Birmingham Business Alliance Group small business award nominee.
Meredith Ray Calhoun is COO and Director of Business Development at Corporate Realty. She oversees the day-to-day operations and manages the business portfolio.

Joy Carter is Communications Manager at AMERICAN Cast Iron Pipe Company. She has a background in PR and communications from Civitan International, NASA, and the University of Alabama.

Yazmin Cavale is the CEO of GLOW, an on-demand beauty app in Alabama. She has expertise in the beauty industry from major brands like Laura Mercier and Estee Lauder.

Chianti C. Cleggett is a national sales manager for the Greater Birmingham Convention & Visitors Bureau. She loves sharing the beauty of Birmingham.

Dr. Mia T. Cowan is a renowned gynecologist who travels internationally to speak on women's health. She has appeared in media outlets like print, online, radio, and TV.

Kate Randall Danella is the Executive Vice President at Regions Financial. She has an MBA from Harvard Business School and degrees from Harvard and Vanderbilt.

Tania Daniel is the Managing Director of ENGS Commercial Capital, helping companies with working capital needs.

Mentors
15 | Jessica Kirk Drennan | Partner, Kirk Drennan Law
Jessica Kirk Drennan, family and matrimonial attorney since 1996 and founder of Kirk Drennan PC, attributes her great success to diligent preparation, creative solutions and passionate advocacy. Her firm recently expanded client services and now has a Family Law Practice Group, a Probate Practice Group and a Criminal Defense Practice Group. Jessica leads the Family Law Practice Group. Jessica has 21 years of litigation experience and is AV rated by Martindale Hubbell. She has also authored a book, “Divorce in Alabama.”

16 | Shana Fail | Marketing Strategist, Regions Bank
Shana Fail is a vice president and corporate marketing strategist for Regions Bank, which is the largest bank in metro Birmingham. Fail previously worked in marketing communications for Regions. Prior to that, she worked as a marketing operations specialist for another financial institution. She is a graduate of Troy University.

17 | Beth Franklin | Founder / Expansion Coordinator, Hand in Paw
Beth Franklin, who holds a Masters in Counseling from the University of Alabama at Birmingham, has more than 20 years of experience in nonprofit development and executive leadership. In 2016, after seven years of serving mental health and educational nonprofits, Beth returned to Hand in Paw as its founder/expansion coordinator. She is responsible for raising resources to support expansion of innovative programs and the volunteers who serve in these programs. She continues to serve on The Women’s Network, the Remy Fund for Animal Services Grants Allocation Committee, and as Leader of the Art Team at Unity of Birmingham.

18 | Bebe Goodrich | Director of Liquid Innovation, Royal Cup Coffee
A New Orleans native, Bebe attended Washington and Lee University followed by three years in Washington, D.C., working on the Hill. In 2010, she relocated to Birmingham. After a year in non-profit and a brief stint with regional produce distribution company, Bebe set out to establish her own business and bring the rich coffee culture of New Orleans to refrigerators nationwide. Through her work at Icebox Coffee, Goodrich creates a simple, high quality, personalized coffee experience. All business operations including manufacturing are located at Innovation Depot. In 2017, Royal Cup Coffee acquired Icebox Coffee.

19 | Sandi Gornati | Founder/President, SGI Delivery Solutions
Sandi Gornati, a native of Birmingham with a logistics career that spans 45 years, founded SGI Delivery Solutions in May 2005. Birmingham and Dothan offices and warehouses were the first to open, with the Mobile location by August 2005. Currently, the business has successfully incorporated delivery points in Alabama, Florida, Georgia, Mississippi, the Carolinas, and Tennessee. SGI creates work for more than 160 people.

20 | McCall Hardison | Chief Marketing Officer, FreeTextbooks
McCall Hardison has called Birmingham home for the last four years. After graduating from the University of Georgia, she went to work for a small fundraising organization in Atlanta. It was there that she developed a deep interest in small business innovation and entrepreneurship. In March of 2014, she moved to Birmingham and joined the startup, FreeTextbooks as an early employee. As Chief Marketing Officer, she has transformed FreeTextbooks into a nationwide brand and campus network.

21 | Becci Hart | President, Intermark Group Public Relations
Becci Hart, President of Intermark Group Public Relations, leads a team of public relations and social media professionals and represents clients in diverse industries. With the agency since 1999, she has over 30 years experience in the field. Before joining Intermark Group, Becci worked at some of the top public relations agencies in the world. She specializes in consumer marketing generating consumer interest in a variety of industries.
22 | **Betsy Holloway** | Chief marketing officer, professor, Samford University

Betsy Bugg Holloway serves as Vice President for Marketing and Communication and Professor of Marketing for Samford University. In this role she has responsibility for all marketing and branding initiatives across the university’s operations. Prior to assuming this role, Dr. Holloway served as the Dwight Moody Beeson Chair of Business in the Brock School of Business at Samford University.

23 | **Jeanne Jackson** | President, CEO, The Women's Fund of Greater Birmingham

Jeanne Jackson is the most recent president/CEO of The Women’s Fund of Greater Birmingham, an organization that inspires women to use their philanthropic power to create positive social change for women and their children. The Women's Fund is a leader in reducing domestic violence, addressing sex trafficking of minors, and enhancing women's economic security.

24 | **Barbara Jacobsmeyer** | EVP of Operations Encompass Health

Barb Jacobsmeyer is executive vice president of operations for Encompass Health (formerly HealthSouth). She joined the company in 2007, serving as president of its central region from 2012-2016 and as chief executive officer of the Rehabilitation Hospital of St. Louis, a partnership of BJC HealthCare and HealthSouth, from 2007-2012. Prior to joining HealthSouth, Jacobsmeyer served as chief operating officer for Des Peres Hospital in St. Louis. She received her bachelor's degree in physical therapy from St. Louis University and her master's degree in health services management from Webster University.

25 | **Alesia Jones** | Chief Human Resources Officer, UAB

Alesia M. Jones is the chief human resources officer at the University of Alabama at Birmingham. Jones leads a human resources division of some 160 staff who work in both consultative and transactional service capacities for the academic, research, service, and health care units throughout the institution. She has a MBA from the University of Alabama at Birmingham and a BS from The University of Alabama. She is active in the Birmingham community and civic organizations such as the Rotary Club of Birmingham, McWane Science Center, and The Women's Fund of Greater Birmingham.

26 | **Nancy Kane** | Senior Vice President, Acquisitions and Corporate Development, Protective Life Corporation

Nancy Kane is senior vice president, acquisitions and corporate development of Protective Life Corp. She is responsible for leading the company’s M&A activities and capital markets segment. Kane joined Protective Life as senior associate counsel in 1997. Prior to joining Protective, Kane was an associate with Debevoise and Plimpton in New York, practicing in the areas of corporate and securities law. Kane is an alumna of the Momentum Women's Leadership Program and Leadership Birmingham. Kane earned a Bachelor of Arts from the State University of New York at Oneonta and a Doctor of Jurisprudence from Yale Law School.

27 | **Cindy Kostelecky** | Sales, Jim House & Associates

Cindy Kostelecky is a leading member of Jim House & Associates team working with municipalities, industrial facilities, manufacturers and engineers for over 23 years. Kostelecky is the current president-elect for Alabama Women in Business of which she has been a member since 2012, where she has been instrumental in helping the organization grow. She is the founder of Vision 2 Be Inc., a nonprofit that provides scholarships for overseas educational trips to participants in local high schools. She is also pursuing her private pilot's license and is an active member of Women in Aviation International-Birmingham Chapter and the Birmingham Aero Club.
28 | Shellie Layne | CEO, At Home LLC
Shellie Layne is the CEO of At Home LLC and Founder/Executive Director of At Home Foundation Inc, and the WUCNetwork (Women Under Construction Network). She embraces her mission to empower and motivate women using tools, home furnishings and home repair applications. She is the visionary, host and executive producer of “At Home with Shellie” as well as the writer and creator of the weekly signature column of the same name in the Birmingham Times Newspaper.

29 | Kim Lee | Founder and CEO, Forge
Kim Lee is the founder and CEO of Forge, Birmingham’s first professional coworking space located in the Pizitz Building. Her passion for community and service drove her to open Forge in September 2017 as a place to provide an avenue for entrepreneurs and small business owners to thrive through growing their businesses in a way that was previously unavailable in Birmingham. Lee is a graduate of Samford University of Samford University and Covenant Theological Seminary. She and her husband, Murray, have three children. She also serves as a mentor through Aspire Ministries.

30 | Koko Mackin | Vice President Corporate Communications & Community Relations, Blue Cross and Blue Shield of Alabama
Koko Mackin serves as vice president, corporate communications and community relations, and as Blue Cross' spokesperson. She is responsible for corporate giving and The Caring Foundation, Blue Cross' charitable foundation, promoting health and education initiatives statewide. Mackin currently serves as immediate past board chair of The Eyesight Foundation of Alabama; on the Strategic Communications Advisory Network of the Blue Cross Blue Shield Association; and as a member of the Kiwanis Club of Birmingham, The Women’s Network, Junior League of Birmingham Community Advisory Board and the Newcomen Society.

31 | Shelia Montgomery-Mills | Senior Project Manager of Design and Construction, BJCC
Shelia Montgomery-Mills is senior project manager of design and construction for the Birmingham Jefferson Convention Complex. Shelia’s career spans 25 years beginning as a project manager with the city of Birmingham, moving into the private sector as a construction manager for site development firm and later building renovations at a local design-build firm. In 2010 she established her own consulting firm, Civil Construction Solutions, and in 2015 moved into her role at the BJCC, giving her a larger platform to impact her local community.

32 | Debra Nelson | President, Elevate Communications
Debra Nelson, president of Elevate Communications, was formerly a corporate executive with Fortune 500 companies that included Mercedes-Benz, DaimlerChrysler and MGM Resorts International. Prior to founding the professional development and communication services firm Elevate, she led corporate communications for Brasfield & Gorrie. She is vice president of The Birmingham (AL) Chapter of The Links, Incorporated. She is also a featured contributor to Pivot magazine and a graduate of Leadership Alabama and Leadership Las Vegas. She is a certified coach, speaker and workshop facilitator.

33 | Tanveer Patel | Co-founder, CEO, ConcertCare
Recently named by Upstart Business Journal one of the nation’s Top 100 Influential Thinkers, Tanveer Patel brings to ConcertCare two decades of successful business ventures partnering healthcare with information technology. She founded and managed CircleSource, a healthcare software development company, until its acquisition in 2010 by a fellow healthcare business. She’s also mentored numerous successful entrepreneurs—and has served as an investor and advisor for healthcare companies such as Comply MD and Secant Healthcare.
34 | Lauren Pearson | Managing Director, Partner, HighTower Twickenham
Lauren leads HighTower Twickenham's Birmingham office, which serves in a full fiduciary capacity and caters to families' distinctive needs with services marked by a white-glove experience and an emphasis on confidentiality. With a decade of experience in financial services, Lauren specializes in the development of custom, goals-oriented wealth management and investment strategies. In 2017, Lauren was featured on Forbes’ “America’s Top Next-Generation Wealth Advisors” list, the Birmingham Business Journals’ “2017 Women to Watch” and featured in WORKING MOTHER magazines’ “Top Wealth Advisor Moms.”

35 | Anne Pritz | Chief Marketing Officer, Royal Cup Coffee & Tea
Anne Pritz is the chief marketing officer for Royal Cup Coffee and Tea, the proven leader in sourcing, roasting, blending and providing high quality coffees and fine teas since 1896 and the chosen partner for restaurants, hotels, offices and commuters across the country. She brings over fifteen years of experience leading marketing and strategy initiatives for major brands in the food and beverage industry.

36 | Isabel Rubio | Executive Director, Hispanic Interest Coalition of Alabama
A seasoned nonprofit professional with more than 20 years’ experience working with low-income communities, particularly immigrant Hispanics in Alabama, Isabel Rubio is a native of Mississippi and a second generation Mexican-American. She earned degrees in history (BA – University of Southern Mississippi) and social work (BSW – UAB) and worked in field for eight years in the greater Birmingham area when she was moved to found the Hispanic Interest Coalition of Alabama (¡HICA!) in 1999. Rubio has served as Executive Director since 2001.

37 | Teresa Shufflebarger | Chief Business Development Officer, Brookwood Baptist Health
As chief business development officer of Brookwood Baptist Health, Teresa Shufflebarger is responsible for identifying and facilitating the adoption of new business opportunities, directing physician recruitment for the system, and guiding the strategic planning process and innovation efforts. A native of Birmingham, Shufflebarger completed her asters degree in Healthcare Administration and a Masters in Business Administration at the University of Alabama in Birmingham, and is a Fellow of the American College of Healthcare Executives (ACHE).

38 | Shannon Spotswood | President, RFG Advisory
Shannon Spotswood was named President of RFG Advisory in February 2016. Her strategic vision for the firm is one of rapid, well-executed expansion across the U.S. Her focus is on best practices for advisor recruitment and transitions, corporate marketing, business development, and M&A. She is committed to supporting RFG Advisory's high-growth, hybrid RIA platform with a network of professional independent financial advisors.

39 | Yolanda Sullivan | CEO, YWCA Central Alabama
Yolanda Sullivan has served as CEO of YWCA Central Alabama since January 2014. Prior to her appointment, she volunteered with the agency for 20 years, serving as president of both the Junior Board and Board of Directors. In 2013, Sullivan retired after a 30-year career at Vulcan Materials, where she was Corporate Human Resources Director and also worked in finance. Sullivan serves on the board of The Community Foundation of Greater Birmingham and is a member of The Women's Network, Rotary Club of Birmingham and Zonta International.
40 | **Tyrenda Williams-Reed** | HR/Payroll Manager, Birmingham Barons, LLC  
Tyrenda Jerona Williams-Reed (Ty) is a communications and human resources generalist who holds professional certifications as an APR (Accredited in Public Relations) and PHR (Professional in Human Resources). She has a master’s degree in journalism and Latin American and Caribbean Studies from New York University and received a bachelor’s degree from Birmingham-Southern College. In 2001, she received the honor of serving as a guest professor of English and American Culture at Kodolanyi Janos University College in Szekesfehervar, Hungary. In 1997, she became the first African-American to win America’s Junior Miss (Distinguished Young Women) in the program’s 40-year history.

41 | **Darlene Wilson** | Managing Principal, Relay Accounting Management  
Darlene Wilson founded Relay Accounting Management, which specializes in relationships with entrepreneurs and businesses growth and development providing accounting management services. Her community dedication to the start-up of businesses in the metropolis of Birmingham are proven through her volunteer hours to ensure entrepreneurs are properly prepared and educated for the start and continuation of their journey as business owners. She currently serves as Chair of the Board of Directors at REV Birmingham and a member of Foundation Capital. Darlene is a graduate of the University of Montevallo and a regular contributor to the alumni.