

# TEDx Duluth

## First Conference

February 6th, 2026 at DECC Harborside Ballroom

The logo for the 'IGNITE' event, featuring the word 'IGNITE' in a bold, blocky font with a fiery, orange and yellow gradient background.

your personal growth

### SESSION 1: Become Your Own Fuel

Time	Speaker	Title
9:00 a.m.	Kelly Jahner-Byrne	Momentum: The Moment You Decide.
9:20 a.m.	Enrique Velázquez	What Happens When Leaders Put People First
9:35 a.m.	Ted Stephany	Small Fights, Big Life: The Power of a Courageous Ask
9:50 a.m.	Bree Johnson	Recovering From Work: The Leadership Revolution We've Been Missing

### SESSION 2: Unleash The Phoenix Within

Time	Speaker	Title
10:30 a.m.	Laila Miller	Self-Worth Isn't a Feeling. It's a Decision.
10:45 a.m.	Dr. Fred Dodini	Sun... moon... or star? Choose wisely.
11:05 a.m.	Daud Khan	From Breakdown to Breakthrough: Redesigning Yourself When Life Fails
11:25 a.m.	Melissa Fors Shackelford	How to Make Purpose Your Lifeline When Life Gets Hard

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February 6th, 2026 at DECC Harborside Ballroom

The logo for the TEDx Duluth conference, featuring the word "IGNITE" in a bold, sans-serif font. The letters are filled with a vibrant, fiery orange and yellow gradient, giving it a glowing, energetic appearance.

your personal growth

### SESSION 3: Fireproofing You

Time	Speaker	Title
1:00 p.m.	Kimberly Harms D.D.S, GC-C	We're Not Dead Yet: How Aging Boldly Can Change the World We Leave Behind
1:20 p.m.	Ryan T. Reichert	Kindness: The 6-Step Method to Transform Our Lives
1:35 p.m.	Heather Poduska	Developing A Diva Mindset: How To Go From Stuck & Stymied To Unstoppable In The Spotlight
1:50 p.m.	Dayna Del Val	THE POWER OF SILENCE: HOW DISRUPTION FUELS TRANSFORMATION

### SESSION 4: Sparks of Success

Time	Speaker	Title
2:45 p.m.	Lucie Amundsen	From Date Night to Doing Right: Accidentally Building an Ethical Egg Business
3:00 p.m.	Dr. Mazz Marry	Breath, Honesty, Courage: A New Model of Leadership
3:20 p.m.	Adam Lane Smith	Building Secure Loyalty in the Workplace
3:40 p.m.	Katie Mednick	The Shove Move: How values - not appearances - define progress.