

TEDx Duluth

First Conference

February 6th, 2026 at DECC Harborside Ballroom



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. | Dayna Del Val | THE POWER OF SILENCE: HOW DISRUPTION FUELS TRANSFORMATION |
| 11:25 a.m. | Melissa Fors Shackelford | How to Make Purpose Your Lifeline When Life Gets Hard |
| 11:45 a.m. | Daud Khan | From Breakdown to Breakthrough: Redesigning Yourself When Life Fails |

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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. | Joan M. Olson | The Power of WOW! |

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. |