

Carolinas Connections Women's Event



Together we'll go far



Carolinas Connections Women's Event

Agenda

Monday, November 3 rd	Activity	Location
5:00 p.m. – 8:00 p.m.	Reception and Dinner	One Wells Fargo – 41st Floor
5:45 p.m.	Welcome Remarks <i>Suzanne Morrison, CmBG Charlotte West Region Head</i>	
5:50 p.m.	<i>Diane Schumaker-Krieg, Global Head of Research, Economics and Strategy</i>	
Tuesday, November 4 th	Activity	Location
7:30 a.m. – 8:15 a.m.	Breakfast	Duke Energy Center – 10th Floor Break Room Area and Green Roof Terrace
8:15 a.m. – 8:20 a.m.	Welcome and Introduction <i>Tara Coffey, CmBG Charlotte Metro Region Head</i>	Duke Energy Center – 10th Floor Stonewall and Tryon Rooms
8:20 a.m. – 9:00 a.m.	Nadia Shirin Moffett <i>Director of the Queens Foundation</i>	
9:00 a.m. – 9:30 a.m.	Speed Networking	
9:30 a.m. – 10:15 a.m.	Laura A. Schulte <i>Regional Banking Executive Eastern Region</i>	
10:15 a.m. – 10:30 a.m.	Break	
10:30 a.m. – 11:15 a.m.	Laura S. Oberst <i>CmBG Central Region Head</i>	
11:15 a.m. – 12:00 p.m.	Lisa S. DeCarlo <i>Head of Wholesale Talent Strategy and Planning</i>	
12:00 p.m. – 12:15 p.m.	Walk to One Wells Fargo, 41st Floor	
12:15 p.m. – 1:30 p.m.	Lunch	One Wells Fargo, 41st Floor

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Tuesday, November 4th	Activity	Location
12:45 p.m.	Liz Hilliard <i>Creator, Hilliard Studio Method</i>	
1:30 p.m. - 1:45 p.m.	Walk to Duke Energy Center	
1:45 p.m. - 3:30 p.m.	Volunteer Activity	Duke Energy Center - 10th Floor Stonewall and Tryon Rooms
3:30 p.m.	Meeting Concludes	

Liz Hilliard
Owner and Creator
Hilliard Studio Method



Liz Hilliard is the owner and creator of Hilliard Studio Method, a powerful, transformative 60-minute workout that incorporates weights, intense isometric positions, floor and barre work into a workout that has best been described by clients as “Pilates on crack”. Hilliard’s unique approach and meticulously-designed, results-driven workout has improved the overall strength, flexibility, posture, fitness, and health for hundreds of clients.

A graduate of the highly-acclaimed STOTT Pilates International Training Center in Toronto, Canada, Hilliard opened her first studio, Performance Pilates, in 2002 with one goal - to pioneer an intense, cutting edge, and innovative approach to personal training for the Charlotte community. In 2008, she took that vision to the next level, developing an even more radical approach to personal training and group fitness with daughter, Clary Hilliard Gray. Together, the two created Hilliard Studio Method.

Hilliard is the driving force behind the Hilliard Studio Method (HSM) brand development. In the last five years, she has grown the brand to include a flagship studio in the Myers Park neighborhood of Charlotte, 47 classes taught weekly by a team of highly-trained and certified HSM trainers, a series of downloadable, workout videos, a product line of branded apparel, partnerships with lifestyle and fitness products from around the world, and a signature smoothie.

Through the brand’s success and expansion, Hilliard is a leader in the fitness industry committed to ensuring the HSM workout serves as the brand’s strong core; and she wants her clients’ results to encapsulate more than the physical. “Every time I make it through a two-minute plank without dropping to my knees, I feel more determined and empowered to tackle other challenges in my daily life,” says client Heather McNaul.

Hilliard Studio Method has been recognized by *Charlotte magazine* and *Elevate Magazine* as the Best Pilates/Barre workout in Charlotte. Hilliard has been named one of the “50 Most Influential Women” by *the Mecklenburg Times*.

A native of North Carolina, Hilliard lives in Charlotte, with her husband, Aubrey.

For more information about Hilliard Studio Method, please visit www.hilliardstudiomethod.com.