



x = independently organized TED event

Saturday, November 11, 2023 10:00 a.m. - 4:00 p.m.

College of Central Florida Fine Arts Auditorium

### www.TEDxOcala.com

"People who say they don't see the acceleration of innovation is a wilful blindness. We are innovating at a wonderful speed for the basic things we think everyone should get."

- Bill Gates

#### Welcome to our NINTH annual TEDxOcala!

Our theme this year is **Acceleration**. We love this broad theme as it incorporates so much. With the release of Artificial Intelligence apps and tools (AI) or as some say Accelerated Intelligence, we believe our theme this year encompasses the speed of change we are seeing across many industries and the world in general.

It's our hope that our audience is here open to learning, observing, and engaging in new ways. All of us who are here today were meant to be here together. Take advantage of your time here. You will meet interesting people in the audience and hear actionable ideas. What is important is you take the time and challenge yourself to meet new people and discuss the ideas you are hear-ing.



Our willingness to take time to listen to ideas that may influence our perspective and help us spread those ideas is key. TED is very much about engaging communities and thought leaders to make our world a better place. The talks you will hear will spark conversation, creativity, and community.

On behalf of our all-volunteer team, we want to thank our presenters for their hard work and effort to share their ideas, our team for the fortitude to put on this community event, our sponsors and partners for their support, and you, our audience for being here to engage in this experience. You are the ones who are able to spread these ideas, and we are pleased we will be able to share TEDxOcala with the world through our videos.

To get the most out of today, we encourage you to be present, focused and engaged. Meet new people, start new conversations, and open your mind to new possibilities. We invite you to con-nect with our speakers, their ideas, and each other.

Remember, take time to say hello to everyone you meet today. It is our ability to connect and dis-cover new friendships and relationships that enhance our journey together. Enjoy this special day. We believe there is brilliance in the room and the synergy that we can create together will reveal that we are accelerating our ability to get much done.

We welcome you to be part of a global movement dedicated to spreading good ideas, and ideas that spread win.

Kindest Regards, Manal Jachonny

Manal Fakhoury, Curator TEDxOcala





"Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think."

- MLK, Jr.

### SCHEDULE

9:30 a.m. - 10:10 a.m. Registration

10:10 a.m. Welcome & Opening Remarks

**TEDxOcala Activity** 

#### Session 1 (10:20 a.m. - 11:00 a.m.)

**TED Introduction Video** Speaker - Gail Golden Speaker - Elisha Lopez Speaker - Ahmed Abubakar Speaker - Dr. Adel Korkor

#### Break (11:10 a.m. - 11:30 a.m.)

#### Session 2 (11:30 a.m. - 12:15 p.m.)

Session Video Speaker - Tania Bartolini Speaker - Dr. Alberto Rullan Speaker - R.J. Jenkins

Lunch and Idea Exchange (12:15 - 12:50 p.m.)

#### Session 3 (12:50 p.m. - 1:40 p.m.)

Session Video Speaker - Janan Sarwar Speaker - Neeta Jain Speaker - Dr. Serene Shereef

Break (1:40 p.m. - 2:00 p.m.)

#### Session 4 (2:00 - 3:00 p.m.)

Session Video Speaker - Cher Kretz Speaker - Dr. DeLon Canterbury Speaker - Dr. Hatem Akil Closing VideoTED

Closing Remarks and Group Photo (3:00 - 3:30 p.m)

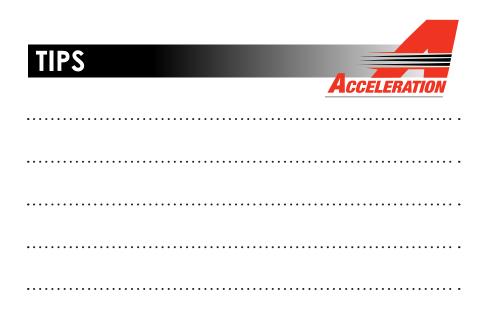
## **TEDx**Ocala Speakers





Gail Golden provides strategic advice and coaching to reveal what's really going on, so business leaders can make rapid, accurate decisions to create breakthrough change. Drawing on her unique cross-background perspective, Gail helps senior business leaders, teams, and companies hit peak performance.

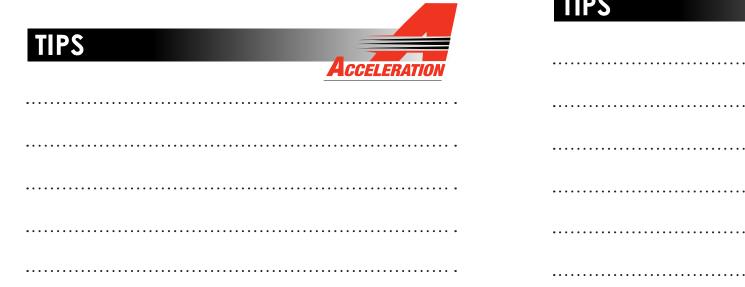
As a licensed psychologist and an MBA-holding entrepreneur, Gail understands both the emotions and the economics successful business leaders must master. Her unique approach combines sports-influenced tactics of performance coaching with psychology-trained skills of empathy to bring the best out of businesses, leaders, and employees. Gail specializes in helping leaders handle rapid change, build highperforming teams, avoid burnout, plan for succession, and drive success.





Elisha Lopez, a highly accomplished Florida Real Estate Broker and Instructor, distinguished entrepreneur, devoted wife, and nurturing mother of three, stands as a remarkable inspiration in both the real estate industry and the realm of motherhood. With her Realty World franchise in Ocala, FL, she has built an exceptional reputation, locally and globally, recently earning the distinguished title of the best real estate business in Central Florida on WKMG CBS Orlando's esteemed show "The Best of Central Florida," hosted by Justin Clark and Makaila Nichols. Elisha, alongside her husband and the rest of her real estate team, has consistently demonstrated unparalleled expertise and outstanding leadership.

However, Elisha's impact transcends professional achievements. She is deeply committed to supporting and empowering other business moms to not only navigate but flourish in every aspect of their lives. Leveraging her personal experiences as a successful entrepreneur and loving mother, she has become a trusted mentor and guide for women seeking to effectively balance their careers, family responsibilities, and self-care.





Ahmed is a public speaking enthusiast. Originally from Toronto and currently residing in New York with his wife Nawal, Ahmed is a former trained actor turned salesman and amateur public speaker. Some of his favorite public speakers include Malcolm X, Simon Sinek, Brene Brown, Denzel Washington and a few more. Ahmed has a passion for topics such as spirituality, personal development, logic and rhetoric, and business. One of his big goals to accomplish in his early thirties is presenting a TEDTalk which combines the various topics he's passionate about. And it is something he will get to do soon.

One day he hopes public speaking will play a big role in his line of work where he will get to share messages of empowerment and self betterment to others. When he's taking it easy from his day job or pursuing his interests, you can find him spending time with his loved ones, checking out new restaurants Nawal talks him into trying, and exploring the many parts NYC has to offer.

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Years ago, his journey in medicine began, for he has wanted to become a physician since the age of ten. It was his desire to heal everybody. His father, having suffered from diabetes from a rather young age, often joked with him by saying that he will one day be a 'human body repairman'.

In his thirty-seven years as a physician – first in academic medicine and then in clinical medicine – he has had the profound honor and privilege of touching countless lives. Now, however, he is embarking upon his second journey – addressing issues surrounding mental health. During the years of carefully tending to the nuances of the human body, he became intensely aware of the body and brain connection. He understood and experienced the complexity of the brain and the pivotal role that mental health plays in our physical well being. Additionally, he has observed the painful, pervasive struggle of patients with mental illness from stigma, limited access to care, and inadequate insurance coverage.

Nothing less than his own personal experience with panic disorder and his challenge to improve his own mental well-being could have had a more significant influence on his next journey to help others with their own mental health. At age forty, he suffered his first major panic attack, yet upon reflection, now he truly knew he had plenty of lesser ones since childhood. After several months of drug treatment, he intensified his physical exercise and set his sights on running as part of his treatment. Within a few short months, he ran his first marathon and has run many others since. He now knows that running has saved his life! Thus, with all this in mind, he is now embarking upon his next mission to help make this world a better place for those suffering with mental illness. He hopes to increase awareness, address the staggering shortage of affordable care, emphasize the importance of wellness in mental health, fund research, and focus on underserved groups such as veterans, minorities and those suffering from addiction.





Tania Bartolini is an attorney, speaker, business coach and consultant, and the CEO of Business and Beyond, LLC: Your Guide to Greatness. She inspires and empowers entrepreneurs to create businesses that serve them and their clients, provide freedom and balance, and afford sustainability and security. She is an Arab-American and her vast travels and living abroad have given her insight into numerous cultures, which has translated into a deep appreciation for diversity and authenticity.

She has been a litigator since 2004 and has conducted thousands of trials successfully. The majority of her practice is in the areas of business, contracts, and real estate. She is a firm believer in communication, cooperation, and collaboration.

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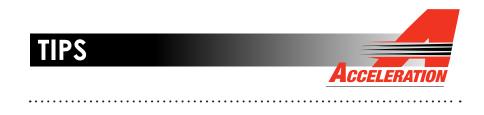


Dr. Alberto Rullan is a trailblazing figure in the equine industry, renowned as the founder of Performance Equine Veterinary Services in 2009. With a dual focus on equine healthcare and equine business development, his practice has become a driving force in treating performance-related issues in horses. Dr. Rullan's unwavering commitment is to deliver precise diagnoses and implement the best available treatments and rehabilitation, ensuring that horses can achieve their full potential.

A distinguished alumnus of the University of Pennsylvania, School of Veterinary Medicine, Dr. Rullan earned his Veterinary Medical Doctor degree in 2006. His academic journey began at Pennsylvania State University, where he secured a Bachelor of Science degree in 2002. These educational milestones laid the foundation for his remarkable career in equine medicine.

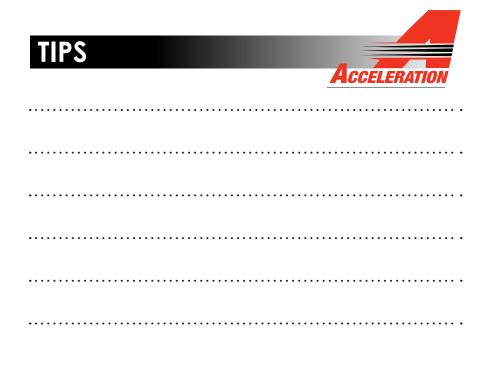
Additionally, Dr. Rullan is recognized as an accredited member of the International Society of Equine Locomotor Pathology (ISELP). This esteemed accreditation signifies his expertise and dedication to advancing the understanding and treatment of locomotor issues in horses. Through his affiliation with ISELP, Dr. Rullan remains at the forefront of cutting-edge developments in equine locomotor pathology, allowing him to provide the highest level of care and innovative solutions to his patients.

As a passionate advocate for both equine welfare and equine business development, Dr. Alberto Rullan continues to shape the industry's landscape, enhancing the lives of horses and veterinary businesses with his unwavering dedication and pioneering spirit.





R.J. Jenkins is an educator, higher education administrator, and institutional consultant specializing in organizational capacity development and cultural transition. As Director of Education for the Columbia University Center for Veteran Transition and Integration, R.J. develops resources and programs that help thousands of veterans and active-duty service members each year achieve success in the college classroom and the civilian workforce. R.J. also works closely with private and public institutions nationwide to build more inclusive professional cultures and foster better communication and greater resilience among individuals and teams.





Janan is a dynamic publishing professional, pharmacist, mother, and entrepreneur based in Louisville. Kentucky, She is the CEO and founder of the company Global Bookshelves International, an independent publishing house focused on creating a more empathetic world. Inspired by her eldest daughter's storytelling podcast for children, Salaam Storytime, Janan recognized the transformative power of stories in nurturing empathy from an early age. Through a diverse catalog of books, Janan and her team aim to break down barriers, celebrate cultural richness, and foster mutual understanding.

Janan's profound inspiration, however, lies in her three incredible daughters, aged 4, 6, and 8, who infuse her daily life with boundless creativity and wonder. Drawing from her unique journey as a second-generation Bengali-American Muslim publisher, pharmacist, and parent, Janan will share insights and anecdotes that challenge traditional notions, urging us all to embrace diverse perspectives as a transformative force in our lives.



Neeta Jain is an Engineer turned Performance Coach, Founder of Her Shakti LLC, a wellness empowerment platform dedicated to Immigrant women.

Neeta completed her Master's in Computer Science from the University of Delaware and worked as a technologist for 14 years until she found her passion in supporting ambitious women to shatter glass ceilings without breaking down their bodies and minds.

She is a board-certified Health Coach (NBHWC) and a graduate of the Institute of Integrative Nutrition. Neeta has also worked with hundreds of women in numerous notable companies including Google, Amazon, and Facebook.

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Serene Shereef is a trauma acute care surgeon, mom, and a transformational life coach. After struggling with severe burnout, she found the tools to shift from overwhelm to deep connection and purpose by re-connecting to herself and creating clarity on her authenticself-identity. Her unique framework is a powerful integrated system that combines the energy of mindfulness, self-love and self-compassion with the scientific principles of habit-building, time-design, life-by-design tools and your unique systems of productivity.



Cher Kretz is an Educational Counselor who dedicates her career to helping people have a deeper connection through better conversations. She learned the importance of this in her own marriage of 30 years and raising her three girls.

During her 20 years of counseling, she has worked at all levels: elementary, middle school, high school, and college. Cher is a Certificated Solution-Focused Specialist and hosts the top-rated podcast; The Focused Mindset Podcast. In addition, she is also the author of 30 Days To Higher Hopes.

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GeriatRx is a pharmacist-led medication management company that focuses on helping overwhelmed caregivers stop their loved ones from being overmedicated using genetic-drug screening, deprescribing, and health cost savings strategies. We specialize in developing medication action plans for patients of all ages, but with a specialty in Geriatric care. Unlike your traditional pharmacist, we develop a three-month strategy to address overmedicated patients using a holistic and evidence-based approach in accordance with your prescriber so that there are no gaps in communication of care. Founder of the Deprescribing Accelerator, DeLon envisions all pharmacists and senior care providers as Deprescribing Advocates and coaches professionals how to integrate, leverage, and monetize Deprescribing into clinical practice! The Deprescribing Accelerator trains passionate nurses, pharmacists, and prescribers on how they can serve our overmedicated seniors by increasing your revenue's practice with referrals and a value-based, sustainable care model within your business.



Hatem N. Akil studies how humans see things – especially within cross-cultural settings. In his book, The Visual Divide, Dr. Akil uses critical theory to explain how almost everyone engages in some sort of visual bias: we don't see – we either imagine or remember. Dr. Akil is Professor of English at Valencia College in Orlando. As an interdisciplinary scholar and researcher, he teaches on film production, cinema studies, digital humanities, literature, and visual culture. He taught at UCF, Middlebury College, AIU, Southern New Hampshire University, Seminole State College, and others. Dr. Akil earned his PhD in Texts and Technology from UCF in 2011.

He also studied theater at UCLA and the Academy for Dramatic Arts in Damascus, Syria. He is the editor of the recent volume, Global Modernity: Coloniality to Pandemic. His other peer-reviewed publications include "Cinematic Terrorism", "The Martyr's Vision", "The Missing Body", and more.

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## **TEDx**Ocala Team





Web Deve





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Wajdy Hussain Simone Campbell oper & Graphic Designer Registration Director







Mario Ciere

CF Liaison



Tanesha Mills Support

Thomas Puketza Stage Design

Carissa Vale

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Emcees





Lisa Reilly

#### Trina Bowden Laurel Lapane Audience Engagement Student Relations





Robert Wood



Sean Kahlil



Johnathin Hernandez



Katie Nall

Lisa Reilly

Barbara Fitos

Marc Cordon

Manal Fakhoury





Speaker Coaches



Melanie Klein

Tiffany Gunter Daniel Gentry Natalia Cox







## **Jessi Miller**

Saving the world, one graphic design at a time.

**Jessi** is an experienced visual communicator with over 25 years experience in the roles of Creative Director, Art Director, Designer and Fine Artist. Her career has spanned advertising agencies and publications as well as branding design for a host of individual clients. Jessi has won over 30 ADDY and FMA awards in all of these facets of visual communication and has left a trail of happy clients and high quality work.

Jessi graduated from the Art Institute of Fort Lauderdale with a degree in Advertising Design, after which she spent a decade in South Florida doing advertising agency work. She then shifted into publication/magazine work, relishing the storytelling aspect as well as the ability to promote people and companies who are doing great things.

In addition to her design and fine art work, Jessi strongly believes in contributing to community and giving back to the world. She is always active in the arts and as a champion for world peace. Currently she sits on the Executive Committee for Ollin Women International and is the Board President for the Magnolia Art Xchange, among many other volunteer efforts.















**About TEDx**, In the spirit of ideas worth spreading, TED has created a program called TEDx. TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. Our event is called TEDxOcala, where x = independently organized TED event. At our TEDxOcala event, TED Talks, video, and live speakers will combine to spark deep discussion and connection in a small group. The TED Conference provides general guidance for the TEDx program, but individual TEDx events, including ours, are self-organized.

#### About **TED**

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Meanwhile, independently run TEDx events help share ideas in communities around the world. TED speakers have included Bill Gates, Jane Goodall, Elizabeth Gilbert, Sir Richard Branson, Benoit Mandelbrot, Philippe Starck, Ngozi Okonjo-Iweala, Isabel Allende and former UK Prime Minister Gordon Brown. Two major TED events are held each year: The TED Conference takes place every spring in Long Beach, California (along with a parallel conference, TEDActive, in Palm Springs), and TEDGlobal is held each summer in Edinburgh, Scotland.

TED's media initiatives include TED.com, where new TEDTalks are posted daily; the new TED Conversations, enabling broad conversations among TED fans; and the Open Translation Project, which provides subtitles and interactive transcripts as well as the ability for any TEDTalk to be translated by volunteers worldwide.

TED has established the annual TED Prize, awarded to a leader with a fresh, bold vision for sparking global change; TEDx, which offers individuals or groups a way to host local, self-organized events around the world; and the TED Fellows program, helping world-changing innovators from around the globe to become part of the TED community and, with its help, amplify the impact of their remarkable projects and activities.

For information about TED's upcoming conferences, visit www.ted.com/registration Follow TED on Twitter at twitter.com/TEDTalks or on Facebook at www.facebook.com/TED



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- Patrick Deshaw
- Jim Ross
- Amy Keel Got Schwag

"It is the mark of an educated mind to be able to entertain a thought without accepting it."

- Aristotle

#### "In an age of acceleration, nothing can be more exhilarating than going slow."

- Pico Iyer

### **Student Testimonials**

#### WEST PORT HIGH SCHOOL JUNIOR $\star$

This event will offer a multitude of new perspectives, and the benefit of observing outstanding public speakers. I watch TED talk or TED-ed when I get ready every morning. I have learned so much from them and would love to learn even more from watching them in person. I would love to use this opportunity to absorb the lessons in person and meet others who are also as invested in ted talks the way that I am. I should receive this scholarship seat, because of how badly I want it. This event as I said before offers so many chances for new beneficial experiences. I am reliable, and those who know me know that when I commit to anything I follow it through. I am the most dependable person I know, and if you select me, I will be there. I am incredibly enthusiastic about the potential of attending this ted talk. If chosen nothing could stop me from going but I am not going for the perks, I want to go to learn and observe the ted talks.

#### WEST PORT HIGH SCHOOL JUNIOR $\star$

Due to my growing fascination in various topics, I believe that my attendance to this event would not only grow my knowledge, but also broaden my interests as a student. Allowing me to further explore current topics and issues will allow me to explore solutions to these problems. Therefore, making me a well-rounded and educated student of modern-day society in the states. Along with that I am currently enrolled in an AP seminar, and I am learning about new topics that would also benefit me for research-based presentations in that class. Thank you.

#### WEST PORT HIGH SCHOOL SENIOR $\star$

I think this event is a wonderful opportunity for listening to the perspectives and thoughts of professional speakers. Among the list of Ted Talks for this year, there are a lot of personal empowerment topics involved with the speakers own stories. These kinds of talks are important to hear as the ability to grow and develop your own knowledge, emotional intelligence, and understanding of other perspectives is irreplaceable. I should receive this scholarship seat because I am extremely driven to learn and expand my knowledge and I know that these Ted talks are an invaluable opportunity to do so. For me, the power of broadening my perspectives and hearing the stories and views of others is key to my growth as a person.

#### WEST PORT HIGH SCHOOL SENIOR $\star$

Since I started high school, I have watched TED talk videos in the classroom. The universal lessons that each of these ted talks taught fueled my obsession with TEDx. It was always a passing thought whenever I would have the opportunity to attend one of these events. After hearing about the event happening in Ocala in passing conversation with a teacher at my school, I was ecstatic that our school was offered a chance to be seated at this event. The speaker would be able to shape minds, and, in turn, we would be able to pass this knowledge onto others. I would be grateful to be seated at this event.

#### WEST PORT HIGH SCHOOL JUNIOR $\star$

As I grow older the more my mind wanders in search for any inspiration that will give me a passion and new understanding, I did not know about myself. As I envelop on this journey of self-discovery, Ted talks have become my best friend. I would be so grateful to be able to attend the new upcoming event being held in Ocala. The inspiration that Ted talks give me comes from the individuals that show their journey they went through to discover their passion or a challenging event they faced that led them to discover their passion.

#### ACCELERATION ACADEMY $\star$

This event is an opportunity that I was lucky enough to be invited to. I gave up entirely in school, but now at my new school, I am trying my best this time. I now realize education is one of the most important things to have and any help given to me would be very appreciated. Thank you very much!

#### VANGUARD HIGH SCHOOL JUNIOR $\star$

I would like to attend this TED showcase because I think this is a great opportunity to branch out. TED videos have always been interesting and being present at this event would be a huge honor. This is a rare event, and I would hate to miss out on it. I feel like I can learn many things by attending.

#### FOREST HIGH SCHOOL SENIOR $\star$

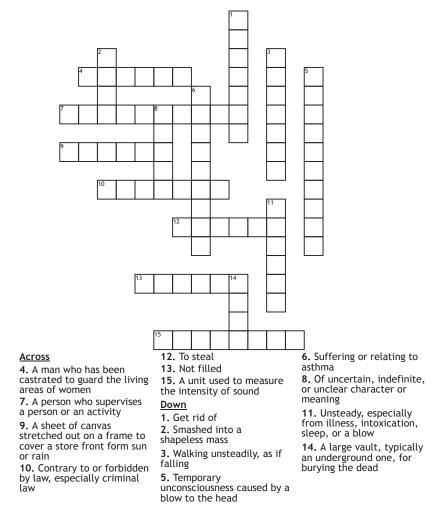
I attended TEDX last year and loved it! I look forward to the ideas that will be presented this year. In previous years, I ve left with new insight and a different perspective on things. I believe I can provide the speakers with exceptional feedback that will help them in their future endeavors. Being able to attend this year will give me the knowledge I need about public speakers and hopefully be the next speaker in the future.

#### MARION TECHNICAL COLLEGE JUNIOR + + + + +

I would love to attend this event because as an individual I would like to see and hear people talking about their lives and their ideas on Power. I am an open-minded person so I would love to hear everyone out and eventually use the knowledge I have gathered from this event and apply it to my own life.

## Exercise your mind

## Acceleration Crossword puzzle

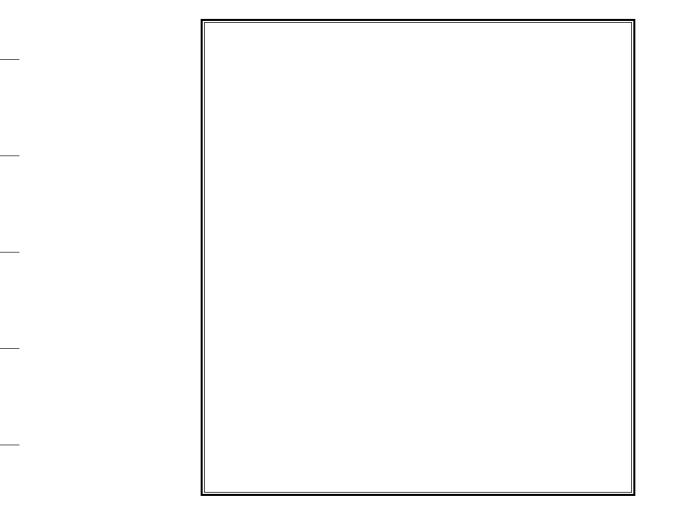


## Acceleration

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Your best speaker memorable signature

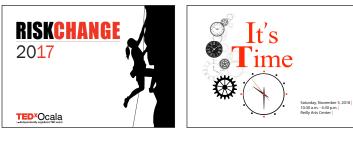
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2015 Imagination, Ideation, Inspiration **2016** Cultivating Imagination



2017 Risk Change 2018 It's Time





2021 Forward

**2022** The Power Of ...

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### Scan The QR Code



"I'm for truth no matter who tells it. I'm for justice no matter who it is for or against."

- Malcolm X

SEE YOU AT **TEDxOcala** 2024!





# TEDxOcala #Acceleration

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