

MommaCon 2021
September 11 & 18, 2021

(Program Agenda as of June 25, 2021)

DAY 1 - SEPTEMBER 11, 2021				
Start	Duration	Program		
1:00 PM	30 MIN	Registration		
1:30 PM	5 MIN	Countdown to Live		
1:35 PM	10 MIN	Opening Remarks & Event Reminders		
1:45 PM	1 HR	<p>PROVOKE</p> <p>What is a Woman's Worth</p> <p>A woman can do so much if they are able to share the weight of the expectations from her as a homemaker. What can we do to change the value system inherited from the patriarchal past?</p> <p>Three couples weigh in on what a woman's worth is, especially in this time of pandemic.</p>		
2:45 PM	10 MIN	Raffle Draw and Announcements		
2:55 PM	15 MIN	<p>MOMSPIRATION</p> <p>Listen and be inspired by a momma who is making a mark in our country or globally with her stories of challenges, pains, to discovering her voice, finally winning in life and touching other's lives.</p>		
3:10 PM	1 HR	<p>PROVOKE</p> <p>I Saw Your Child Online Last Night</p> <p>Is there a way to protect your child from online predators, cyberbullying, phishing, falling for scams, posting private information, or seeing posts that can haunt them for life? What is the best way to debrief them after they are exposed to such?</p>		
4:10 PM	40 MIN	<p>REPLENISH</p> <p>Are You Turning Into Your Mom?</p> <p>Boomer to millennial mommas sit down and</p>	<p>OPEN</p> <p>Rainbow Family</p> <p>What if nanay is really "tatay" and kuya is an "ate"?</p>	<p>EQUIP</p> <p>15 Minute Meals (Cooking Class)</p> <p>Let's face it, 24 hours in a day goes by quickly and</p>

		talk about who “moms” better.	As the world embraces inclusivity, rainbow families sharer how it works for them and how colorful their home life is. Let’s talk about the challenges and wins faced by same sex parents and by parents with a child exploring a different sexual orientation.	moms don't always have the liberty and time to prepare meals. That’s why we are here to show you that 15-minute meal preps might just be the perfect recipe to any busy day.
4:50 PM	40 MIN	REPLENISH The Age of Online Mom-preneurs If there are any perks from staying at home, translating life-long passions into a business might be the best one yet. Whether you already started or you are inspired to create one, let’s talk about building your ideas and maintaining it.	OPEN My Mom is My Biggest Cheerleader In any mother’s eyes, their child will always be the best when it comes to competition. Whether you are a stage mom or the number #1 fan of your child athlete, a mom’s competitive spirit makes the biggest difference in the world.	EQUIP It’s Mom-Me Time! (Personal Branding) While it is crucial to perform well both at home and at work, practicing self-care goes a long way for both mind and body. If you have been wanting to take a step back to heal and rejuvenate, this is the space for you.
5:30 PM	30 MIN	MOMSPIRATION Listen and be inspired by a momma who is making a mark in our country or globally with her stories of challenges, pains, discovering her voice and finally winning in life and touching other’s lives.		
6:00 PM	10 MIN	Raffle Draw and Announcements		
6:10 PM	5 MIN	Closing Remarks for Day 1		

DAY 2 - SEPTEMBER 18, 2021				
Start	Duration	Program		
1:00 PM	30 MIN	Registration		
1:30 PM	5 MIN	Countdown to Live		
1:35 PM	10 MIN	Opening Remarks & Event Reminders		
1:45 PM	20 MIN	<p>MOMSPIRATION</p> <p>Listen and be inspired by a momma who is making a mark in our country or globally with her stories of challenges, pains, discovering her voice and finally winning in life and touching other's lives.</p>		
2:05 PM	1 HR & 30 MIN	<p>PROVOKE</p> <p>Dealing with Trauma</p> <p>If your traumatic past still lives in the present, stand up and say - I will not be defined by the scars it left behind.</p> <p><i>With after session activity: Trauma Release Exercise</i></p>		
3:35 PM	10 MIN	Raffle Draw and Announcements		
3:45 PM	30 MIN	Brand Segment		
4:15 PM	40 MIN	<p>REPLENISH</p> <p>Love in the Time of Covid</p> <p>Love comes around in so many ways today, from finding your match online, to keeping the fire burning at home or from a distance.</p> <p>What was your love life like during the pandemic? Let's talk about romance during these times and what makes it work.</p>	<p>OPEN</p> <p>Call Me Mom</p> <p>We open the conversation about moms who became moms because of unique or accidental situations. A rose by any other name is still a rose.</p>	<p>EQUIP</p> <p>(1 HOUR & 20 MIN SESSION)</p> <p>Plan for the Best, Prepare for the Worst Part (Legal, Medical, Financial)</p>
4:55 PM	40 MIN	<p>REPLENISH</p> <p>Blended Approach for the Blended Family Setup</p>	<p>OPEN</p> <p>Raising a Special Child during Extraordinary Times</p>	

		Today, we see more multicultural families who were brought up with different values and practices. How can a typical Filipino family embrace different cultural identities while living and sharing one space?	Children with disabilities and special needs require more care and attention. But with the pandemic disrupting everything, how are these parents attending to them through such challenging times?	Learn how to arm yourselves with what you really need to prepare for the unexpected.
5:30 PM	30 MIN	MOMSPIRATION Listen and be inspired by a momma who is making a mark in our country or globally with her stories of challenges, pains, discovering her voice and finally winning in life and touching other's lives.		
6:00 PM	10 MIN	Raffle Draw and Announcements		
6:10 PM	5 MIN	Closing Remarks for Day 2		