

MomKations Weekend Agenda

Friday | Arrival & Welcome

- Guest Check-In (On-Site)
- Meet & Greet | Pool • Beverages • Lounge
- VIP Registrants Welcome Reception (Off-Site – Invitation Only)

Saturday | Connection, Healing & Fun

Morning Kickoff – All Attendees

Breakout Sessions – Block 1 (Choose 1)

- *Things I Wish Mommy Taught Me (or Didn't)*
- *The Wife. The Mom. The Boss.* – Balancing career & family
- *Don't Pick Up the Rope* – Parenting without power struggles
- *Mommies United* – New & Expecting Moms Q&A Panel

Breakout Sessions – Block 2 (Choose 1)

- *Take Me As I Am* – Love, acceptance & healing
- *I Forgive Me: A Journey to Freedom*
- *My Car Confessions* – Decompressing & emotional wellbeing
- *Advocating for Your Child* – Partnering with educators

Breakout Sessions – Block 3 (Choose 1)

- *Dancing Machine* – Line dancing, Carolina style
- *I Need a Quickie!* – Fast tips for busy moms (Hair, Fashion, Meal Plan and Prep)
- Creative Experience- For Creatives
- *My Exceptional Child* – Supporting children with special needs & caregiver wellness

Etc. – All Attendees

- Vendor Mall
- The Glam Suite

Evening Elegance – All Attendees

- Live on the The Pink Carpet
- MomKations GALA – Ft Mom's Making a Difference Awards and Impartation Moment with Dr. Shavon Smith

Late Night Session – All Attendees

Mommy's After Dark: Pillow Talk & Pajama Party with a Twist

Sunday | Release & Renewal – All Attendees

- Beach Side- The Me Release