



SELF-CARE AND WELLNESS WEBINAR:  
*HOW TO PIVOT AND THRIVE IN THE  
CURRENT ENVIRONMENT*

PRESENTED BY  
GHJ'S WOMEN'S EMPOWERMENT COMMITTEE

May 11, 2021



# AGENDA

## WELCOME

Tom Barry (*Managing Partner, GHJ*)

MODERATOR: Melanie Horowitz (*Senior Manager, GHJ*)

## PANELISTS:

- Jennifer Lee Wilson (*Partner and Co-founder, ConvergenceCoaching, LLC*)
- Amber Setter (*Actualization Coach, Amber Setter Coaching*)
- Judy Ho Gavazza, Ph. D., ABPP, ABPdN, CFMHE (*Clinical and Forensic Neuropsychologist, Tenured Associate Professor, Published Author*)

## PANEL DISCUSSION

- Career: *Re-defining the Modern Woman*
- Self/Life: *How to live your best life*
- Family/Relationships: *How to build, maintain and strengthen relationships in a bubble*

## BREAK OUT SESSIONS

## CLOSING

Mari-Anne Kehler (*Partner and Chief Strategy Officer, GHJ*)



# PANEL DISCUSSION

Moderator



**Melanie Horowitz**  
Senior Manager  
GHJ

Panelist



**Judy Ho Gavazza**  
Ph. D., ABPP, ABPdN, CFMHE  
Clinical and Forensic Neuropsychologist,  
Tenured Associate Professor, Published Author

Panelist



**Amber Setter**  
Actualization Coach  
Amber Setter Coaching

Panelist

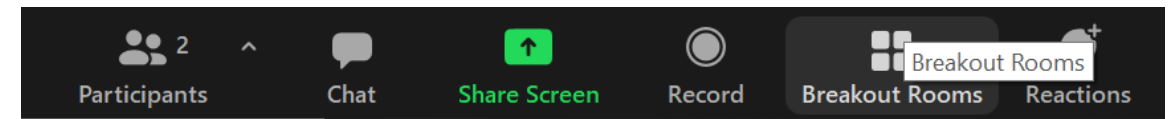


**Jennifer Lee Wilson**  
Partner and Co-founder  
ConvergenceCoaching, LLC

*\*See pg. 5-9 for full bios*

# BREAKOUT ROOM INSTRUCTIONS

- **Click the link provided in the chat (also just sent through email to all registered attendees) to open a new zoom meeting**
- After joining the above link, you will be notified when the breakout rooms are open and then be given the option to pick what room you would like to join by clicking the breakout room icon on the toolbar
- Please choose one of the following:
  - **Career:** Re-defining the Modern Woman
  - **Self/Life:** How to live your best life
  - **Family/Relationships:** How to build, maintain and strengthen relationships in a bubble
- You can change rooms if desired by clicking the breakout room icon on the toolbar
- You will then be pushed back to the main room after the breakouts end for closing remarks



# SPEAKER BIOS



WE ARE AN INDEPENDENT MEMBER OF  
THE GLOBAL ADVISORY  
AND ACCOUNTING NETWORK

## MELANIE HOROWITZ SENIOR MANAGER, GHJ

**Melanie Horowitz**, CPA, has more than eight years of public accounting experience and is a member of GHJ's Audit and Assurance Practice. Melanie provides accounting, auditing and transaction services to a wide variety of companies and organizations that span multiple industries, including nonprofit organizations within the greater Los Angeles area. Prior to joining GHJ in 2015, she worked as a national accounting firm in its Audit Practice.

At GHJ, Melanie leads the Learning and Development for the Audit and Assurance Practice, where she has developed and led in-house training sessions on various topics, including nonprofit accounting, auditing and project management, as well as new hire and intern training.

Additionally, Melanie is fluent in German. Melanie graduated from the California State University, Northridge where she received a Bachelor of Science in Accountancy.

In her free time she enjoys spending time with her friends, traveling the world and horseback riding.



310.873.1639



[mkhorowitz@ghjadvisors.com](mailto:mkhorowitz@ghjadvisors.com)

### RELATED INDUSTRIES AND SERVICES

- Audit and Assurance
- Nonprofit
- Manufacturing
- Learning and Development



WE ARE AN INDEPENDENT MEMBER OF  
THE GLOBAL ADVISORY  
AND ACCOUNTING NETWORK

# JENNIFER LEE WILSON

## PARTNER AND CO-FOUNDER, CONVERGENCECOACHING, LLC

**Jennifer Wilson** is co-founder and partner of ConvergenceCoaching®, LLC, a national consulting firm that helps leaders achieve success.

Named in the top 10 of *Accounting Today's* 100 Most Influential People in Accounting, *INSIDE Public Accounting's* Top 10 Most Recommended Consultants, *CPA Practice Advisors'* Top 25 Thought Leaders and AICPA's Top 25 Most Powerful Women in Accounting, Jennifer is an experienced change agent who has worked in both public accounting and industry. She is a frequent speaker, writer and thought leader on topics related to leadership, the rise of the next generation and managing change within the CPA profession.

She is also an avid runner, hiker, yogi, gardener, wife and mother of three.



402.933.2900



jen@convergencecoaching.com

### RELATED INDUSTRIES AND SERVICES

- Accounting
- Career coach
- Change Management
- Leadership Development
- Next Gen Growth



WE ARE AN INDEPENDENT MEMBER OF  
THE GLOBAL ADVISORY  
AND ACCOUNTING NETWORK

# AMBER SETTER

## ACTUALIZATION COACH, AMBER SETTER COACHING

**Amber Setter** is a different kind of coach; a blend of grace and warrior spirit that compels her to bring up the un-discussable and un-cover the undiscoverable.

Her clients are the best at what they do - yet they still hunger for education. They choose Amber because of her intellect, authenticity and drive to educate them in ways they have never experienced.

Amber works with a select number of clients and organizations through her private practice. Beyond coaching, Amber delivers leadership training and keynote conversations for organizations that aspire to develop the whole person.

Amber holds a Masters of Arts in Leadership Studies from the University of San Diego and a Bachelor of Science in Business Administration, Accounting from San Jose State University. She is a graduate of Accomplishment Coaching - an ICF accredited Coaches Training Program - and also completed their Advanced Leadership Program. She completed the entire ORSC™ series. The ORSC approach shifts the focus of coaching from the individual to the relationship within a group, team or system. This model creates more sustainable and resilient teams and families.

Amber was recognized by the CalCPA as a Woman to Watch in the Experienced Leader Category. She is a national expert on building coaching cultures within the accounting profession. Her professional experience includes serving as an internal and external coach, facilitating and coaching within leadership development experiences and building a nationally recognized learning and development function.



619.300.2917



fiercelove@ambersettercoaching.com

### RELATED INDUSTRIES AND SERVICES

- Accounting
- Leadership Development
- Personal Coach



WE ARE AN INDEPENDENT MEMBER OF  
THE GLOBAL ADVISORY  
AND ACCOUNTING NETWORK



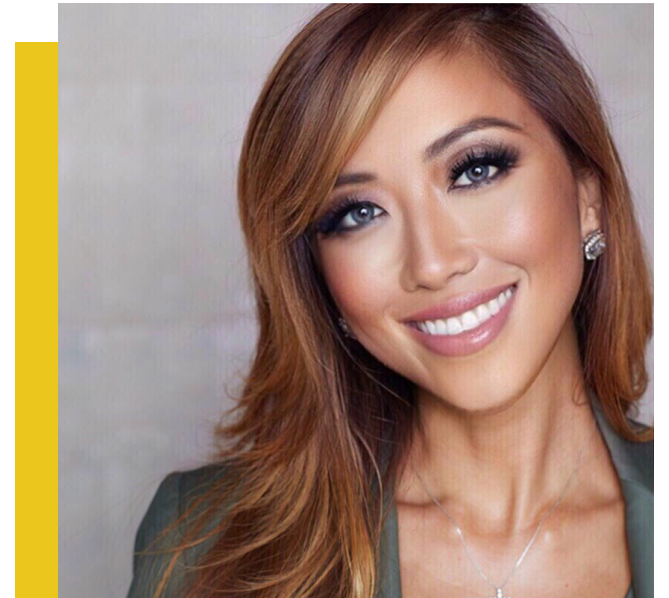
**JUDY HO GAVAZZA, PH. D., ABPP, ABPDN, CFMHE**  
CLINICAL AND FORENSIC NEUROPSYCHOLOGIST, TENURED ASSOCIATE PROFESSOR,  
PUBLISHED AUTHOR

**Judy Ho, PhD, ABPP, ABPDN**, is a triple board certified and licensed Clinical and Forensic Neuropsychologist, a tenured Associate Professor at Pepperdine University and published author, most recently penning *Stop Self-Sabotage*, published by HarperCollins in August 2019; a book detailing a scientifically driven six-step program which has been translated into seven additional languages around the world.

Judy maintains a private practice in Manhattan Beach, CA where she specializes in comprehensive neuropsychological assessments and expert witness work. She regularly appears as an expert psychologist on television, podcasts, radio and contributes to other media including print and electronic periodicals. She is a co-host on the syndicate daytime television talk show *The Doctors*, co-host of CBS's *Face the Truth* and host of *The SuperCharged Life* podcast which focuses on scientific, tangible tips for physical and mental wellness and strategies for motivation and productivity, produced by Stage 29 Podcast Productions.

Judy is an avid researcher and is a two-time recipient of the National Institute of Mental Health Services Research Award. She hosts an active research program to improve mental health care for high-need populations and is the chair of the Institutional Review Board at Pepperdine University. Her treatment approaches integrate the scientific principles of Cognitive Behavioral Therapy, Acceptance and Commitment Therapy and Dialectical Behavioral Therapy. She often speaks at national and local events including research, clinical and corporate conferences and workshops for organizations and schools.

Judy received her bachelor's degrees in Psychology and Business Administration from UC Berkeley and her master's and doctorate from SDSU/UCSD Joint Doctoral Program in Clinical Psychology. She completed a National Institute of Mental Health sponsored fellowship at UCLA's Semel Institute.



424.253.4116



office@drjudyho.com

**RELATED INDUSTRIES AND SERVICES**

- Clinical and Forensic Neuropsychology
- Expert Witness
- Mental Health
- Psychologist



THANK YOU FOR ATTENDING

May 11, 2021

