

Video Summaries

“Welcome to the JLY Young Women’s Leadership Summit”

The Junior League of Yakima would like to welcome you all to the first virtual Young Women's Leadership Summit on YouTube! Listen to Stephanie discuss the meaning behind the theme "bloom where you are planted" and welcome you all to the summit experience!

“A Message from the JLY President, Lisa Acosta-Driscoll”

The 2020-2021 president of the Junior League of Yakima, Lisa Acosta-Driscoll, welcomes you all to this year's Young Women's Leadership Summit!

www.yakima.jl.org

“Live the Life You Want” - Kelly “Skittles” Clayton

Biologist by day, pro MMA fighter by night, Kelly "Skittles" Clayton shares her story about following your passions through all stages of life and knowing you're worth it!

“Yoga with Megan” - Megan Johnson

Follow Megan's yoga sequence to feel more connected to this place, yourself, and this present moment you find yourself in through body movements and breath.

“Reesha’s Top 3 Things to get YOU Out of a Funk” - Reesha on the Radio

Hear from local DJ “Reesha on the Radio” to discover her top 3 things to get you out of a funk! They're sure to leave you smiling, inspired, and empowered!

“Journaling with Sylvia” - Sylvia Cervantes

Grab your new notebook and pen and learn the top 3 tips for inspirational journaling from Sylvia! Create a safe space to dream, reflect, and practice gratitude.

“Cultivating a Love of Art” - Cecilia Marie Hudon

Hear from The Larson Gallery's Art Registrar, Cecilia Marie Hudon, about her journey as an artist and how she pursued her dream by reaching out to local resources and organizations in the Yakima community

“Meditation with Andreana” - Andreana Gamache

Relax and breath as Andreana guides you through a meditation focused on the "Breath of Compassion".

“Make Your Voice Heard: What Advocacy Looks Like” - Thai See

Did you know you can speak before the government about topics you're passionate about to help pass bills into law? Learn from West Valley High School student, Thai See, about how to make your voice heard and advocate for real change by simply speaking up!

“Follow Your Dreams: To Medical School & Beyond!” - Dr. Lemp & Dr. Gritten

Hear how Dr. Lemp and Dr. Gritten reached for the sunlight to bloom into physicians serving the Yakima community! Despite the barriers of the soil they were planted in, they found the opportunities they needed to grow.