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Title

Presentation: Poetry Recitation by Sabrina "Heymiss Progress."

Body

Sabrina "Heymiss Progress" was recently named one of BRAVA Magazine's 2015 Women to Watch. She is a mother, poet, columnist, motivational speaker, blogger, social media consultant, entrepreneur and change agent. She inspires others to live their dreams as a speaker at American Family Insurance DreamBank. She is the founder and host of the *Conversation Mixtape*, a forum to bring together Black men and women to discuss and break down topics relevant to building and fostering healthy, long lasting and loving relationships. She's competed in the National Poetry Slam and led her own poetry slam on Madison's Southside. Progress launched her personal brand, *Peace, Love & Dopeness* last year alongside Madison community members. Her personal brand aspires to motivate others to be rooted in love while living a more peaceful and dope lifestyle! She's a woman with drive and purpose. It's through her commitment to love that she works to effectively create and inspire change.