



EVENT SCHEDULE January – June 2026

Please note: Events and schedule details are subject to change.



Connect and Collab with Maria Aponte Zimmer: Gaining Peace of Mind with Healthcare Coverage

Tuesday, January 6, 10 a.m. – 11: 15 a.m. ET, at Sun Soo Martial Arts 800 Fairview Rd, Asheville

Maria Aponte Zimmer, healthcare benefits professional, will share important changes that affect health insurance coverage for North Carolinians. Many folks have questions about affordable alternatives, so she will discuss what is *and isn't* available. She will shed light on complicated issues that will help clarify the information you need to feel in control of your health insurance coverage.



Connect and Collab with Stephan Ihde: "Art and Mindset: Using Art to Process Life-Changing Events."

Tuesday, February 3, 10 a.m. – 11: 15 a.m. ET, at Sun Soo Martial Arts 800 Fairview Rd, Asheville

Stephan Ihde, certified financial planner with Edward Jones, discusses how art can be a force for wellbeing. It is especially effective at helping people navigate through dramatic life changes including loss, trauma, health issues and more. Stephan will show you how a deeper appreciation of the arts can bring joy, healing, and new meaning to life.



Virtual Clinic: Practices of Positive Leadership #1, Positive Leaders Start with Themselves

Wednesday, February 25, 11 a.m. – 11:50 a.m. ET, via Zoom

Participate with Positively Asheville leaders and friends in a virtual think tank as we delve into the essential elements of Positive Leadership. Emerge refreshed, inspired, and ready to take your leadership skills to the next level.



Connect and Collab with Claudia DeFouw: Business Leadership Begins at Home

Tuesday, March 3, 10 a.m. – 11: 15 a.m. ET, at Sun Soo Martial Arts 800 Fairview Rd, Asheville

Learn from masterful business creator Claudia DeFouw, the Asheville Soap Lady, how she transformed a vision for artisan soapmaking that began at home into a thriving commercial business. How she keeps products feeling personal while competing in a mass-production market. And how she continues to develop the future of her business while keeping up with current demand.



Virtual Clinic: Practices of Positive Leadership #2, Positive Leaders Inspire Confidence

Wednesday, March 25, 11 a.m. – 11:50 a.m. ET, via Zoom

Participate with Positively Asheville leaders and friends in a virtual think tank as we delve into the essential elements of Positive Leadership. Emerge refreshed, inspired, and ready to take your leadership skills to the next level.



PA Panel Discussion led by Megan Thorp: Why Business is Always Personal

Tuesday, April 7, 10 a.m. – 11: 15 a.m. ET, at Sun Soo Martial Arts 800 Fairview Rd, Asheville

Megan Thorp, marketing director for Tanger Outlets Asheville, leads the community outreach program for her organization. While Tanger Outlets has a national presence, Megan and her team successfully create a community connection that feels closer to home. Learn from Megan and the local staff at Tanger Outlets how they create a culture that is uniquely Asheville out of a big-brand mall and why it's important.



Virtual Clinic: Practices of Positive Leadership #3, Positive Leaders Understand People's Need to Create

Wednesday, April 29, 11 a.m. – 11:50 a.m. ET, via Zoom

Participate with Positively Asheville leaders and friends in a virtual think tank as we delve into the essential elements of Positive Leadership. Emerge refreshed, inspired, and ready to take your leadership skills to the next level.



Connect and Collab with Dr. JoJo Yonce: Analyzing Brain and Nervous System to Bring Balance to the Systems that Control Everything About You

Tuesday, May 5, 10 a.m. – 11: 15 a.m. ET, at Sun Soo Martial Arts 800 Fairview Rd, Asheville

The key to restoring balance resides within your brain. Dr. JoJo Yonce, founder of Sensorium Neuro Wellness, leader in integrative brain health programs, applies over a dozen different Neuro-therapies, including neurofeedback training, to alleviate symptoms associated with ADHD, Learning Challenges, Anxiety, Depression, Insomnia, and more. He discusses how this drug-free, non-invasive solution can help you live a happier, healthier life and be a better leader as well.



Virtual Clinic: Practices of Positive Leadership #4, Positive Leaders Facilitate a Collaborative Culture Built on Trust

Wednesday, May 27, 11 a.m. – 11:50 a.m. ET, via Zoom

Participate with Positively Asheville leaders and friends in a virtual think tank as we delve into the essential elements of Positive Leadership. Emerge refreshed, inspired, and ready to take your leadership skills to the next level.



Connect and Collab with Andrea Robel: Secrets to Survival and Success in a Changing Industry

Tuesday, June 2, 10 a.m. – 11: 15 a.m. ET, at Sun Soo Martial Arts 800 Fairview Rd, Asheville

Andrea Robel, founder of Vistanet, is an amazing example of resolve and adaptability—two essential elements necessary for survival. She herself has survived life-threatening conditions while continuing to be a vital force in business. As an active participant in the evolution of telecommunications for more than 40 years, Andrea explains how the industry has adapted into considerably more than a telephone service today, and how AI is transforming what we can expect from it.