

11:00AM-11:15AM ET | MAINSTAGE

Morning Welcome

Message from our Co-Founders, Morning Welcome with Sarah Nicole Landry, 2021 Sizzle Reel

11:15AM-11:55AM ET | MAINSTAGE

Panel: Breaking Beauty Stigmas

PRESENTED BY EVIO BEAUTY

Society has presented us with narrow beauty ideals and we're here to break that. Join our speakers Achieng Agutu, Isabelle Weall, Sophi Saint Louis and Toni Wilson as they discuss finding the beauty in what makes us different.

12:05PM-12:55PM ET | MAINSTAGE

Spotlight Chat: Danae Mercer & Danielle Young

In conversation with journalist, content creator and self-love advocate Danae Mercer and Producer, Journalist and Host Danielle Young

12:55PM-1:40PM ET | TRACK 1

Panel: Body Confidence: Menstruation Through Menopause

For too long people who menstruate have been forced to hide their periods, feel shame, discomfort or othered. It's time to change that narrative. Join our panelists Nadya Okamoto, Omisade Burney-Scott and Jacque Court as they break period stigmas, period.

12:55PM-1:40PM ET | TRACK 2

Spotlight Chat: Pleasure & Self Worth

EveryBODY is worthy of pleasure, and we're tired of insecurities undermining that. Join Alicia McCarvell and Ev'Yan Whitney in a discussion about self pleasure, partner pleasure and the journey to feeling worthy of pleasure, the importance of putting your pleasure first and the confidence it brings.

1:40PM-2:25PM ET | TRACK 1

Panel: Dating & Body Confidence

Dating is hard enough, but throw in BS ideals of what we're supposed to look like and it's a minefield! Join our panelists Alex Stewart, Joyniece Kirkland, Eni Popoola & Jerrin Nicole as they share their own dating stories, chat about confidence in Online & IRL Dating situations and help us feel more comfortable with self love, while we look for love.

1:40PM-2:25PM ET | TRACK 2

Panel: Male Body Confidence

Often left out of the conversation, male identifying people struggle just as much with body confidence as female identifying people. Join our panelists Thaddeus Coates, James Corbin, Darcy Michael and Fox Fisher as they discuss the pressures that many MIP often face when it comes to their bodies and their inner confidence.

2:25PM-3:15PM ET | ZOOM

THE BODCON SOCIAL CLUB

Join Team BodCon, BodCon alum and our community for a chance to mix & mingle, chat about the day and make some new BFF's during our social networking

3:15PM-3:30PM ET | MAINSTAGE

Q&A: Sarah Nicole Landry

Join Sarah for an audience Q&A and a short break before the second half of the day.

3:30PM-4:10PM ET | TRACK 1

Spotlight Chat: Growing Up Body Confident

PRESENTED BY LUNA BRONZE

Generation Z grew up with amazing role models on TV, Movies and Online. But does this mean they are more confident in their bodies? Join our speakers Brittani Lancaster & Clara Dao to discuss the ins and outs of growing up Gen Z.

3:30PM-4:10PM ET | TRACK 2

Spotlight Chat: Social Media & Body Image

TikTok, Instagram, Twitter and more, we spend so much time online. What does it mean for how we see ourselves? Join Brynta & Remi Bader as they chat about social media, the positive and negative effects that it has on the way we view ourselves.

4:10PM-4:50PM ET | TRACK 1

Spotlight Chat: "Shredding For The Wedding" & Bridal Pressures

Saying "I Do" shouldn't have anything to do with what you look like, but for some reason we've been conditioned to feel like we need to drop the weight for the wedding. Join our Bride to Be Nicole Zajac and Bailey Peyton as they discuss wedding pressures, diet culture and society in this wedding centric chat.

4:50PM-5:45PM ET | MAINSTAGE

Panel: Diet Culture, Weightloss & Wellness Explored

We're not the experts, so we decided to bring some in! Join our panel as they dissect diet culture, weightloss, eating habits and body confidence. Can you have body confidence and lose weight? Can you drink diet soda and call yourself "Anti-Diet"? Does changing your activity or eating habits automatically mean you're playing into diet culture? Let's ask the experts Dr. Joshua Wolrich & Esther Tambe, RD!

5:50PM-6:45PM ET | MAINSTAGE

Spotlight Chat: Iskra & Alex Light

Join pals Alex Light & Iskra as they chat about body confidence, media and more!

6:45PM-7:35PM ET | TRACK 1

Panel: The Fashion Industry & Size Inclusion

PRESENTED BY ANTHROPOLOGIE

With over 70% of the US population wearing a size 14 or larger, why is it still a daily fight to find clothing for so many people? Join our experts Anu Narayanan of Anthropologie, Ashley Freeborn of Smash + Tess, designer Lesley Hampton and The Power of Plus Founder Gianluca Russo as they chat about the ins and the outs of the fashion industry and answer all the burning questions surrounding plus size fashion and more!

7:35PM-8:20PM ET | TRACK 1

Panel: Hollywood & Body Diversity

PRESENTED BY SMART SWEETS

Join our speakers Michele Selene Ang, Harvey Guillén, Nikki Garza & Greg Carruthers, stars of the screen and stage, as they discuss their own careers in entertainment, their body journeys and what changes they are seeing (and would like to see!) in the industry!

8:20PM-8:35PM ET | MAINSTAGE

RBC IMPACT GRANT AWARD

PRESENTED BY RBC

Join RBC's Champion Sam Effah as he awards the second annual Impact Grant Award

8:35PM-8:45PM ET | MAINSTAGE

CLOSING REMARKS

Join Host Sarah Nicole Landry as she recaps the day and empowers the audience to move forward with more self love!

8:45PM-9:00PM ET | MAINSTAGE

Concert: EveryBODY On Stage

Enjoy a musical performance from our 2021 Impact Grant winning organization, EveryBODY On Stage!

4:10PM-4:50PM ET | TRACK 2

Spotlight Chat: Postpartum Body Image

Join event host and mom of 4, Sarah Nicole Landry, for an intimate discussion on post-partum, body image and confidence.

6:45PM-7:35PM ET | TRACK 2

Panel: Disability Pride

PRESENTED BY DIVERSABILITY

In response to negative views of disability, disability pride emerged and we can't wait to discuss it. Join our panelists Tiffany Yu, Bri Scalesse and Jamie Brewer & Hannah Olateju as they share their own journey's with disability pride, their relationships with their bodies and advocacy for inclusion.

7:35PM-8:20PM ET | TRACK 2

Panel: Body Confidence in The Workplace

Diet culture has no place in watercooler chat and yet in many offices it's the norm! Join our panelists Lisa Schoenberger, Keka Dasgupta, Vivian Kaye and Lindsay Johnson as they discuss post-covid back to work body image, how to squash diet chat and change the focus of office chatter to more positive things!