



TED^x Largo

**IDEAS THAT
NOURISH**

SEPTEMBER 17, 2026

PROGRAM GUIDE

HOSTED BY: CENTER FOR PERFORMING ARTS
AT PRINCE GEORGE'S COMMUNITY COLLEGE

TEDxLargo

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TED^x Largo

IDEAS THAT NOURISH

Welcome to TEDx Largo: Ideas That Nourish, an evening dedicated to ideas that challenge perspectives, inspire meaningful conversations, and encourage us to think differently about leadership, connection, resilience, purpose, and the world around us.

Tonight, we invite you to listen, reflect, connect, and discover ideas worth carrying beyond the theater.

Event Program

Pre-Event Reception

5:00 PM

Join fellow attendees for networking, food, refreshments, and conversation before the program begins.

Welcome & Opening Remarks

6:00 PM

Welcome to TEDx Largo: Ideas That Nourish

Opening remarks and acknowledgments from Prince George's Community College and The Arc Prince George's County.

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IDEAS THAT NOURISH

Session One

Dominique Palmer

The Recipe Nobody Gives You for a Great Life

Dr. Jeff Kaplan

The Future of Leadership Has a Heartbeat

Marivon Sama

The Invisible Barrier Between Where You Are & What's Possible

Aisha Thompson

The Other AI You Need

Session Two

Dreu Lindsay

You Heard Me, But Did You Understand Me?

Dontae Tyler

Your Mind Has An Algorithm. Who's Programming It?

John Criger

Change One Card. Change Your Life.

Jamorra Dubose

The Compliment You Almost Didn't Give



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IDEAS THAT NOURISH

Intermission

Enjoy a brief break to refresh, connect with fellow attendees, and engage with our event sponsors.

Session Three

Cory McCray

You Can't Choose What You've Never Seen

Shawn Brumfield

The Art of Not Drowning

Tiffany Winfrey

Your Work Doesn't Speak for Itself

Yvonne Harper

What Love Does With Pain

Closing & Acknowledgements

We close the evening with gratitude to our speakers, sponsors, Prince George's Community College, volunteers, partners, and everyone who helped bring TEDx Largo to life.

Thank you for joining us for Ideas That Nourish. May tonight's ideas continue to inspire conversation, curiosity, and action long after you leave the theater.

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IDEAS THAT NOURISH

Featured Speakers



Dominique Palmer

Dominique Palmer is an Advocacy Specialist with The Arc Maryland and a passionate self-advocate dedicated to advancing accessibility, inclusion, and opportunities for people with disabilities. She actively participates in Maryland's legislative process and authors Dominique's Corner for The Arc Maryland. Inspired by her experience with Partners in Policymaking, Dominique co-founded the S.E.E. (Socially Equipping Everyone) Foundation, Inc., creating opportunities for people with and without disabilities to build authentic relationships and stronger communities.



Dr. Jeff Kaplan

Dr. Jeff Kaplan is an executive coach and organizational consultant with more than 30 years of experience helping leaders reach their full potential. He has authored multiple books, including the recently published, "Leading with Heart: The Human Advantage in an Age of Automation." Jeff holds a PhD in psychology, an MBA, and the Master Certified Coach credential from the International Coach Federation.

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Marivon Sama

Marivon Sama is an entrepreneur, author, and digital marketing strategist whose journey from a small town in Cameroon to building businesses in the United States shaped her perspective on opportunity and success. She is the founder of Zoe Creative Studio and Visibility Booth. Passionate about entrepreneurship and personal growth, Marivon believes that while opportunity creates possibility, mindset ultimately determines whether that possibility becomes reality.



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IDEAS THAT NOURISH

Featured Speakers



Aisha Thompson

Aisha Thompson is an ICF (International Coaching Federation)-trained personal finance coach and the owner of In the Pursuit of Wealth Coaching, where she helps clients build financial confidence and independence. Aisha has a passion for helping others and believes when we change our outlook, we change our outcomes. Through her own lived experience, she learned that real change comes not just from gathering information, but from applying it. That's the philosophy she brings to her coaching. Beyond the office, Aisha is a wife and a proud mother of three daughters. She enjoys the outdoors and finds clarity in exercise and long walks.



Dreu Lindsay

Dreu Lindsay is a public health leader, educator, and advocate whose work centers on helping people feel seen, heard, and empowered. As Project Director of Project LIVE (Living with Intention, Vision, and Empowerment) at The Arc, she supports transition-age youth in building resilience, selfadvocacy skills, and meaningful community connections. Her work explores how empathy, curiosity, and intentional communication can help bridge divides between generations and create greater understanding.



Dontae Tyler

Dontae Tyler is the founder of OQP Solutions, a Washington, D.C.-area technology firm specializing in cybersecurity services and products. He is the author of Cyber Hygiene, created to make security practices more accessible to everyday people, and has spoken at technology events around the world. Dontae also founded Faith Based Tech Meetup, a growing community that provides purpose-driven technologists with a place to connect, learn, and grow together.

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IDEAS THAT NOURISH

Featured Speakers



John Criger

John Criger is a certified life coach dedicated to helping people overcome obstacles, gain clarity, and create meaningful change in their lives. Through compassionate listening and a direct, results-driven approach, he helps clients challenge limiting beliefs, understand their role in shaping their circumstances, and identify practical steps toward their goals. His coaching is built on trust, honesty, and the belief that everyone has the ability to transform their life.



Jamorra Dubose

Jamorra Monae DuBose Morris is an Off-Broadway playwright, director, producer, and multidisciplinary artist whose work explores identity, trauma, healing, and human connection. Her creative journey spans visual art, fashion design, theater, culinary arts, and immersive experiences. She also mentors emerging artists and leads workshops centered on creativity, collaboration, and self-expression, using storytelling and shared experiences to inspire meaningful connection and positive change.



Cory McCray

Cory McCray is a Maryland State Senator representing Baltimore City's 45th Legislative District. A Baltimore native who began his career as an electrical apprentice and became a journeyman electrician, he brings a working-class perspective to public service. His experiences shape his advocacy for workforce development, education, and economic mobility. He is also the author of "The Apprenticeship That Saved My Life," highlighting apprenticeship as a powerful pathway to opportunity and success.

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Featured Speakers



Shawn Brumfield

Shawn Brumfield is a computer engineer and Certified Positive Intelligence Coach who helps leaders, technology professionals, and high-achieving teams strengthen mental fitness and overcome self-sabotage. After discovering the powerful role mindset plays alongside intelligence and hard work, he shifted his focus toward mastering the inner game that drives human performance. Through speaking, coaching, and workshops, Shawn equips others with practical tools to unlock their potential and perform at their best.



Tiffany Winfrey

Tiffany Winfrey is a transformation leader, entrepreneur, speaker, and founder of T. Winfrey Design, where she helps entrepreneurs build brands that clearly communicate their value. For nearly 20 years, she has led technology, strategy, and organizational transformation initiatives while helping businesses turn ideas into meaningful results. Tiffany also serves as an Area Director for Toastmasters, mentoring emerging leaders and helping them become more confident and effective communicators.



Yvonne Harper

Yvonne Harper is a government affairs and public policy strategist, educator, and community leader whose work spans education policy, legislative affairs, and strategic communications. She works in government affairs for the Maryland State Department of Education bridging the gap between government and the people it serves. Drawing from her experiences in leadership, education, and personal transformation, Yvonne encourages others to lead with courage, strengthen communities, and recognize love as a powerful catalyst for change.

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