

Rev. Dwayne and Angela Dixon

Topic: *Self-Care in a Post-Pandemic World*

Summary: *The past 2 years have been stressful mentally, emotionally, and spiritually. In this workshop, Dwayne and Angela will discuss some of the impacts and stressors of the recent past and the methods we can use to cope with and overcome them.*



Dwayne and Angela Dixon consider God to be the center of their union and the rock to which they hold fast. They will celebrate 14 years of marriage on October 8, 2021. They have two grown children, Crystal and Zachary and two grandchildren, Colin and Rian. Their two favorite scriptures are Ecclesiastes 4:12 and Isaiah 43:19

Rev. Dwayne Dixon is a Technology Executive with over 25 years of corporate experience, including successful stints at IBM, Xerox, and currently Unisys Corporation, where he is a Client Director.

He is Licensed and Ordained (National Baptist Convention, USA) and serves bi-vocationally as an Associate Minister at Progressive Baptist Church in St. Paul, MN. Additionally, Rev. Dixon is a member of the National Clergy Council of Iota Phi

Theta Fraternity, Inc.

He holds a B.S. degree from Southern Illinois University and is an M.A. candidate at United Theological Seminary of the Twin Cities. Rev. Dixon is a member of Sigma Pi Phi Fraternity (Omicron Boule), Iota Phi Theta Fraternity, Inc. (Life Member), Kappa Kappa Psi Honorary Band Fraternity (Life Member), and 100 Black Men of America.

Angela Dixon has over 30 years of experience speaking, training and facilitating across the United States. She is the founder and principal of Dixon Training, LLC, and is certified by the National Council for Behavioral Health as well as the Trauma-Informed Academy.

Previously, as an Assistant Professor and Director of Child Advocacy Studies at Winona State University, Angela collaborated to develop and spread groundbreaking curricula to over 30 graduate and undergraduate institutions across the United States.

Her prior work includes impacting local, regional, and national audiences on behalf of Finding Words Indiana, the American Prosecutors Research Institute, and the National Child Protection Training Center, as well as 10 years of corporate experience with IBM and Eastman Kodak Co.

Angela holds a JD from Notre Dame Law School and a BA from The Ohio State University. She is a member of Alpha Kappa Alpha Sorority, Inc., and ordained by the African Methodist Episcopal Church.