



TEDxSHSU 2025 Schedule
Pre-Events: September 29-30, 2025
Event: October 1, 2025

Sam Houston State University Main Campus
Huntsville, Texas

PRE-EVENT SCHEDULE

- Monday, September 29, On-Stage Rehearsals in the LSC Orange Ballroom,
[See sign-up sheet](#)
- Tuesday, September 30, On-Stage Rehearsals in the LSC Orange Ballroom,
[See sign-up sheet](#)
- Tuesday, September 30, 6:00, Dinner for Speakers, Coaches, and Leadership Team,
more information coming soon

TEDxSHSU EVENT SCHEDULE FOR OCTOBER 1, 2025

LIGHT CONTINENTAL BREAKFAST | 8:00 - 8:30 AM

Lowman Student Center, Room TBA

By invitation only; all speakers and coaches are invited.

SESSION 1 | 9:00 - 11:00 AM

The Cognitive and Biological Blocks Between You and Exercising
Danielle Garbarino

Go with the FLO: Unlock Your Emotional Genius
Haitrieu Nguyen

Defanging Alpha: What Wolves Can Teach Us About Leadership
Oliver Starr

Confessions of a Recovering Perfectionist
Alondra Anderson

From Taboo to Training Tool: Rethinking the Menstrual Cycle in Athletic Performance
Jennifer Bunn

LUNCH | 11:15 AM - 12:30 PM

Lowman Student Center, Room TBA

By invitation only; Speakers required, Coaches optional.

SESSION 2 | 1:00 - 3:00 PM

How Smiling Builds Your Health, Wealth, and Legacy

Odell A. Bizzell II

Resurrecting the Dead: Opera and the Power of Storytelling

Rebecca Renfro

Through Their Eyes: Smart Glasses for Crime Scene Investigation

Chiamaka J. Femi-Adeyinka

The Strength Illusion: Why We Fear Vulnerability

Jessica Lovell

SESSION 3 | 3:30 - 5:30 PM

The Power in the Pivot

La-Toya Scott

The Road to Self-Reliance Begins with a Bike

Darren Grant

Off Script: How Black Women Can Reclaim Pleasure, Power, and Worth

Angela L. Jones

Words Have Weight: The Invisible Forces That Shape Our Lives

Sharonda Johnson

“Why Not?” How Spontaneity Can Transform Your Life

Timothy Sturtevant

RECEPTION | 5:30 - 6:30 PM

Lowman Student Center, Room TBA

By invitation only; all speakers and coaches are invited.