



AGENDA

THURSDAY, NOV. 22

8:00-9:00 A.M.		REGISTRATION & BREAKFAST <i>Registration, Light Breakfast and Tricon Solutions Photobooth</i> Registration: DJD Main Entrance Breakfast: KCC Lobby			
9:00-10:00 A.M.		KEYNOTE SPEAKER: JULIE COLE DJD Theatre (no latecomers admitted)			
10:10-11:10 A.M.		FEMALE MENTAL HEALTH & BRAIN HEALTH PANEL DJD Theatre (no latecomers admitted)			
11:10-11:25 A.M.		MORNING SNACK BREAK DJD Lobby & KCC Lobby			
11:30-12:30 P.M.	CHOOSE ONE SESSION	PRODUCTIVITY PILLAR: <i>Parenting Power</i> KCC 208	PENNIES PILLAR: <i>BDC Panel</i> KCC 201	PERSONALITIES PILLAR: <i>Simone Brown</i> DJD Theatre	
12:30-1:50 P.M.	MULTIPLE OPTIONS	GRAB & GO LUNCHES LUNCH & LEARN SESSIONS			
		HABITS OF A HEALTHY WORKDAY KCC 202 HABITS OF A HEALTHY WORKDAY KCC 202	COMMUNITY ART PROJECT <i>Please join & contribute</i> DJD Lobby	EMPLOYEE BENEFITS PLANS KCC 203 EMPLOYEE BENEFITS PLANS KCC 203	TRICON PHOTO BOOTH KCC 204
2:00-3:00 P.M.		ATB PANEL, BOTTOM LINE: WE NEED TO TALK ABOUT MONEY DJD Theatre (no latecomers admitted)			
3:10-4:10 P.M.	CHOOSE ONE SESSION	PRODUCTIVITY PILLAR: <i>Parenting Power</i> KCC 208	PENNIES PILLAR: <i>BDC Panel</i> KCC 201	PERSONALITIES PILLAR: <i>Simone Brown</i> DJD Theatre	
4:20-5:30 P.M.		CURATED CONNECTIONS <i>Next Level Networking & Afternoon Snack Break</i> DJD Community Living Space & Studio 1 (Main Floor)			
6:00-8:00 P.M.		COCKTAILS & CONNECT <i>Performance & After Party</i> Performance: DJD Theatre After Party: DJD Lobby (additional ticket required)			



LOCATIONS:

DJD: DJD Dance Centre (111 12 Ave SE)

KCC: Kahanoff Conference Centre (105 12 Ave SE)

*These two locations are connected through an easy skywalk on the 2nd level.



AGENDA DETAILS

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We want you to build the experience that burns brightest for you. Explore the descriptions below to select which of the elective sessions you would like to attend.

PILLAR SESSION OPTIONS (Choose one session to attend in the AM and one in the PM)

PERSONALITIES: EMOTIONAL INTELLIGENCE: THE SECRET TO NAVIGATING COMMUNICATION CHALLENGES

People Impact Performance. Emotions Impact People. The number one issue most business leaders face is a people issue, not a system or operational one; yet most individuals haven't mastered the art of communicating with customers, teams and stakeholders who are responsible for their success.

PENNIES: SCALING AMBITION: THE ROAD TO FASTER GROWTH

It takes guts, hard work and passion to build and run a business. It also helps to have access to financing, information and trusted partners who can provide the right support at the right time.

PRODUCTIVITY: GETTING OUT ALIVE!

PARENTING POWER gives you POWER TOOLS to get your mornings moving smoothly and from there, why not the whole day? Time is all we have. How are you using yours? Clear out your day, your mind, your guilt and get productive!

LUNCH SESSIONS (Grab Lunch & Choose Sessions)

OPTION 1 - HABITS OF A HEALTHY WORKDAY

Habits of a Healthy Workday is a workshop designed with you in mind... because your workday doesn't have to involve aches, pains, sitting for long hours or slumps in the afternoon. Our goal is for you to leave this session feeling better than when you came in because the habits of a healthy workday are designed to help you destress and refresh within minutes!

Workshop available in 2 sessions: #1 12:45pm - 1:05pm and #2 1:15pm - 1:35pm

OPTION 2 - COMMUNITY ART PROJECT

Join artist Paula Timm over the lunch hour and contribute to an Ignite: Burn Brighter community art project, with paint, colour, tools and marks. Watch how each participating mark, colour and placement builds over the hour with YOU helping to create the art! The collaborative piece will then be on display during the Curated Connections - Next Level Networking session.

Workshop runs from 12:30pm - 1:45pm

OPTION 3 - EMPLOYEE BENEFIT PLANS, WHAT YOU NEED TO KNOW

This engaging lunch and learn session will focus on what you and your employees want to get out of an employee benefit plan. Jason (Navigate Financial Group Ltd.) will also show you what's new and innovative in the market to make sure you are hitting all the marks with your employees, in terms of what they want out of their benefit plan in order to attract and retain the best employee's for your business and culture.

Workshop available in 2 sessions: #1 12:45pm - 1:05pm and #2 1:15pm - 1:35pm

OPTION 4 - TRICON PHOTO BOOTH

Pop by the Tricon Solutions Photo Booth to take a fun photo by yourself, with a friend or with a group!

Photobooth runs: 12:30pm - 1:45pm