



2019 INSPIRING FROM WITHIN CONFERENCE PROGRAM AGENDA

- 8:15 - 8:45 a.m.** Registration and Breakfast
- 8:50 - 9 a.m.** Introductory Remarks
Hope Gianicos, *Conference Chair*
- 9 - 9:20 a.m.** Welcoming Remarks
Sean Van Koughnett, *Associate Vice president (Students & Learning) and Dean of Students*
- 9:20 - 9:30 a.m.** Transition to Breakout Sessions
- 9:30 - 10:45 a.m.** Breakout Session 1 (followed by a 15 min break)
- 11 - 12:15 p.m.** Breakout Session 2
- 12:15 – 2 p.m.** LUNCH * NETWORKING* ASK THE EXPERTS
*Draw Prizes Begin at 1:45 p.m. sharp
- 2-3:30 p.m.** Keynote Address
“Humour, Resilience & Change” – Paul Huschilt
- 3:30-3:45 p.m.** Closing Remarks
- 3:45 p.m.** Departure

KEYNOTE

BREAKOUTS



Paul Huschilt

“Humour,
Resilience, and
Change”



Diane Gies

“The Whiteboard
of Life”



Amy Goldberg

“It Starts with You:
Mindset over Matter”



**Ron
DiFrancesco**

“Mindfulness: The
Key to Resiliency”



**Sonia Hawrylyshyn &
Brad Coughlan**

“How to Master the
Interview”

2019 EMPLOYEE PROFESSIONAL DEVELOPMENT CONFERENCE

INSPIRING FROM WITHIN

- WEDNESDAY, FEBRUARY 27 or THURSDAY, FEBRUARY 28, 2019
- LIUNA STATION, 360 JAMES ST NORTH, HAMILTON

