



## 2010 INSPIRING FROM WITHIN CONFERENCE PROGRAM AGENDA

### MORNING

8:15 – 9:00	Registration and Continental Breakfast		
9:00 – 9:15	Welcome & Introductory Remarks	Brad Coburn & Candy Hui, Conference Co-Chairs	
9:15 – 10:15	Opening Keynote	Donna Skelly	“Giving Back and Gaining Tenfold”
10:15 – 10:35	Refreshment Break		
10:35 – 11:50	Breakout Sessions (select one):		
		Gill Deacon	“Green for Life”
		Gary Direnfeld	“Strategies for Managing the Splits - Taking Care of Children and Being Responsible at Work”
		Sean Lyons	“Breaking Down Barriers in the Multi-Generational Workplace”
		Teal McAteer	“Change Management”
		Deborah Moskal	“Professionalism in the Workplace”
12:00 – 1:00	LUNCH – Featuring Draw Prizes		

### AFTERNOON

1:00 – 2:15	Breakout Sessions (select one):		
		Gill Deacon	“Green for Life”
		Sean Lyons	“Breaking Down Barriers in the Multi-Generational Workplace”
		Michelle MacIntosh	“Bringing the WOW to Work”
		Teal McAteer	“Stress Management”
		Gian Paulo Spangaro	“Budgeting in Tough Economic Times”
2:15 – 2:35	Refreshment Break		
2:35 – 3:35	Closing Keynote	Jeff Tobe	“Coloring Outside the Lines”
3:35 – 4:00	Closing Remarks	Brad Coburn & Candy Hui, Conference Co-Chairs	

## 2010 EMPLOYEE PROFESSIONAL DEVELOPMENT CONFERENCE INSPIRING FROM WITHIN

- FEB. 24, 2010
- SHERATON HAMILTON HOTEL
- 116 KING STREET WEST

