



2010 INSPIRING FROM WITHIN Professional Development Conference

MORNING PROGRAM DETAILS

OPENING KEYNOTE:

DONNA SKELLY - "GIVING BACK AND GAINING TENFOLD"

Broadcaster / Journalist Donna Skelly has covered politics, crime and war but she says none of those had as profound an impact as the simple deed of "giving back".

"Volunteering created numerous opportunities and boosted my career more than anything else throughout my 30 years in broadcasting."

During our morning keynote presentation, Donna will discuss how to establish a volunteer network and in what way these relationships can enhance your work experience.

"Whether you are promoting a research initiative or looking to expand your staff complement, the network you create through volunteering can play a crucial role."

True to her style, Donna will engage her audience with open, honest accounts of her own life. Donna will share her experiences, both professional and personal, and discuss what she believes is the key to success at both work and home...**"giving back and gaining tenfold"**.



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MORNING BREAKOUT SESSIONS:

GILL DEACON – “GREEN FOR LIFE”

Gill delivers a passionate call to awareness around environmental issues. Using the humour, anecdote and startling research that have made her voice as a Canadian broadcaster so distinct, Gill conveys a sense of urgency and possibility for change.

The economic crisis provides a profound opportunity for us to shift gears toward more sustainable habits. Greening your life, both within a business and as individuals, is a brilliant way to not only save natural resources, but also the resources in your pocketbook.

GARY DIRENFELD – “STRATEGIES FOR MANAGING THE SPLITS – TAKING CARE OF CHILDREN AND BEING RESPONSIBLE AT WORK”

Many parents today are torn between meeting the needs of their children and work related obligations. Rather than a lecture format, this workshop will provide an open forum for discussion on the topic, lead by parenting expert, Gary Direnfeld, MSW, RSW. Come share your concerns or insights and pick Gary's brain!

SEAN LYONS – “BREAKING DOWN BARRIERS IN A MULTI-GENERATIONAL WORKPLACE”

Have you ever felt shocked by the words and actions of younger or older colleagues? Have you uttered the words "when I was your age..." to a co-worker? Do you have a sense that people are somehow "different" these days than they used to be? If so, this session will be of interest to you. Dr. Sean Lyons, an established researcher in the area of generational diversity, will provide an overview of the generations of workers who co-habitate the modern workplace, focusing on the formative influences that make each generation unique, as well as their respective values and work expectations. Common points of intergenerational conflict will be discussed, as well as strategies for making the most of generational diversity in the workplace.

TEAL MCATEER – “CHANGE MANAGEMENT”

What needs to change before change can be embraced and practiced? This session zeros in on the secret of positive “rethinking” and how altering your thinking styles can affect your ability to manage relationships, resolve conflict and function in groups with varying dynamics. You will have an opportunity to identify areas requiring improvement and develop practical implementation steps to achieve positive change in these areas.

DEBORAH MOSKAL – “PROFESSIONALISM IN THE WORKPLACE”

People form judgments about you in the workplace based on your behaviour, attitude, speech and appearance. The impressions you communicate to others – positive or negative – can help you get ahead professionally, or can doom your career progress and create conflict in the workplace. This session will give participants an understanding of the importance of professional behaviour in the workplace and what it involves.



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AFTERNOON PROGRAM DETAILS

AFTERNOON BREAKOUT SESSIONS:

GILL DEACON – “GREEN FOR LIFE”

Gill will be repeating the Green for Life session offered in the morning.

SEAN LYONS – “BREAKING DOWN BARRIERS IN A MULTI-GENERATIONAL WORKPLACE”

Sean will be repeating the Breaking Down Barriers session offered in the morning.

MICHELLE MACINTOSH – “THE WOW FACTOR – HOW TO BUILD IT INTO YOUR LIFE”

People are craving ways to live their life at a higher level but are unsure how to do this. Life is filled with opportunities to inspire and WOW ourselves and others all it takes is seeing the ways to bring that WOW-factor into our lives and our work.

This dynamic workshop will inspire participants to put their game face on and really create a great work experience for themselves and others. This workshop provides participants with a deep understanding of what level of work they experience in a day and help them understand what it take to Bring WOW to Work!

A clear understanding of what makes an action extraordinary, what stops people from creating a WOW-life and how to create simple changes that will create this type of life experience.

Visit [Michelle MacIntosh](#) online for more work-life balance information.

TEAL MCATEER – “STRESS MANAGEMENT”

This session provides you with an in-depth understanding of how stressors can lead to a number of psychological, physiological and behavioral symptoms. It allows you to diagnose your levels of negative stress and identify both external and internal causes, with the primary emphasis being on your internal and often unproductive thinking styles. You will learn stress management techniques which cover three categories of action --- changing your thinking, changing your behaviour, changing the situation.

GIAN PAULO SPANGARO – “BUDGETING IN TOUGH ECONOMIC TIMES”

Never before have we had so many places for our money to go, and often there isn't enough to go around. This session will introduce you to some effective ways to improve your finances and provide you with some resources for managing your budget in these tough economic times. Some topics covered include Budgeting Basics, Mortgage Refinancing and Tax-Free Savings Account.



2010 INSPIRING FROM WITHIN Professional Development Conference **AFTERNOON PROGRAM DETAILS**

CLOSING KEYNOTE:

JEFF TOBE – “COLORING OUTSIDE THE LINES”

This high-energy, participatory, humorous session has received outstanding reviews from diverse audiences around the world. Certified Speaking Professional, Jeff Tobe, challenges you to **step outside your comfort zone** in positioning yourself more creatively than ever before. He provides the insight you require to give yourself the **‘competitive edge’** for which we all strive. Colouring Outside the Lines helps participants effectively use their innate creativity to their benefit in both their professional and personal lives. Tobe is not just entertaining—he provides real **‘tools’** to creatively thriving in a changing global market. Jeff encourages participants to “*stop looking in our rear view mirrors to see how things have been done in the past*”. Instead, he urges you to “*look through your windshield to see what is coming down the road ahead in the real estate industry*”. He addresses the concept of seeing the world through their eyes—from their perspective! Most important, his sessions are upbeat, interactive and FUN!