



## 2012 INSPIRING FROM WITHIN Professional Development Conference

# PROGRAM DETAILS

### OPENING KEYNOTE:

#### **DAN THURMON – “OFF BALANCE ON PURPOSE”**

How do you succeed in today’s challenging, changing business climate? How do you sustain the commitment to grow personally and professionally?

Transitions of all kinds can be demanding and difficult. But these moments are also gigantic opportunities to redesign your approach to life and business. As we expand our global reach, this session will give you the encouragement and tools to take action!

In this energizing and “must see” session, Dan Thurmon, author of *Off Balance On Purpose*, will show you how to take charge of your circumstances, stretch your abilities, and create your blueprint for professional success! Afterward, you will be equipped to:

- Own Your Reality
- Seek Your Purpose
- Lean Forward
- Leverage Your Resources
- Follow Through

In signature fashion, Thurmon punctuates his message with dynamic demonstrations, incorporating acrobatics, breathtaking stunts, and audience interaction to create a one-of-a-kind experience you audience will never forget.

### BREAKOUT SESSIONS:

#### **CHRISTOPHER CARTWRIGHT – “ME, INC. – ACHIEVING LIFETIME FINANCIAL WELLNESS”**

Sometimes money can be a mystery. If you don’t control it, it has the power to take control of you!

**ME, Inc.** is a new way to looking at our relationship with money – and how to get what we want in our lives. It puts you in charge. You call the shots and you get the results you deserve. This is not based on some ancient secret. It’s not rocket science. It’s the simple tricks and techniques that successful businesses have been using for years. It’s how they thrive in a difficult economy. And it is adapted to the reality of your personal finances. **ME, Inc.** will show you how to get on the path to financial freedom and independence while balancing your work and life to achieve lifetime financial wellness.



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### **BREAKOUT SESSIONS (CONTINUED):**

#### **HEIDI COWIE – “HANDLE WITH CARE – CONFLICT RESOLUTION IN THE WORKPLACE”**

Conflicts stem from many different sources. Understanding when, and how, to apply a variety of different conflict resolution strategies can prevent unnecessary hardship. This session explores strategies to defuse anger and conflict so that difficult situations in the workplace can be resolved respectfully.

#### **DONNA MESSER – “THE POWER OF LEVERAGE – BUILDING & UTILIZING YOUR NETWORK”**

This presentation is designed to inspire McMaster employees and staff, to help them build and stabilize their business relationships with each other. They will learn to use effective networking to achieve the goals of the organization and themselves in a measurable fashion. The presentation covers who, what, where, when and why to network. Audience members at this interactive keynote will leave inspired and with the tools they need to succeed.

#### **BOBBY UMAR – “PERSONAL BRANDING, LEADERSHIP & PASSION”**

The leadership dynamic is changing. It is moving towards those who can connect, engage and inspire. Within this workshop we will dive into some of the key aspects of the new leader through lecture, discussion, and interactive activities. We will:

- Discuss Leadership, Personal Branding and Passion
- Try and get to the core of who you are: what drives you; what values, beliefs and passions you hold dear; and how you relate to others
- Encourage you to share yourself with each other and take a stand for your ideas, decisions and place in the world.
- Engage in teambuilding activities and will challenge you to enhance your communication, teamwork, and leadership skills by engaging people with openness, honesty, and authenticity. The golden rule of this workshop will be the same as was written on millions of glass pop bottles from not too long ago -- "No Deposit. No Return."



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### CLOSING KEYNOTE:

#### **MICHAEL KERR – “PUTTING HUMOUR TO WORK”**

Why choose between content and fun when you can have both? *Putting Humour to Work* presentations offer practical, relevant ideas delivered in a fun, energetic and memorable style.

You will laugh as you learn:

- How humour can help you choose a more positive workplace attitude;
- Four myths about putting humour to work (*it's not about being funny*);
- Why humour at work makes dollars... and sense;
- The health benefits of laughter—the latest in laughter research;
- Three reasons why humour is one of the most powerful stress busters;
- The “3 Rs” of humour and stress management;
- It's not always what you say, it's *how* you say it that matters;
- Customer service with a laugh;
- Teams that laugh together, stay together;
- Sparking creative thinking through the power of play and humour;
- Practicing “safe” workplace humour;
- Guiding lights for putting humour to work without getting fired!