



2012 INSPIRING FROM WITHIN Professional Development Conference **SPEAKERS**

OPENING KEYNOTE:

DAN THURMON



Dan Thurmon is the author of two books, a renowned speaker, and a recognized expert in delivering peak performances – on stage and in the workplace. As president of Motivation Works, Inc., he has worked with hundreds of clients and delivered thousands of [presentations](#) worldwide. Dan helps organizations and individuals implement actions plans and move confidently through transitions.

He began his performance career at eleven years old, crafting a one-man-show incorporating comedy, juggling and acrobatics. This enabled him to, at a very early age, develop a strong work ethic and learn fundamental lessons about performance excellence. Dan graduated from the University of Georgia with a degree in Marketing and Management. He has also extensively studied Personal Development and developed a unique methodology he teaches to audiences and clients.

A recent inductee to the prestigious “Speakers Hall of Fame,” Dan Thurmon delivers experiences that go beyond motivation, teaching concepts and skills in a highly engaging and entertaining manner. He incorporates his lifelong performance skills to create high impact events. His programs have educated and uplifted Fortune 500 companies, young audiences, and even the troops on the front lines of Afghanistan and Iraq.

Dan’s philosophy can be summarized by the title of his book, [Off Balance On Purpose](#). He believes that we will never achieve “perfect balance” and should, instead, learn to embrace uncertainty and initiate positive changes that lead to growth. Also, we should go beyond the pursuit of “success” and enhance our life experiences and professional endeavors with purposeful, positive contributions.

BREAKOUT SESSIONS:

CHRISTOPHER CARTWRIGHT

Christopher Cartwright has over 35 years in the financial services industry and has facilitated unbiased generic retirement and financial education workshops for the Institute since 2007. His engaging and informative workshops and seminars enable employees to identify, plan for, and achieve their personal financial goals and a balanced lifestyle in retirement using all of the resources available to them. Participants have the chance to learn the financial self-management skills; lifestyle and estate planning, investment and tax reduction strategies they need to achieve a fulfilling financially secure future in times of economic uncertainty.



HEIDI COWIE



Skillfully combining 25 years of corporate experience with good old-fashioned common sense, **Heidi Cowie** has successfully operated a private practice offering a range of counseling services, from marriage and relationships to family and individuals. She is also active in the public eye, advocating awareness of the effects of stress and has been quoted as a relationship expert in the Hamilton Spectator, Toronto Sun, Readers Digest, Parenting Magazine, CH Television and Rogers Daytime.

Heidi's clinical specialties include counseling/therapy, anxiety, depression, and conflict management but her passion is in stress management. She is a sought-after speaker and published author of the book *Overgivers – Walking the Tightrope between Love and Guilt*. She plans to publish her second book, *Touch the Whales – A Wave of Wisdom* in the near future.

DONNA MESSER

Donna Messer is an author, speaker and coach; an inspiring and passionate motivator who has addressed thousands of people on three continents. She is a former broadcast journalist and the author of more than 4,000 articles that have been published in magazines and newspapers around the world. Her book *Effective Networking Strategies* is a Canadian bestseller and she is the Managing Editor of a new publication called *EntreNomics Magazine*.



Donna has played a critical and active role in introducing networking training to the curriculum of colleges and universities throughout the Canada, the United States and Europe and she currently serves on the Executive Board for Women in Food Industry Management.

Donna is an active Rotarian, and on the board for The United Way of Oakville. She volunteers her time to support charities directed towards improving the status of youth, those with disabilities, women and new Canadians.

BOBBY UMAR



Bobby Umar has over 20 years' experience in leadership training and professional development through conferences, corporate events and numerous teaching positions. With a background in brand marketing, engineering and the performing arts, Bobby draws on his diverse career to lead Raeallan, a transformational training and speaking company.

Bobby has run teambuilding activities, presented keynotes, and coached thousands of people across Canada. Major clients include TD Canada Trust, TELUS, Canadian Tire and Kraft, as well as McMaster, Ryerson and York universities.

His engaging presence, endless exuberance and dynamic people skills are essential in developing and nurturing Raeallan participants.

CLOSING KEYNOTE:

MICHAEL KERR



Michael Kerr is an award-winning, international speaker and a member of the Canadian Speakers' Hall of Fame. He is known as one of North America's leading authorities on how to create healthier and more inspiring work environments by helping audiences tap into their HUMOUR resources. His presentations have taken him from Iran to Honolulu and hundreds of points in between.

A recovering government manager, Michael is also the author of five books, including *You Can't Be Serious! Putting Humor to Work*, *Inspiring Workplaces*, and the best selling, *What's So Funny About Alberta?*

Michael lives in beautiful Canmore, Alberta in the Canadian Rockies.