



2019 INSPIRING FROM WITHIN Professional Development Conference

KEYNOTE AND BREAKOUT DESCRIPTIONS

KEYNOTE SPEAKER:

PAUL HUSCHILT

HUMOUR, RESILIENCE & CHANGE



As professionals in higher education, we face urgent demands, responsibilities and pressures. **HUMOUR, RESILIENCE & CHANGE** gives us time to step away from all of that, and focus on strategies for our own well-being. Paul Huschilt, Professional Speaker, and Humour and Wellness Expert will make us laugh and re-think our relationship with stress. He will share his techniques on how to get the most out of life, deal with change, and laugh at just about anything.

BREAKOUT SESSIONS:

RON DIFRANCESCO

MINDFULNESS: THE KEY TO RESILIENCY



Ron DiFrancesco is the last survivor of the South Tower of the World Trade Centre on 9/11. In this talk, Ron's story takes us back to a moment in history when the world changed for everyone. He will share what it was like to be in the tower that day, and what his life has been like since living through the worst terrorist attack on American soil. His explanation of how he struggled to overcome survivor's guilt and PTSD by focusing on Mindfulness, has helped shape who he is today.

DIANE GIES

THE WHITEBOARD OF LIFE



This session will help individuals understand how their behaviour impacts the results they are seeing with their day to day interactions. It brings awareness to individuals, helping them recognize the messages they have accumulated over their lifetime, and ultimately how those messages impact their everyday relationships, both personally and professionally. Participants are encouraged to "erase" any messages on their board that are no longer useful or relevant to their current situation. Powerful and life changing, this talk has been known to leave participants feeling energized and ready to challenge their self-limiting beliefs.

EMPLOYEE CAREER SERVICES

WHAT IT TAKES TO MASTER THE INTERVIEW



Sonia Hawrylyshyn, CEC
Manager Employee Career Services
Organizational Development, HRS



Brad Coughlan
Talent & Recruitment Strategist,
Organizational Development, HRS

There are no second chances to make a great first and lasting impression. The key to effective interviewing is to prepare in advance, project confidence and share relevant information and behaviour based stories to demonstrate your skills and qualifications for the job. Join us for this session to learn about interviewing best practices and important strategies to help you master the interview.

AMY GOLDBERG

IT STARTS WITH YOU: MINDSET OVER MATTER



Changing your mindset changes everything. It matters. Taking action toward your well-being is a choice. For many it is not an easy one. It is tough. We are constantly competing for time and energy. In today's world, your personal and professional life collide. Work-Life balance? It is about setting priorities. Learning how to shift your mindset to better serve you. To better handle challenging situations and interactions. Even with the tools and resources that are readily available, it is still confusing. How exactly do you use them in your life to be your best self? Your resilient, healthy, happier self? Amy will show you how. Let's dive in.