



2009 INSPIRING FROM WITHIN CONFERENCE

PROGRAM AGENDA

MORNING

8:15 – 9:00	Registration and Continental Breakfast		
9:00 – 9:15	Welcome & Introductory Remarks	Christina Tellier, Conference Chair	
9:15 – 10:15	Opening Keynote	Dr. Marla Shapiro	“Work Life Balance”
10:15 – 10:35	Refreshment Break		
10:35 – 11:50	Breakout Sessions (select one):		
		Caron Shepley	“Get Ready to Find Your Inner ‘Om’!”
		Nancy Lee-Colibaba	“Plant-People Connections”
		Fiorella Callocchia	“Marketing YOU! Unlimited”
		Sonia Hawrylyshyn	“Hot Skills for Today, Trends for Tomorrow”
12:00 – 1:00	LUNCH – Featuring Draw Prizes		

AFTERNOON

1:00 – 2:15	Breakout Sessions (select one):		
		Art Gallery Workshop	“Interactive Workshop”
		Peggy Grall	“Knowing Me and Knowing You: Personal Style & Change”
		Narat Charupat	“Personal Financial Planning in the Current Economic Climate”
		Sheraton Executive Chef	“Un-beet-able Beets!”
2:15 – 2:35	Refreshment Break		
2:35 – 3:45	Closing Keynote	The Smart Cookies	“Smart Cookies’ Secrets to Having More Dough”
3:45 – 4:00	Closing Remarks	Christina Tellier, Conference Chair	

2009 EMPLOYEE CONFERENCE

INSPIRING FROM WITHIN

- FEB. 26 OR FEB. 27, 2009
- SHERATON HAMILTON HOTEL
- 116 KING STREET WEST



Ready,



Set,



Grow!