



2009 INSPIRING FROM WITHIN CONFERENCE

MORNING PROGRAM DETAILS

OPENING KEYNOTE:

DR. MARLA SHAPIRO – “WORK LIFE BALANCE”

As busy employees with work commitments, family responsibilities and our own neglected personal needs, we often find ourselves unable to balance all three balls. This presentation will review the challenges in achieving work life balance. It will offer some practical strategies for finding our own personal sense of balance.

Visit [Dr. Marla Shapiro: Life in the Balance](#) online.

MORNING BREAKOUT SESSIONS:

CARON SHEPLEY – “GET READY TO FIND YOUR INNER ‘OM’!”

Caron Shepley, a graduate of McMaster University is Corporate Director of Personal Best, a corporate health and fitness company located in Toronto. She is also the founder of Blue Dog Yoga where she teaches yoga to all levels of people. Aside from teaching, Caron certifies people to teach yoga, conducts yoga camps and clinics and promotes her unique style of yoga in a series of yoga DVDs. During the conference breakout sessions, Caron is looking forward to introducing everyone the wonderful benefits of yoga. Get ready to find your inner "om"!

NANCY LEE-COLIBABA – “PLANT-PEOPLE CONNECTIONS”

Plants are fundamental to all other life. Plants feed and clothe us, provide shelter and fuel. This presentation will explore the benefits of working with plants as well as outlining 10 herbs to use in your daily lives. Discussions on the folk lore, uses, cultural techniques and preserving of herbs as well as an opportunity to plant up your own herb will round out this session. Please bring your questions and comments. Visit the [Royal Botanical Gardens](#) online.

IORELLA CALLOCCHIA – “MARKETING YOU! UNLIMITED”

You can take charge of your career by learning the latest techniques to market and sell yourself in today's high pressure and demanding work environment. During this high impact and motivating session, you will learn the secrets to increasing your value and overall performance while leveraging your skills to achieve career satisfaction.

If you are really serious about reaching new heights of professional and personal success, don't miss this dynamic and interactive session! Visit [HR Impact](#) online.

SONIA HAWRYLYSHYN – “HOT SKILLS FOR TODAY, TRENDS FOR TOMORROW”

Attend an interactive and informative session to find out what McMaster experts are saying about workplace skills expectations and future trends. You'll also discover new resources and get career strategies on thriving in a dynamic workplace. Visit [Employee Career Services](#) online.



2009 INSPIRING FROM WITHIN CONFERENCE AFTERNOON PROGRAM DETAILS

AFTERNOON BREAKOUT SESSIONS:

ART GALLERY WORKSHOP – “INTERACTIVE WORKSHOP”

Discover your inner artistic abilities in this specialized workshop developed by the Art Gallery of Hamilton. Workshop will include multimedia or print-making instruction, full use of equipment, all required supplies and some free-time to get the creative juices flowing! No previous experience is required and enrolment in this session is limited to 30 participants. Visit the [Art Gallery of Hamilton](#) online.

PEGGY GRALL – “KNOWING ME AND KNOWING YOU: PERSONAL STYLE & CHANGE”

What kind of changer are you? What does it take to get you excited about change, and what sends you running for the safety of the status quo? Knowing how you approach new people and processes can help you grow and flow with the changes in your organization. Come have some fun with your colleagues participating in the Change Style Index and uncover your natural Change Champion! Visit [Peggy Grall](#) online.

NARAT CHARUPAT – “PERSONAL FINANCIAL PLANNING IN THE CURRENT ECONOMIC CLIMATE”

In this talk, we will discuss the impact of the current economic crisis on the financial well-being of individuals. We will then consider the adjustments that people should make to their financial plans in order to prepare themselves for future uncertainties.

SIMON PRENTICE – “UN-BEET-ABLE BEETS!”

Please join Chef Simon Prentice on February 26 or 27th at The Sheraton Hamilton Hotel as he hosts “Un- Beet- able Beet’s” a cooking demonstration of tantalizing seared scallops and candy cane beets and an in depth discussion highlighting the various cooking methods and health benefits of Beets.

CLOSING KEYNOTE:

THE SMART COOKIES – “SMART COOKIES’ SECRETS TO HAVING MORE DOUGH”

When it comes to money nobody offers financial advice quite like the Smart Cookies. Just a few years ago, these five women were drowning in over \$50,000 worth of consumer debt and spiralling towards financial ruin. After forming a money group and creating a plan, each was able to pay off their debt, start saving and investing, all in just a years time. After dramatically changing their own lives, they appeared on the Oprah Winfrey show, sharing the secrets of their success, and now they will share those secrets with you. In this presentation you will hear the Smart Cookies’ step by step strategy for getting out of debt, finding hidden money, cutting costs, increasing your earnings and creating the life of your dreams. The result? An engaging conversation, with real women who will inspire change when it comes to your money habits. Visit the [Smart Cookies](#) online for must have financial tips.