

Agenda

Conference location: Isaiah Tubbs Resort and Conference Centre

TIME	DESCRIPTION	PRESENTER	LOCATION
7:00 am	Registration	META Staff	Restaurant on the Knoll
8:00 am	Breakfast		Restaurant on the Knoll
9:00 am	Opening Remarks	Mayor Neil Ellis	Restaurant on the Knoll
9:20 am	Keynote- Leading Change & Body Language	Neil Thornton	Restaurant on the Knoll
10:45 am	Breakout 1- Transforming Team Culture	Theresa Bailey	MacDonald Room
10:45 am	Breakout 2- The Benefits of Virtual Reality for Wellness, Productivity, and Soft Skill Development	Peter Young	Williams Pavillion
12:00 pm	Lunch and Learn- Retention Strategies for Workplace Wellness	Emily Smith Jason LeSage Sandie Sidsworth Nancy Anthony Jackie Goddard	Restaurant on the Knoll
1:15 pm	Keynote- Mental Health: Navigating Your Comfortable	Michael Shoreman	Restaurant on the Knoll
2:45 pm	Breakout 3- Neurodiverse Workplaces: A New Norm	Rebecca Rafuse	MacDonald Hall
2:45 pm	Breakout 4- Workplace Yoga	Tansy Hunt	Grass area or O'Neil (Backup)
4:00 pm	Networking & Marketplace Hour	Local Vendors	Grass area or O'Neil (Backup)
5:15 pm	Dinner		Restaurant on the Knoll
6:30 pm	Aromatherapy as a Tool to Relieve Stress and Anxiety at Work	Kelly Stanhope	MacDonald Hall

Guest experiences to be announced!

Don't forget to visit our marketplace vendors open from 9:00 am to 5:00 PM!

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7:00 am	Registration	META Staff	Restaurant on the Knoll
8:00 am	Breakfast		Restaurant on the Knoll
8:45 am	Opening Remarks	MPP Todd Smith Amy Widdows	Restaurant on the Knoll
9:20 am	Keynote- 2023 Unstoppable You	Unstoppable Tracy	Restaurant on the Knoll
10:45 am	Breakout 1- The Importance of Hiring People with Resilience	Julie Langan	MacDonald Hall
10:45 am	Breakout 2- Mindfulness and Stress Management Strategies for 2023	David Sider	William Pavilion
10:45 am	Breakout 3- Paddleboarding with Michael Shoreman	Michael Shoreman	West Lake Beach
12:00 pm	Lunch and Learn- Current Challenges and the Future of Mental wellness in the Workplace	Sandra Leslie Julie Langan Roseanne Soso Amy Widdows Beverly Beuernmann-King	Restaurant on the Knoll
1:15 pm	Closing Remarks	Beverly Beuernmann-King	Restaurant on the Knoll

