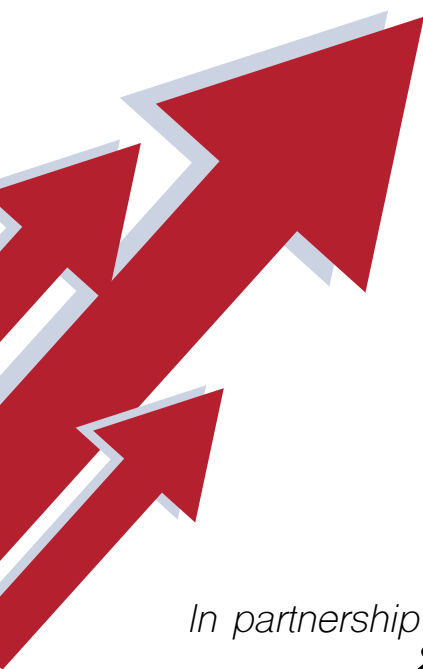


Just Saying Magazine's
First Annual
Conference

Women
IN LEADERSHIP
Across the Generations



In partnership with
JustSaying  **Compassion**[®]

A portion of the proceeds will go to Compassion Canada*

Designed by Caleb Sell
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About

Escape with us to discover ways to lead the life you were created to live. If you are looking to bond with other women, learn how to be kind to yourself, discover the importance of pampering, uncover ways to eat healthier, and more, this is the place for you. Join us as we show you how learning can be fun!

Date & Time

Saturday, April 28th, 2018
9:00 AM - 12:30 PM

Location

University of Ottawa
Lamoureux Hall (LMX)
145 Jean-Jacques Lussier Private
Ottawa, Ontario
K1N 9A7

*A map and parking details are available upon confirmation of registration**

Schedule

08:15 - 08:50	Check-In/Refreshments
09:00 - 09:45	Welcome/Keynote Speaker
09:45 - 09:50	Transition
09:50 - 10:20	First Session
10:20 - 10:40	Break/Refreshments
10:40 - 11:10	Second Keynote Speaker
11:10 - 11:15	Transition
11:15 - 11:45	Second Session
11:45 - 11:50	Transition
11:50 - 12:20	Final Keynote Speaker
12:20 - 12:30	Closing Remarks

Keynotes



1

Importance of Role Models

Sekou Kaba has a long history with bullying and overcoming life-long obstacles. Sekou will share his personal battles with many issues and how he, with the help of role models in his life, overcame to accomplish his 16-year journey to the Olympics.

Sekou Kamba, 2016 Olympian



2

If You Can Wrap Your Mind Around Your Dream, Then Your Dream Is Too Small!

Think for a moment, 'what would life be like if you ceased to listen to the voices of discouragement, and instead started listening to the voice of the dreamer that lies deep within you?' Have you become too practical in your world, too cautious that you do not allow yourself to dream for the unimaginable? Dare to dream with Dr. Cheryl Bauman.

Dr. Cheryl Bauman



3

Parenting Drug-free Kids

The legalization of marijuana has led some parents to wonder how legal-pot will affect their kids. In this discussion, we'll think about nurturing the kind of parent-teen relationships that can reduce the risk of adolescent drug use. You will feel encouraged and empowered to parent teens with less fear and a whole lot more joy.

Dr. Chris Marchand

Sessions



A Music with Marie

Marie will take you on a musical journey, as she mixes a collection of songs, inspirational words and a potpourri of life experiences that are sure to impact your life for years to come!

Marie Brydges



B Tried & True Travel Tips

Join Connie as she takes you on an adventure with her tried & true travel tips. Learn to pack lighter, plan more thoughtfully and save time and energy on your next excursion.

Connie Russell



C From Ashes to Beauty

Tracey is a professional make-up artist who loves to share her secret tips to looking younger! Connect with her as you learn how to apply makeup for a simple everyday look.

Tracey Lahey



D Timeless Treasuring

Finding yourself on a painful journey, sorting through a lifetime of memories from a loved one who passed away? Allow Lyn to share some tips that will help keep those memories alive!

Lyn Malo



E Strengthening Relationships

Are you looking to strengthen relationships by connecting with others on a more meaningful level? If so, explore with Dina some tools, skills, and strategies on listening at the right level!

Dina Talhouk



F Stress Free Living

Join Georgia to learn relaxation techniques and exercises to help alleviate pressures and tensions you may be feeling. Enjoy different ways to rest, play, and have fun.

Georgia Morissette

Sessions



G Brainwrecked

A brain injury survivor illustrates methods that have helped her to embrace recovery. If you or anyone you know is dealing with trauma, this is the workshop for you.

Candy Devine



H Learning to Hear God's Voice

Be empowered to hear God's voice by using 4 keys that will help unlock truths. Through journaling, you will have the opportunity to practice talking to God and hearing His voice.

Jill Sell



I Steps to Better Digestion

Many suffer daily from poor digestion, leaving us feeling tired. Uncover how mindful eating is just the beginning to becoming more connected with your food and living an energized life.

Jordana Grenier



J Changing your Lens

Perspective can change how you live your life. This session will encourage you to try on new lenses, so that you can view your circumstances with increased clarity.

Carolyn Cheer



K Raw Energy

Tired? Let this Aussie show you easy ways to boost your energy for everyday living. From juice, smoothies and protein balls, taste testing will be available for all to enjoy.

Bridget McEachern



L Lost in the 'Write' Direction

On a quest to discover herself, listen to how one young dreamer evolves through different genres of writing. Whether in fact, fiction, poetry or blogs, words are paving her way.

Kyla Heyming

Information

Questions?

Visit: www.justsaying.today

Registration Info.

Early Bird Fee: \$30

After April 1st: \$35

For e-registration & e-transfer e-mail:

cheryl@justsaying.today

Mail registration form with cheque to:

Just Saying

P.O. Box 11271

Ottawa H

Nepean, Ontario

K2H 7T9

Please make cheques payable to
Just Saying*

Registration Form

Name: _____

Email: _____

Phone Number: _____

Rank the sessions you are most interested in
as choices 1, 2, 3 and 4.
The 3rd & 4th choice is requested in the event
other choices are not available.

Session Choices:

A ___ B ___ C ___ D ___ E ___ F ___

G ___ H ___ I ___ J ___ K ___ L ___