

## Breakout Sessions – 10:00 a.m. to 11:00 a.m.

Leadership & Management Stream	Quality & Effectiveness Stream	Workplace Wellness Stream	Tools & Techniques Stream
<p><b>Accountability from the Inside Out</b></p> <p>When done well, accountability can lead to positive growth and development, better results and a culture of great performance. As leaders, we need to “lead self” in order to successfully lead others. This accountability for our own work, behaviour and results leads the way for our teams. At this fireside chat session, you will hear and discuss different aspects of accountability and “leading self,” explore the concept of kind curiosity, and leave with ideas that you can take back to your workplace to create or enhance your own accountability framework.</p> <p>-Brenda Badiuk, President and Chief Operating Officer, Seven Oaks General Hospital</p> <p>-John Kliewer, Director, Business Development &amp; Strategic Planning, Keewatin Air LP</p> <p>-Moderator: Chris Downey, Leadership and Organizational Development Professional</p>	<p><b>Where Relationships Matter Most</b></p> <p>Join us to find out how Sunova Credit Union expanded, evolved, and found ways to distinguish themselves from the competition – and meet some of their most recognizable (and funniest!) ‘distinguishing factors’. After successfully looking outside of the box, the team recently shifted their focus ‘inside the box’ to the core of the company - their people and their relationships with members and clients, potential new customers, and each other. Learn how they created a culture code, foster accountability, removed barriers, and provide staff with control of their outcomes and work. If you are looking to shake things up and distinguish yourself, you won’t want to miss this session!</p> <p>-Leanna Beasant, VP and Chief Financial Officer, Sunova</p> <p>-Cheryl Mitchell, Director, Facilities &amp; Business Development, Sunova</p> <p>-Cyndi Typliski, Managing Partner, Selkirk Branch, Sunova</p>	<p><b>The Solutions Room</b></p> <p>Strategize the tough stuff at this interactive and energizing breakout session led by our team of expert facilitators. You will have the opportunity to participate in four solutions-focused table discussions on timely workplace topics such as Mobbing, Cannabis, Healthy Boundaries, Mindfulness, Negativity/Difficult People, Resilience, and more.</p> <p>-Josh Bileski, IG Wealth Management</p> <p>-Shannon Gander, Life Work Wellness</p> <p>-Maureen Grace, Hamilton Grace &amp; Associates</p> <p>-Jehna Grobety, Delta 9 Cannabis</p> <p>-Joyce Odidison, Interpersonal Wellness Services Inc.</p> <p>-Heather Peters, Independent HR Consultant</p> <p>-Eric Stutzman, ACHIEVE Centre for Leadership &amp; Workplace Performance</p>	<p><b>Map It Out!</b></p> <p>Research shows that drawing and visual tools can help improve your memory. The practice of mind mapping has been used for decades to organize information in a visual way. Join us for a fun and engaging session where you will have the chance to learn and practice various mind-mapping techniques as a unique way of learning, reviewing and retaining content. Share ideas and experiences with other participants then apply your new skills in a practical and timely way by mind mapping Cy Wakeman’s morning keynote presentation.</p> <p>-Susan Popiel, HR Consultant, Learning Initiatives, WCB of Manitoba</p>

## Breakout Sessions – 11:15 a.m. to 12:15 p.m.

Leadership & Management Stream	Quality & Effectiveness Stream	Workplace Wellness Stream	Tools & Techniques Stream
<p><b>The Alchemy of the Generations</b></p> <p>Are you ready to engage in a positive and productive discussion about today’s multigenerational workforce that is based on curiosity, understanding and respect? Discover the secret sauce to transmuting the generations in the workplace - creating a culture of high engagement and powerful connections. Hear how leadership from two different generations are joining forces and using reverse mentoring to build an organization where all generations collaborate and build a new future.</p> <p>-MaryAnn Kempe, Chief HR Officer, The Birchwood Automotive Group</p> <p>-Sarah Giesbrecht, Manager HR Services, The Birchwood Automotive Group</p>	<p><b>All In.</b></p> <p>You can’t make change happen with a mandate, you need to start a movement. After a year of working with Wendy Ferris of inVision Edge to drive innovation and strategy within the organization, Palliser Furniture engaged Wendy as their EVP of Culture and Innovation to drive a new way of thinking and approaching work deeper and wider throughout the organization. Learn why Palliser went all in on culture change, and how they are building a spirit of innovation, intrapreneurship and agility throughout their organization.</p> <p>-Wendy Ferris, Executive Vice President of Culture and Innovation, Palliser Furniture Upholstery Ltd.</p>	<p><b>Get Over Yourself</b></p> <p>Do you wake up every morning energized and excited to go to work? If not, maybe it’s time to get over yourself. This thought and heart provoking presentation is a must for all employees and leaders. Both practical and inspiring, you’ll have the opportunity to reflect on moments in your career when you felt most engaged, excited and passionate about your work; when you felt your best and did your best. Discover simple strategies to re-create and sustain your excitement about work, every day, always, in all ways. Take this opportunity to get over yourself, or maybe get into yourself, to rediscover and re-ignite your passion for the work you do.</p> <p>-Stephen de Groot, Author, International Speaker, Change Architect and President, Myriad Consulting</p>	<p><b>Lightening Learning: QNET Sampler</b></p> <p>You’ve seen the ad for a QNET workshop. You’re curious. But what will the session be like? Here’s your opportunity to “sample” what some of QNET’s facilitators offer throughout the year. This high energy session offers quick, interactive learning experiences on timely topics. Select up to three topics and leave with a tool or technique to bring to your workplace.</p> <p>-David Falk, Facilitated Solutions: <i>Managing Your Edge</i></p> <p>-Cate Friesen, The Story Source: <i>Your 6 Word Reason Why</i></p> <p>-Janice Goldsborough, The HR Basics: <i>The GIFT of Listening</i></p> <p>-Sylvia Marusyk, MindBody Works: <i>Stressed to Kill Sampler</i></p> <p>-Chuck Meltzer, Syntec Group: <i>Relationship Awareness</i></p> <p>-Janet Schmidt, Janet Schmidt &amp; Associates: <i>Keeping Cool</i></p>