



Lacombe and District
Chamber of Commerce

"A collective voice advocating growth and prosperity"

Government of Alberta

Men/Women's Training Conference

Saturday September 11th, 2010 Registration begins at 8:30am

Sessions 9:00am to 4:30pm

Lacombe Curling Rink Lounge

Upstairs of the Curling Rink/Arena

Brought to you by: **Lacombe & District Chamber of Commerce** and
the Government of Alberta

Members: \$75/each or register one person into each conference for \$100

Non-Members: \$100/each or register one person into each conference for \$150

Fees include: Registration, training events, and catered lunch

Individual name(s)

1.....	Women's/Men's <input type="checkbox"/> <input type="checkbox"/>	3.....	Women's/Men's <input type="checkbox"/> <input type="checkbox"/>
2.....	<input type="checkbox"/> <input type="checkbox"/>	4.....	<input type="checkbox"/> <input type="checkbox"/>

Business Name.....

Phone..... Fax.....

E-mail.....

Schedule (Note: course description included on back of form):

Time	Men	Women
8:30am – 9:00am	Registration	
9:00am – 9:15am	Welcome by Chamber (Coffee and Muffins)	
9:15am – 10:00am	The Power of Truth – Leading from the Inside Out <i>(Justin Flunder)</i>	Perfecting your Professional Image <i>(Joanne Ward)</i>
10:00am – 10:45am	Anger in the Workplace <i>(Dwayne Henley)</i>	The Power of Truth – Leading from the Inside Out <i>(Justin Flunder)</i>
10:45am - 11:00am	Break	
11:00am – 11:45am	Business on the Golf Course	Being a Successful Woman in Business
11:45pm-1:15pm	Lunch and session on Networking <i>(Kristen Cummings)</i>	
1:15pm – 2:15pm	Activity in the Workplace <i>(Pat Lessard)</i>	
2:15pm – 2:30pm	Break	
2:30pm – 4:30pm	Bridging the Gap- Generations and Gender <i>(Keynote - Kristen Cummings)</i>	

Anger in the Workplace

Dwayne Henley

Being a Successful Woman in Business

Learn what it takes to get to the top of your chosen field and what types of adversity a very successful woman in business has had to overcome. Very inspiring for all women in business!

Bridging the Gap – Generations and Gender

Kristen Cummings

This engaging and humorous session will examine and contrast the characteristics and values of Canadian demographic cohorts: the Baby Boom, Bust and Echo and highlight the changing nature of gender in the workplace, policy and community. Discussion will include the strengths and contributions of each group, and the challenges of connecting and collaborating in educational settings to optimize the unique gifts and contributions of each group.

Fitness at Work

One to One Fitness

The importance of staying healthy at work and how you can ensure that while you're at work – your health doesn't take a back seat.

Business on the Golf Course

This ingenious session will show you how to mix business with pleasure – complete a round of golf while supporting your business contacts.

Networking

Kristen Cummings

This engaging session will focus on three elements of networking: targeting networking by aligning personal values with organizational goals and business trends, structuring networking efforts from the inside-out, and expanding networks with both strategy and serendipity in mind. Participants can expect humour, energy, discussion, and opportunities to share effective practices.

Perfecting your Professional Image

Joanne Ward

Have you ever heard "You only have one minute to make a good impression?" How would you like to make a great first and lasting impression? In this session: you will learn about Joanne's *ipod* - *intentional, planned, optimal dressing* - wardrobe basics for women including; body language, and business etiquette and perfecting your personal style

The Power of Truth – Leading from the Inside Out

Justin Flunder

Join Justin A. Flunder, Practical Leadership Author & Master Teacher as he provides a World Class Training Event where managers, supervisors, and everyday leaders will experience leadership growth, understanding, and practical strategies which will move them from knowledge to action.