



Opening Keynote: Dr. Lisa Bélanger

November 13, 2024

Adaptive Minds: How Your Brain Thrives in Times of Change

Our brains are finely tuned to flourish when exposed to a delicate blend of routine and novelty. However, the demands of both work and life often disrupt this equilibrium. So, the question arises: How can we equip ourselves and our teams to thrive amidst constant change?



In this enlightening presentation, Dr. Lisa Bélanger delves into actionable behaviors that can enhance our capacity for clear thinking, productivity, resilience, sustained motivation, and the avoidance of overwhelm. Drawing from the realms of psychology, behavioural science, and neuroscience, she guides audiences in creating an environment, fostering a community, and nurturing teams that excel in high-stress situations and prolonged periods of pressure. Additionally, audiences learn practical tools to fortify mental strength and performance during times of transformation and change.

Mental well-being is our most valuable asset, both at home and work. An award-winning CEO, behavioural change expert, and high-performance specialist Dr. Lisa Bélanger shows leaders and their teams how to apply today's leading-edge scientific research to maximize their mental capacity for optimal performance. She helps close the gap between intention and action, resulting in long-term change and a greater competitive advantage.

Bélanger holds a PhD in Behavioural Medicine, an Executive MBA, and is a Certified Exercise Physiologist. She is the founder and CEO of ConsciousWorks, a consulting firm that leverages science to help leaders develop the skills, habits, and work design for practical and sustainable behaviour change, team engagement, and shifts in workplace culture.

Prior to COVID-19, Bélanger traveled the world to explore workplace culture, leadership, and the ability to destress from work on a global level. Pulling from her data and lived experience, she created and hosts the popular podcast, *Work Less, Produce More*.

Bélanger is the author of two books: *Inspire Me Well: Finding Motivation to Take Control of Your Health* and *A Cup of Mindfulness for the Busy and Restless*. She is also the founder of Knight's Cabin, a national charity offering wellness programming to cancer survivors.

it's okay to
PIVOT
the POWER OF
Change

November 13-15

Closing Keynote: Jody Urquhart

November 15, 2024

Bliss Out- Feel Good and Move Forward in Uncertainty

It only takes a few visionary people to move the world forward. We can all start imagining hope and potential when we take our focus off current problems.

Life is imagined and recreated with new inspiration, not by rehashing problems.

Don't let the uncertainty of today crowd out your ability to imagine a better future tomorrow. You need feelings of hope, happiness and success to fuel progress. This uplifting keynote will inspire you to leave the stress and struggle behind in favour of passion and purpose.

- Inspiration is a feeling, it's not a goal.
- Goals require effort and good feelings give you the momentum.
- Skills are trained, not imagined. Imagination is much bigger than effort. Shaping the future of business has to feel good right now.
- Join us to bliss out on feeling good and reimagine a bold, beautiful future.

A highly sought- after speaker, Jody Urquhart is passionate about spreading the message of the importance of fun and meaningful work.

A humorous and inspirational motivational speaker and a former stand- up comedian, Jody is a featured guest speaker for the GE Healthcare Tip-TV program, broadcast in over 2600 healthcare facilities. Her recruitment insights and expertise earned her the 2008 Bronze Award in the 29th Annual Telly Awards for excellence in programming this presentation.

Jody is author of the book *All Work & No SAY*. Her mission is to help motivate people to derive more meaning, fun and satisfaction from their work.

