

SCHEDULE

Speaker profiles in separate document.

MAY 11

TUESDAY

10:00 a.m. - 12:00 p.m.
Welcome &
Opening Keynote Speaker:
The #1 Thing that Holds Us
Back

12:00 - 12:50 p.m.
Yoga

1:00 - 2:30 p.m.
Stress Management

MAY 12

WEDNESDAY

9:30 - 11:30 a.m.
Gender, Sexual Diversity &
Inclusion
Session Repeated - May 18

10:30 a.m. - 12:30 p.m.
Nutrition Session 1:
Understanding Emotional
Eating

12:00 - 12:50 p.m.
Nurturing Ourselves & Each
Other

1:30 - 2:45 p.m.
Organization Session 1:
What is the Life-Changing
Magic of Tidying Up?

MAY 13

THURSDAY

9:30 - 11:30 a.m.
Financial Session 1:
Budgeting Control Your
Money

10:30 - 11:45 a.m.
Organization Session 2: The
Link Between Clutter &
Mental Health

12:00 - 12:50 p.m.
Interactive Games Lunch

1:30 - 2:45 p.m.
Indigenous Knowledge

Registration will be set up via MRU Library system. Registration will open at 8:30 am on Monday May 3. Watch for registration links, coming soon.

Confirmation of Registration will be sent to you from the Library. Some sessions have a limited number of spaces; we recommend registering early.

Since some sessions overlap, please use care when signing up for sessions so as not to double book yourself.

Some speakers are offering two different sessions, you do not have to attend both, you may choose one or both.

Please seek permission from your supervisor to attend sessions.

SCHEDULE

MAY 18

TUESDAY

10:00 a.m. - 12:00 p.m.
Conflict Management -
Intervening in Workplace
Conflict

12:00 - 12:50 p.m.
Interactive Games Lunch

1:30 - 3:30 p.m.
Gender, Sexual Diversity &
Inclusion
Session Repeated from May 12

MAY 19

WEDNESDAY

9:00 - 10:30 a.m.
Time Management

11:00 a.m. - 12:00 p.m.
Resilience in the Face of
Change; Lessons from Grief
& Loss **CW

12:00 - 12:50 p.m.
Yoga

1:00 - 3:00 p.m.
Financial Session 2: Assets -
Build Your Future

2:00 - 4:00 p.m.
Nutrition Session 2: Ways to
Navigate Emotional Eating

MAY 20

THURSDAY

10:00 - 11:45 a.m.
Closing &
Keynote Speaker:
Perseverance

12:00 - 12:50 p.m.
Nurturing Relationships
During this Stressful Time

**Content Warning - Death of a child.