

Back by Popular Demand! Louise Blais



A past Professor in the Health and Fitness Promotion Program at Niagara College, Louise has worked in the Fitness Industry in a variety of capacities for the last 25 years. She is currently the Assistant Club Manager at The Club at White Oaks as well as a certified Personal Trainer, Spinning Instructor and Master Trainer for the Resist-a-Ball Program. In her spare time, Louise enjoys competitive mountain biking and adventure racing and in February 2003, trained and led 16 people to the summit of Mount Kilimanjaro in Africa. In 2005, Louise and her husband completed the 600km TransRockies mountain bike race in Canada and followed that up in 2006 with the 700km TransAlps mountain bike race in Europe. Her personal motto is to never settle...personal growth only comes with attempting to do more than you have previously accomplished. www.whiteoaksresort.com

Forget “what women want”...this is what women NEED.

Let’s face it...all working women are busy. Between work, children, home and relationships, little time is left for you. Join Louise Blais as she discusses the many unique health challenges faced by busy and productive women and offers some real-life advice and tips on how to improve your energy, your drive, your passion and ultimately your health! It’s time to stop making excuses and start making changes...your health may just depend on it.

Topics covered include:

- Ⓢ Managing stress to avoid illness and weight gain
- Ⓢ Incorporating physical activity into an already jam-packed day to improve energy and drive
- Ⓢ Learning how eating for health and not weight will improve energy and ultimately lead to weight loss and health gain
- Ⓢ Understanding the unique hormonal challenges women face and how to manage and balance these fluctuations in a healthy manner

Christie Ressel



Christie Ressel is an International Image Consultant and personal style coach who has always craved fashion, glamour, and personal development. Thrilled about the fact that her job meshes these passions together, she created, “Personal Power Image Consulting®™”. Here, she helps women feel chic, elegant, confident, stylish, and strong in all situations. Christie is also a freelance writer and is the Senior Editor of Style and Beauty for ChicGalleria.com. She has delivered over 150 workshops and lectures across North America on women’s empowerment and is regularly featured in the media and press. Check out <http://www.personalpowerimage.com>

How to create your most optimal and authentic style

- ❖ Styling for YOUR body type
- ❖ How to find your best colours to give you the “it factor”
- ❖ How to maximize your wardrobe
- ❖ How to have credibility in your personal and professional life
- ❖ How to obtain your goals and reach your dreams!



Sandra Summerhayes

Sandra began her career as an Employment Counsellor at the Port Colborne Canada Employment Centre. In 1996, after 12 years with the Federal Government she made the transition to the gaming industry and became the first Training Manager at Casino Niagara. In 1999, she opened her own business, designing and facilitating customized training programs for many organizations and businesses throughout Ontario. Sandra is also the founder and host of the Leadership Expo, Ontario's premiere leadership skills conference. www.sandrasummerhayes.com

Networking 101

A lot of people think business networking is all about 'selling yourself' or 'working a room'. What it's really about is building relationships by getting to know people. For some of us, that's a daunting task, especially in a room full of strangers. In today's session you will learn some techniques that will help you get a conversation started and learn helpful information about the person you are networking with.

Special Presenters include:



Laurie Flasko Consulting

www.laurieflasko.com

Warm Up with Teamwork



Terri Bruce Learning & Development Services

www.terribruce.com

"Dock of the Bay"



Laurinda Dovey Horizons

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Zumba – "Shake Your Bon Bon"



Deb Braun BeautiControl

**Beauty Tips
for Busy Women**

Working Women **Thank You Sponsors!**



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Laurinda Dovey



Laurinda combines 15 years of administrative and management experience in the public sector, with proven knowledge and leadership skills in the fitness industry. She holds a variety of Can-Fit-Pro fitness certifications and most recently has started her own business teaching Zumba classes. Laurinda has presented many workshops and brings to her audiences strategies for improving health and wellness so you can always put your best foot forward!

www.horizonsunlimited.com Tel: 905-937-4445

Laurie Flasko



With more than 15 years of hospitality and training experience, Laurie Flasko brings that rare combination of high energy with real-life savvy to unlock peak performance, higher motivation, and greater results. Laurie works with organizations to discover ways to create and deliver extraordinary customer service experiences. What she loves most about her work is the opportunity to interact with companies and people, and to learn and share best practices.

www.laurieflasko.com Tel: 905-357-2345

Schedule at a Glance – Friday April 30, 2010

WORKING WOMEN

A day of Fun, Learning and Inspiration

MORNING

- 8:00 – 8:45** **Registration, Breakfast & Shopping**
- 8:45 – 9:00** **Welcome & Kickoff - Laurinda Dovey & Laurie Flasko**
- 9:00 – 9:40** **Team Building – Laurie Flasko Consulting**
- 9:40 – 10:15** **Forget “What Women Want” ... This Is What Women NEED**
Louise Blais, Assistant Manager, The Club at White Oaks
- 10:15 – 10:30** **Coffee & Washroom Break**
- 10:30 – 10:45** **Terri Bruce**
- 10:45 – 11:30** **Forget “What Women Want” ... This Is What Women NEED Cont’d**
- 11:40 – 12:00** **Beauty Tips For Busy Women**
Deb Braun, BeautiControl
- 12:00 – 1:15** **Buffet Lunch overlooking the Golf Course & More Shopping**
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AFTERNOON

- 1:15 – 1:45** **Take the Work out of Networking**
Sandra Summerhayes & Associates
- 1:45 – 2:30** **How to Create Your Most Optimal & Authentic Style**
With Christie Ressel Personal Power & Image Consulting
- 2:30 – 2:45** **Coffee & Washroom Break**
- 2:45 – 3:00** **Shake Your Bon Bon with Laurinda Dovey, Certified Zumba**
Instructor
- 3:00 – 3:45** **How to Create Your Most Optimal & Authentic Style (continued)**
- 3:45 – 4:30** **Wrap-up, Evaluations and Final Draws**

Enjoy a complimentary Manicure & Massage! throughout the day by Trillium College