

Soroptimist International
of Victoria Westshore presents

DREAM IT • BE IT
CAREER SUPPORT
{for girls}

Proudly sponsored by



FREE EVENT!

WORKSHOPS & EXHIBITS
FOR THOSE AGE 15-24 WHO SELF-IDENTIFY AS FEMALE

Take Charge of Your Future
Believe in Yourself
Find Your Way Forward

Thursday, April 16, 2020

9:00 am – 2:15 pm

Chiefs' & Petty Officers' Mess, 1575 Lyall St., Esquimalt

Presented by



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To register visit <https://signup.com/go/xHbRHtA>

Presentations Designed to Inspire & Enlighten



This conference is a Soroptimist "Dream It Be It" Program

Conference includes:

- Keynote Speaker Presentation
- Choice of any 2 Workshop Sessions
- "Live Your Dreams Show" – 50 exhibitors with information to enlighten & support

Schedule:

- 8:45-9:30 Registration
- 9:00-10:30 Live Your Dreams Show
- 10:30-11:25 Workshop Session 1
- 11:25-11:35 Break
- 11:35-12:30 Workshop Session 2
- 12:30-1:00 Lunch by Toque Catering (all dietary options available)
- 1:00-2:10 Keynote Workshop
- 2:10-2:15 Complete evaluations and Pick up your swag bag!

Keynote Workshop: You Create Your Own Future

The stories we tell ourselves about ourselves and our world have the power to shape our future. That means that you have the power within you to change your life and create the future you want. In this workshop, run by an epidemiologist turned entrepreneur, Ame-Lia Tamburrini will challenge you to look at the stories you are telling yourself and bravely ask the question: What is the future I want for myself? Gain inspiration as she shares her own story of transformation, then dive in to rewrite your own story and create a future with endless possibilities.

-Ame-Lia Tamburrini,
Founder, Hum Consulting

Cost of Registration: FREE!

Please bring one item of non-perishable food for our Seasonal Hampers for women.

Visit <https://signup.com/go/pJanaGb> to register. For more info email ip@sivw.ca.

Choose any 2 Workshop Sessions, 1 from each time slot indicated below:

Workshop Session 1 10:30-11:25 am	Workshop Session 2 11:35 am-12:30 pm
<p>Healthy Relationships</p> <p>How do you build a healthy relationship? What are some red flags warning you that it might be unhealthy? If you're worried, how do you get support - or give it?</p> <p>– Sara Radford & Mia Golden, Pacific Centre Family Services Association</p>	<p>Healthy Relationships</p> <p>How do you build a healthy relationship? What are some red flags warning you that it might be unhealthy? If you're worried, how do you get support - or give it?</p> <p>– Sara Radford & Mia Golden, Pacific Centre Family Services Association</p>
<p>Get Out of Your Own Way</p> <p>You can't see future possibilities if you're talking negatively to yourself! You CAN re-train your mind to tune into your own wisdom and potential. Learn the tools to decrease "stinking thinking" and activate your wise centre to turn on your potential.</p> <p>– Kressa Sisu, Author, NC DSW</p>	<p>Build Resilience and Thrive</p> <p>Life is full of ups and downs. What happens when you hit a snag? How do you bounce back from all the craziness that life throws at you... every day!? In this workshop, you will learn how the power of being resilient can help you navigate the world with more calm and less chaos.</p> <p>– Sandra Sterling-Weicker, Heart of Fire Healing Services</p>
<p>Creating Achievable Goals</p> <p>Setting goals gives you long-term vision and short-term motivation. Try out the SMART model of goal setting – set your goals so that the steps you need to achieve them are right in front of you.</p> <p>– Jennifer Brum, Jennifer Brum Counselling</p>	<p>Stress Happens: Tips and practices to help you tame it!</p> <p>School, relationships, work, future, decisions, your inner critic, parents! Who doesn't feel stressed? Learn tools to manage everyday stress so you can be empowered to enjoy your life.</p> <p>– Marnie Dangerfield, Marnie Dangerfield Coaching</p>
<p>Job Search Boot Camp</p> <p>Get ready to look for the job you want! Here's the latest info on creating a résumé that rocks and tips from the employment experts on how to put yourself out there so yours stands above the rest!</p> <p>– Kim Dillon, WorkLink Employment Society</p>	<p>Making it Real: Turning Dreams into Reality</p> <p>Let's get your dreams and goals transferred into a workable, practical Action Plan. Bring your big vision or dream and together we'll work on the action steps, small tasks, and support that can move your dream into reality.</p> <p>– Anna Harvey, Boost Potential</p>
<p>Embrace Change: Move from Fear to Freedom</p> <p>Why do we fear change? Learn what happens when we resist rather than embrace change and a practical 5-step process to help you navigate any change.</p> <p>– Pamela Thompson, "The Change Artist", Creative Life Coaching & Consulting</p>	<p>Rising Above Obstacles</p> <p>Have you ever felt "shut down" or disrespected because you are female? Our culture values men over women and makes discrimination in work, school, life, seem normal. Learn strategies to combat unfair obstacles to your career success.</p> <p>– Suzanne Mandy - Freshii</p>

Soroptimist International is the largest group of women in the world totally focused to improve the lives of women and girls. "Soroptimist", a latin-based word meaning, "best for women" is our call to continuous action. Our club – Soroptimist International of Victoria Westshore (SIVW) – is 10 years old and responsible for the award-winning program Anney's Closet, a free store for women transitioning to a new home; Imagining Possibilities; scholarships to women; and much more.

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To learn more about Soroptimist International, visit www.sivw.ca