

Soroptimist International
of Victoria Westshore presents

DREAM IT • BE IT

CAREER SUPPORT

{for girls}

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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, November 5, 2020

10:00 am – 2:30 pm

Coming to you at YOUR SCHOOL!

Presented by



SOROPTIMIST

Best for Women

Thank You to Our Event Sponsors!



Rachael D Sansom
Land Development Consulting



FREEDOM ACCOUNTING

Crafty Phases



Prosperity Planning
FINANCIAL PLANNING | INSURANCE

To register, see your Career Counsellor

Presentations to Inspire & Enlighten You



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

Conference includes:

- Fabulous interactive Workshop Sessions
- Virtual Career Library – visit any of 50+ women sharing their careers & lives
- Scavenger Hunt - post pics to win prizes

Schedule:

| | |
|-------------|--|
| 9:45-10:00 | Registration |
| 10:00-10:45 | Virtual Career Library |
| 10:45-11:00 | Break |
| 11:00-11:45 | Careers Panel & Q&A |
| 11:45-12:45 | Your choice of Workshop |
| 12:45-1:15 | Lunch by Toque Catering (all dietary options available) |
| 1:15-2:15 | Keynote Workshop |
| 2:15-2:30 | Scavenger hunt prizes, evaluations & 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.

Talk to your school's Career Counselor to register. For more info email ip@sivw.ca.

Choose any 1 Workshop Session from the list below:

| | |
|---|--|
| <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>- <i>Bridges for Women</i></p> | <p>What Do I Value?</p> <p>In a world with so many influences, knowing yourself is the first step to making choices that will make you happy. This workshop will help you answer the questions: "Who am I?" and "What's most important to me?"</p> <p>- <i>Carmel Ecker, Speak Now Life Coaching</i></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>- <i>Pamela Sylvan, Mojo Maker</i></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>- <i>Serena Klaver, Klaver Consulting</i></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>- <i>Pat Masters, Masters & Boychuk Consulting</i></p> | <p>Balancing Stress: 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>- <i>Marnie Dangerfield, Marnie Dangerfield Coaching</i></p> |
| <p>It's Okay to Say NO</p> <p>Set your own boundaries for school, for work and in life. Know when and where you want to draw the line and say No - respectfully, clearly and firmly.</p> <p>- <i>Bushra Alqudayri, Victoria Immigrant & Refugee Centre Society</i></p> | <p>Simple Tools for Emotional Well Being</p> <p>Learn and practise specific tools with very positive outcomes to get balanced and centred, and control anxiety. Discover the power of gratitude, breathing and energy to maintain your emotional calm.</p> <p>- <i>Nadine Hanchar, Progressive Edge Plus</i></p> |
| <p>Dealing with Gender & Racial Microaggressions</p> <p>They happen all the time, those "little" words and actions that put you off-balance. They are not little! How to challenge the prejudices you live with every day.</p> <p>- <i>Lisa Gunderson, One Love Consulting</i></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>- <i>Suzanne Mandy - Life Coach & Entrepreneur</i></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; Dream It Be It; scholarships to women; and much more.

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