



ACHIEVE
CENTRE FOR LEADERSHIP

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Women in Leadership

CONFERENCE



CONFERENCE
SEPTEMBER 23, 2020

POST-CONFERENCE
WORKSHOP
SEPTEMBER 24, 2020

LOCATION
ONLINE — ACCESS
FROM ANYWHERE

Are you looking to develop your ability to lead? Do you want to engage in discussions around women in leadership? If so, we hope you will join us for one or two days of inspirational speakers, networking, and personal development. Come meet and learn from other women whose experiences will encourage and challenge you to grow.

Wednesday, September 23

8:30 AM

WELCOME

By Heidi Grieser, Co-Founder
ACHIEVE Centre for Leadership & Workplace Performance

8:40 AM

WOMEN IN LEADERSHIP – WHERE WE ARE IN 2020

By Wendy Loewen

In this presentation, Wendy explores how women can face the current challenges of the workplace, and how they can harness their collective strength to create healthier organizations. She will also reveal the results from ACHIEVE's recent Women in Leadership survey.

9:15 AM

INTRODUCTION TO SEED WINNIPEG

By Louise Simbandumwe

ACHIEVE is hosting this conference in support of **SEED Winnipeg**. All income after expenses will go to support the Indigenous Women Exploring Business and the Immigrant and Newcomer Women Exploring Business programs.

9:20 AM

WHAT NO ONE TELLS YOU ABOUT LEADERSHIP

By Jessica Dumas

Jessica will challenge you with her message about trusting and believing in yourself. Her presentation will keep you engaged as she shares how she used her intuition to follow the path from silence to leadership.

10:15 AM

REFRESHMENT BREAK

10:35 AM

THE POWER OF CHOICE

By Brenda Kriss

Brenda will highlight what she discovered about the power of choice when she moved her career forward and embraced new opportunities. She will share the importance of becoming comfortable with who we are as women, and choosing to take our place in the world.

11:15 AM

MENTORING YOUNG WOMEN

By Humaira Jaleel

Humaira will challenge you with the insights she has gained from working with the immigrant community and her role in supporting Muslim women to grow and thrive. She will focus on the importance of investing time and effort in developing young women as leaders in their communities.

12:00 PM

LUNCH

12:45 PM

LEADING OUR WAY

By Colleen Munro

Colleen will share her experience of working and leading in the male-dominated construction industry. She will talk about the challenges women often face, and how these challenges can provide opportunities to bring our unique leadership styles into the workplace.

1:30 PM

WHY A FEMINIST APPROACH TO LEADERSHIP MATTERS

By Carinna D'Abramo Rosales

Carinna will share her experience with SEED Winnipeg Inc.'s Co-Director model, outlining the challenges and opportunities that come from a shared leadership approach and why using a feminist lens in program design helps build capacity for change.

1:55 PM

OVERCOMING OVERWHELM – RECLAIMING OUR TIME

By Catherine Schinkel

In this session, Catherine reflects on what it means to be overwhelmed, and the real impacts it can have on our happiness and productivity. She'll then show you how to make a shift in your thinking that will give you the time and energy to really enjoy your days.

2:25 PM

REFRESHMENT BREAK

2:45 PM

ACTIVITY - TOOLS FOR TAKING CONTROL

3:00 PM

THE CIRCLE OF INSPIRED LEARNING

By Vicki Enns

This presentation draws on the circle of inspired learning from conversations between mentors and mentees, exploring what is important and valuable for nurturing powerful and creative mentorship relationships for women.

3:30 PM

NO TIME FOR DOUBT

By Alexa Joy

What happens after a failure? For many women, the narrative of doubt consistently creeps into our everyday thinking. Through disciplined, positive self-talk and affirmation, Alexa Joy will both entertain and educate on rebuilding ourselves after the voice of doubt becomes too loud.

4:00 PM

CLOSING SUMMARY & PLANNING FOR THE FUTURE

By Wendy Loewen

Thursday, September 24

9:00 AM - 4:00 PM

MINDFUL LEADERSHIP

Facilitator: Vicki Enns

Leaders find themselves pulled in many directions because of competing demands for their time and attention. Mindful leadership is about becoming more conscious, more intentional, and more aware of one's inner processes. This workshop examines how leaders can bring mindfulness practices into their work to feel more inspired and productive, while also contributing to an overall healthy and engaged workplace culture. Participants will learn mindfulness-based strategies that are meant to promote self-awareness, emotional balance, stress reduction, and personal/professional growth.



About the Presenters



CARINNA D'ABRAMO ROSALES

As the Co-Director at SEED, Carinna focuses on both program and enterprise development for low-income individuals, groups, neighbourhoods, and projects. She has been involved in the design and development of Recognition Counts, a microloan program for skilled immigrants seeking qualification recognition in Canada.



JESSICA DUMAS

Jessica is the President of Jessica Dumas Coaching and Training. She is the Chair for the Winnipeg Chamber of Commerce, and a member of the City of Winnipeg Mayor's Indigenous Advisory Circle, Aboriginal Council of Winnipeg, CentrePort Advisory Committee, and Manitoba Museum Board of Governors.



VICK ENNS

Vicki is the Clinical Director of the Crisis & Trauma Resource Institute, an Approved Supervisor with the American Association for Marriage and Family Therapy, and an instructor in the graduate program for Marriage and Family Therapy at the University of Winnipeg. She is the Editor and a Co-Author of CTRI's book, *Counselling Insights*.



HUMAIRA JALEEL

Humaira is the Chief Operating Officer at the Canadian Muslim Women's Institute, a community organization that was founded in 2006 as a direct service to new immigrants and refugees. She also serves as the Co-Director for Amnesty International Winnipeg (Group-19) and is a founding member of the Rohingya Human Rights Network Canada.



ALEXA JOY

Alexa is an artist, activist, and researcher. As a vocal percussionist, disruptor, and critical thinker, her work challenges white privilege, dominance, and supremacy through grassroots activism. Alexa encourages demonstrations of Black, radical advocacy through art, public discourse, and independent research.



BRENDA KRISS

Brenda serves as Vice President of Information Technology Services and is a member of the Executive Management Committee at Manitoba Liquor & Lotteries. Prior to taking on this role, she was the organization's Director of Organizational Development and Change Management. Brenda is a Chartered Professional in Human Resources (CPHR) and SHRM Senior Certified Professional.



WENDY LOEWEN

Wendy is the Director of Training at ACHIEVE, and a co-author of the book, *The Culture Question*. In her work as a mediator, speaker, and facilitator, she is committed to helping organizations create dynamic and engaging places of work where people care about each other, are productive, and deliver quality services and products.



COLLEEN MUNRO

Colleen is the sole owner and President of Hugh Munro Construction Ltd. (HCML). She was the first and only woman to hold the role of President in both the Manitoba Heavy Construction Industry and the Western Canada Roadbuilders Association. In addition, Colleen is a member of the Minister's Advisory Council on Workforce Development, and Manitoba Public Insurance Corporation.



CATHERINE SCHINKEL

Catherine Schinkel is the Director of Human Resources with Richardson International, and has worked in human resources for over 20 years in a variety of functions and industries. She believes that the key to avoiding overwhelm isn't about getting more things done in less time, but figuring out which tasks deserve our time and focus.