

Women Who Influence

Presented by canfitpro

August 17, 2023 | 10:00AM – 4:30PM EST

Intercontinental Hotel Toronto

Enabling leadership development through education, mentorship, and self-empowerment!

GUEST SPEAKERS & TOPICS



Monica Winn

Owner Winn Fitness
and Women's Coach

**Topic: The Importance
of Courage in
Overcoming Fear**



Nathalie Lacombe

VP, Fitness Industry
Council
Of Canada, 2022 canfitpro
Presenter of the Year

**Topic: The Love Affair
Between Wellness and
Performance**



Keith MacPherson

Mindfulness Expert, Author &
Musician

**Topic: Making Sense of
Mindfulness – Improve Focus
& Clarity**



Aseel El-Baba

Financial Therapist, CEO Of
Holistic Optimal Wealth

**Topic: Money Mindset : 3 Simple
Shifts to Improve Your Financial
Well-Being**



Yusuf Khoja

Keynote Speaker, Author &
Founder of Resilientleaders.ca

**Topic: Personal Resiliency &
Positive Mental Health**



Melanie Levenberg

canfitpro Fitness Professional of
the Year 2022-2023 (FIS), Founder
of PL3Y International

**Topic: A New Perspective on
Leadership for your Career and
Life**



Nathalie Plamondon-Thomas

Confidence Expert, Founder & CEO
THINK Yourself® Academy, 2021
canfitpro Presenter of the Year

**Topic: Courage- Confidence to
Ignite Performance & Thrive
through Change**



Maureen (Mo) Hagan

COO of canfitpro, Creator of Women
Who Influence

Founder & Host

Women Who Influence

What You Will Learn:

Authentic Leadership

- The keys to being an authentic leader and a catalyst for continuous improvement, change and positive influence
- The relationship between behaviour, culture and performance
- The importance of knowing how your brain works when you are experiencing stress, anxiety and fear and how to turn off the panic button

Financial Well-Being

- Discover the concept of money mindset and its impact on your financial reality
- Explore unique mindset shifts that anyone can practice to improve holistic wealth
- Walk away with practical tools to continue improving your relationship with money

Personal Resiliency & Courage

- Model the success principles of resilient leaders
- The Power of beliefs and personal confidence to cultivate a growth mindset and overcome adversity
- Manage your emotional state and optimize performance and results in all areas of your work-life experience

Making Sense of Mindfulness

- Discover the meaning of mindfulness and the benefits to work-life integration and performance
- Learn how to cultivate a deeper practice of mindfulness on a daily basis
- Tools, exercises, and strategies to reduce stress, improve clarity and decision-making ability and foster mental well-being

Added Bonus – Sharon Mann INSPIRATION Award & Scholarship presentation

- Celebrate the legacy of the late Sharon Mann as Women Who Influence announces the 2023 Sharon Mann INSPIRATION Award & Scholarship. This is presented to a woman leader who exemplifies courage, growth mindset, influence, inspiration, and community impact.
- Learn what this award can do to elevate a female leader in your organization

Individual Tickets Early Bird Rate \$249 (Regular \$329)

REGISTER NOW

Register a Table of 8 before Friday July 14th for only
\$1549 (Regular \$1992)

“What I learned at Women Who Influence is that we all have our excuses we carry around and only when we see others who have overcome personal and physical barriers can we look inside & be true to ourselves, be inspired and watch things change positively. We now have the power!”

-Suaad Ghadban, Group Fitness Director GSH | Founder of Hot Booty Ballet | Global TV Fitness Correspondent

Tickets include access to full day of speakers, luncheon, networking, shopping and an event gift bag!

Please add 13% HST. All sales are final. Tickets are transferable.

Approved for 4 CEC and CEUs.