

LIFE AND LEARNING STAGE



FRIDAY



SATURDAY



SUNDAY

11:15 AM

How to Feel Confident in Your Own Skin
Anne Marie Roche
Aloette Cosmetics

12:00 PM

Cultivating Self-Love through Journaling
Anita Schmitt
Bloom

12:45 PM

**Women in Expedition -
Are You Adventure Ready?**
Kelli Ann Mills
Aurora Expeditions

1:30 PM

How to Stay Safe in Today's Society
James Fries
Full Spectrum Defense

2:15 PM

**Becoming The CEO Of You:
Empowering Personal Leadership**
Kadine Cooper
Career Coach K

3:00 PM

**Revitalize Your Intimacy: Rediscover
Desire and Libido Naturally**
Jana Tuhman
Bloomth Female Wellness Clinic

3:45 PM

**How Ancestor Healing can Help
You and Your Family Thrive**
Alison Tennen
Sun Kyeong

4:30 PM

**The Power of Women-Led Startups:
Strategies for Success**
Dani Kagan & Victoria Marshman
Mave & Chez

5:15 PM

**The Journey of a Clinical Trial Participant
and What Clinical Trials can Achieve?**
Taylor Manning
Apex Trials

11:15 AM

**Elevate Your Self-Worth
& Discover Your Full Potential**
Roxane Lavoie
RoxFit

12:00 PM

**A Woman's Journey - From the
Perspective of a Woman of Colour**
Shara Santan
Shara Santan Marketing Consulting

12:45 PM

Pursue Careers in Health & Beauty
Mahana Syed
Glow College

1:30 PM

**From Idea to Top-Selling Salad Dressing:
Little Creek Dressing's Success Story**
Donna Denison
Little Creek Dressing

2:15 PM

**Preparing Your Child for Daycare:
Tips for a Smooth Transition**
Christina Leibowitz
Birth Mark

3:00 PM

Battles Bring Blessings
Maureen Patterson
Butterfly Wings

3:45 PM

How to Stay Safe in Today's Society
James Fries
Full Spectrum Defense

4:30 PM

**Discovering the World of Unique
and Artisanal Scents**
Mila Bishev
HelloHelen

5:15 PM

**Empowering Women and Children
through Strengthen Hands
Educational Resources.**
Cameile Henry
Strengthen Hands

11:15 AM

**Renovation 101:
How to Get your Renovation Started**
Sam Regan
Intelligent Design Group

12:00 PM

How to Stay Safe in Today's Society
James Fries
Full Spectrum Defense

12:45 PM

The Gut-Brain-Hormone Connection
Dr. Jennifer Tang
Tangible Health

1:30 PM

**From Day to Night, Casual to Formal:
Mastering Handbag Essentials and
Transitioning for All Occasions**
Tristan Licud & Olesia Lazovaya
La Coutts Toronto

2:15 PM

Making the Law of Attraction Work for You
Renu Arora
Heal From Your Past

3:00 PM

**Do You Believe in Magic -
Exploring Your Intuitive Gifts**
Gaisheda Kheawok
The Whispering Song School
of Energy Medicine

3:45 PM

How to Feel Confident in Your Own Skin
Anne Marie Roche
Aloette Cosmetics



Times and topics are subject to change.