LIFE & LEARNING STAGE

FRIDAY

11:15 AM
The Female Metabolism Reset: Building Hormone-Healthy Plates
Morgana Lakatos-Hayward, This Isn't a Diet Ltd.

12:00 PM
The Courage to Change
Deon Ambersley, Serif + Soul

12:45 PM
Travel on Your Own Terms: Solo, Together or Somewhere in Between
Amra Durakovic, Flight Centre Canada

1:30 PM
You're a Billboard, Baby: What Your Clothes Are Saying When You Walk In the Room
Linny Bott, LEStyle Consultant

2:15 PM
HANDM(AI)DE: Human Making in an Age of Artificial Intelligence
Catherine Chambers, Let's Make It

3:00 PM
Decode Mindset to Unlock Your True Potential
Sonal Shanker, IITMinc.

3:45 PM
The Stuff, The Stress & The Solutions: How to Help Aging Parents Downsize Without Family Conflict
Leanne Masellis & Lori Willison, Dynamic Downsizers Inc

4:30 PM
How to Build an Effortless Jewelry Wardrobe for Every Part of Your Day
Sunbal Mumtaz, SUNBALM Jewelry

5:15 PM
5 Minute Makeup and Day to Night Makeup Tips
Taylor Savage, Taylor Savage Beauty

6:00 PM
The Mental Load - How Do We Deal with the Stress From Our Busy Lives?
Michelle Strazzeri, Psychotherapy for You

SATURDAY

11:15 AM
From First Period to Menopause: Eating for Every Life Stage
Jessica Ulbikas, BioSnactive Foods Inc.

12:00 PM
The In-Between Years: How to Support Emerging Adults Without Taking Over
Siobhan Chirico & Liam Chirico, Rewire Life

12:45 PM
Effortless Beauty: How Small Beauty Rituals Can Rebuild Confidence at Any Age
Cielo Onilla, Edit Beauty Inc.

1:30 PM
Red Flag or Green Flag? Test Your Car-Buying Knowledge!
Petrina Gentile, Maureen Harquail & Jodi Lai, OMVIC

2:15 PM
Beyond Botox: The New Era of Preventative, Skin-First Aesthetics
Ana Milne, Beauty Foundations Clinic

3:45 PM
You're Not Broken. You're Burnt Out.
Val Vee, Patched.

4:30 PM
Guardian Angels, Your Intuitive Team and Live Audience Readings with Cindy Smith AEP
Cindy Smith, Cindy Smith Angel Empowerment Ltd

5:15 PM
How Busy Women Are Building Meaningful Businesses Without Putting Life On Hold
Marcia McMaster, Tocara

SUNDAY

11:15 AM
Heal the Past & Reclaim Your Energy!
Youngmi Ong, SunKyeong

12:00 PM
Health is the New Wealth
Rose Pallotto and Nada St Germain, NeoLife

12:45 PM
From Exhausted to Empowered: A Woman's Guide to Decoding Sleep at Every Stage
Heather Shantora, Resolve Sleep

1:30 PM
Financial Planning for Women at Every Life Stage
Ilan Zor, CIBC Private Wealth

2:15 PM
The Courage to Begin: Turning Passion Into a Purposeful Business
Jeena Dhanjal, inūra

3:45 PM
Looks Can Be Deceiving: Healing From the Inside Out When Life Hits Hard
Rose Okpro, Led By Love

Times and topics are subject to change.