



Think inside the box, change perspective and cultivate accountability with highly acclaimed speaker and global thought leader CyWakeman at:

Manitoba's Conference for Leaders, Presented by QNET
Wednesday, May 15, 2019
at the Victoria Inn Conference Centre Winnipeg

Kick off the day with an energizing **Opening Keynote by Cy Wakeman**, then create your own customized conference experience with breakout sessions in four targeted streams - Leadership, Quality, Wellness and Tools. After lunch, **Cy will lead a full afternoon workshop and Q&A.**

Recognized for her counter-intuitive, reality-based approach to leadership, Cy offers a new lens through which executives and employees alike can shift their attention inward, sharpen their focus on personal accountability, and ditch the drama.

Join hundreds of other forward thinking leaders - current, emerging and aspiring - for a full day of inspiration, learning and networking at the QNET Conference.

Challenge yourself to grow, gain practical tips and tools, and adopt a new mindset that will take you into the future with clarity and confidence.

FEATURING CY WAKEMAN

Dynamic keynote speaker, New York Times bestselling author and global thought leader, Cy Wakeman has cultivated a revolutionary approach to leadership and work, earning her a spot on the Global Guru's list of Top 30 Leadership Professionals for 2017.

Cy's Reality-Based Philosophy has helped leaders and their teams all over the world ditch the drama, turn excuses into results, and find opportunities in every challenge they face.

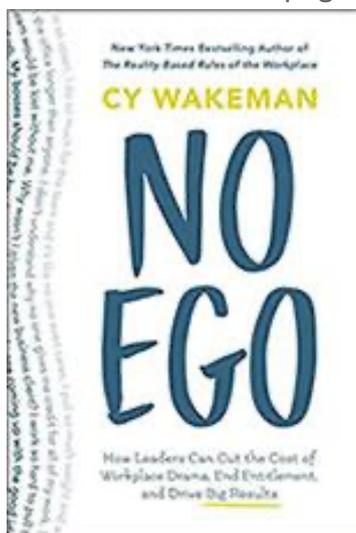
Deemed the secret weapon to restoring sanity to the workplace," Wakeman has helped companies such as Facebook, Google, NASA, Pfizer, NBC Universal, Johns Hopkins, and Bank of America Merrill Lynch learn to navigate our rapidly changing world using good mental processes to harness energy wasted in workplace drama and reinvest that effort into achieving profound business results.

A highly sought-after conference headliner, Cy holds a Certified Speaking Professional (CSP) and has been featured on the TODAY Show and The New York Times Business Insider. She's a regular contributor on Forbes.com and The Huffington Post, and in 2018 was voted a Top 100 Leadership Expert to follow on Twitter.

Wakeman has published three books, including *Reality-Based Leadership* and her latest, *No Ego: How to Cut the Cost of Drama, End Entitlement and Drive Big Results*. She hosts her own podcast, a Facebook Watch show, and adds weekly video content on YouTube to address the challenges leaders face in the workplace.

Back by popular demand! Opening Keynote & Workshop with Cy Wakeman

Cy Wakeman is the highest rated keynote speaker in the history of the QNET Conference. Since she was last in Winnipeg in 2015, there have been requests to bring Cy back to present new material and provide more intensive training in her philosophy.



You asked, you got it! Cy will present a brand new, dynamic **Opening Keynote Presentation** and an intensive **Full Afternoon Workshop** with a live Q&A where you have the opportunity to get your challenging leadership questions answered.

Grounded in reality, Wakeman's revolutionary approach to leadership is founded on a reality-based mindset and personal accountability. Inspired to help others, she now presents public keynotes and workshops, and visits more than 200 companies each year, helping leaders around the world transform their organizations.



CONFERENCE AGENDA

- 7:30 Registration & Continental Breakfast
- 8:15 Welcome & Opening Keynote - Cy Wakeman
- 9:30 Networking Break
- 10:00 Breakout Sessions
- 11:00 Networking Break
- 11:15 Breakout Sessions
- 12:15 Networking Luncheon
- 1:00 Workshop and Live Q&A with Cy Wakeman
- 4:30 Conference Adjourn

CONFERENCE BREAKOUT SESSIONS

Join us for an outstanding lineup of morning breakout sessions in four streams: Leadership & Management, Quality & Effectiveness, Workplace Wellness, and Tools & Techniques.

Breakout Sessions – 10:00 a.m. to 11:00 a.m.

Leadership & Management Stream	Quality & Effectiveness Stream	Workplace Wellness Stream	Tools & Techniques Stream
<p>Accountability from the Inside Out</p> <p>When done well, accountability can lead to positive growth and development, better results and a culture of great performance. As leaders, we need to “lead self” in order to successfully lead others. This accountability for our own work, behaviour and results leads the way for our teams. At this fireside chat session, you will hear and discuss different aspects of accountability and “leading self,” explore the concept of kind curiosity, and leave with ideas that you can take back to your workplace to create or enhance your own accountability framework.</p> <p>-Brenda Badiuk, President and Chief Operating Officer, Seven Oaks General Hospital</p> <p>-Michelle Brunette, Employer Return to work Program Specialist, WCB Manitoba</p> <p>-Moderator: Chris Downey, Leadership and Organizational Development Professional</p>	<p>Where Relationships Matter Most</p> <p>Join us to find out how Sunova Credit Union expanded, evolved, and found ways to distinguish themselves from the competition – and meet some of their most recognizable (and furriest!) ‘distinguishing factors’. After successfully looking outside of the box, the team recently shifted their focus ‘inside the box’ to the core of the company - their people and their relationships with members and clients, potential new customers, and each other. Learn how they created a culture code, foster accountability, removed barriers, and provide staff with control of their outcomes and work.</p> <p>-Leanna Beasant, VP and Chief Financial Officer, Sunova</p> <p>-Cheryl Mitchell, Director, Facilities & Business Development, Sunova</p> <p>-Cyndi Typliski, Managing Partner, Selkirk Branch, Sunova</p>	<p>The Solutions Room</p> <p>Strategize the tough stuff at this interactive and energizing breakout session led by our team of expert facilitators. You will have the opportunity to participate in four solutions-focused table discussions on timely workplace topics.</p> <p>-Josh Bileski, IG Wealth Management: Where is Everyone? Driving Engagement</p> <p>-Shannon Gander, Life Work Wellness: Fry No More: Resilience Strategies</p> <p>-Maureen Grace, Hamilton Grace & Associates: Mobbing... here?... me?</p> <p>-Jehna Grobety, Delta 9 Cannabis: Cannabis Myths & Facts</p> <p>-Joyce Odidison, Interpersonal Wellness Services Inc.: What’s Your Personal Reputation Worth?</p> <p>-Eric Stutzman, ACHIEVE Centre for Leadership & Workplace Performance: Transforming Negativity</p>	<p>Map It Out!</p> <p>Research shows that drawing and visual tools can help improve your memory. The practice of mind mapping has been used for decades to organize information in a visual way. Join us for a fun and engaging session where you will have the chance to learn and practice various mind-mapping techniques as a unique way of learning, reviewing and retaining content. Share ideas and experiences with other participants then apply your new skills in a practical and timely way by mind mapping Cy Wakeman’s morning keynote presentation.</p> <p>-Susan Popiel, HR Consultant, Learning Initiatives, WCB of Manitoba</p>

Breakout Sessions – 11:15 a.m. to 12:15 p.m.

Leadership & Management Stream	Quality & Effectiveness Stream	Workplace Wellness Stream	Tools & Techniques Stream
<p>The Alchemy of the Generations Are you ready to engage in a positive and productive discussion about today's multigenerational workforce that is based on curiosity, understanding and respect? Discover the secret sauce to transmuting the generations in the workplace - creating a culture of high engagement and powerful connections. Hear how leadership from two different generations are joining forces and using reverse mentoring to build an organization where all generations collaborate and build a new future.</p> <p>-MaryAnn Kempe, Chief HR Officer, The Birchwood Automotive Group</p> <p>-Sarah Giesbrecht, Manager HR Services, The Birchwood Automotive Group</p>	<p>All In. You can't make change happen with a mandate, you need to start a movement. After a year of working with Wendy Ferris of inVision Edge to drive innovation and strategy within the organization, Palliser Furniture engaged Wendy as their EVP of Culture and Innovation to drive a new way of thinking and approaching work deeper and wider throughout the organization. Learn why Palliser went all in on culture change, and how they are building a spirit of innovation, intrapreneurship and agility throughout their organization.</p> <p>-Wendy Ferris, Executive Vice President of Culture and Innovation, Palliser Furniture</p> <p>-Andrea Aiello, HR Strategic Projects Leader, Palliser Furniture</p> <p>-Quirino (Jun) Kolimlim, Quality Supervisor, Palliser Furniture</p>	<p>Get Over Yourself Do you wake up every morning energized and excited to go to work? If not, maybe it's time to get over yourself. This thought and heart provoking presentation is a must for all employees and leaders. Both practical and inspiring, you'll have the opportunity to reflect on moments in your career when you felt most engaged, excited and passionate about your work; when you felt your best and did your best. Discover simple strategies to re-create and sustain your excitement about work, every day, always, in all ways. Take this opportunity to get over yourself, or maybe get into yourself, to rediscover and re-ignite your passion for the work you do.</p> <p>-Stephen de Groot, Author, International Speaker, Change Architect and President, Myriad Consulting</p>	<p>Lightening Learning: QNET Sampler You've seen the ad for a QNET workshop. You're curious. But what will the session be like? Here's your opportunity to "sample" what some of QNET's facilitators offer throughout the year. This high energy session offers quick, interactive learning experiences on timely topics. Select up to three topics and leave with a tool or technique to bring to your workplace.</p> <p>-David Falk, Facilitated Solutions: Managing Your Edge</p> <p>-Cate Friesen, The Story Source: Your 6 Word Reason Why</p> <p>-Janice Goldsborough, The HR Basics: The GIFT of Listening</p> <p>-Sylvia Marusyk, MindBody Works: Stressed to Kill Sampler</p> <p>-Chuck Meltzer, Syntec Group: Relationship Awareness</p> <p>-Janet Schmidt, Janet Schmidt & Associates: Keeping Cool</p>

CONFERENCE SPONSORS

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WHAT WE'RE ABOUT

QNET brings together a network of members and clients focused on leadership and organizational excellence. Our wide range of presentations, workshops, certificate programs, conference and special guest speaker events are designed to advance your learning, growth and professional development. Check out QNET's [Calendar of Upcoming Events](#) for more information.

QNET was established as a non-profit association in 1995 to lead an ongoing process of awareness, networking and education in a changing business environment. Participants in QNET programs and events represent various sectors of the economy, including manufacturing, service, health, government, education, non-profit and consulting.

CONFERENCE PRESENTED BY QNET

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