

Mastering the Comeback

WOMEN IN LEADERSHIP RETREAT

JANUARY 28 TO 30, 2022
MALCOM HOTEL, CANMORE, ALBERTA

Women in Leadership Retreat – Mastering The Comeback

Canmore, Alberta | Friday, January 28 to Sunday, January 30, 2022

Learn to excel from within by becoming an authentically courageous leader. This retreat will assist you in understanding your personal attributes, workplace/volunteer/life realities and team dynamics. Add tools to your toolbox, like: mindfulness, strategic culture development, developing a self-care plan, and network with other women who are also ready to grow as leaders. During this two-day retreat, you will relax, explore, learn, discover, breathe, and recharge in the beautiful Canmore, Alberta.

Are you a team leader, emerging leader, senior leader, mid-career professional, CEO, entrepreneur, community leader or a woman with a goal to increase her influence? Then this retreat is for you!



Venue

The Malcolm Hotel

321 Spring Creek Drive, Canmore AB

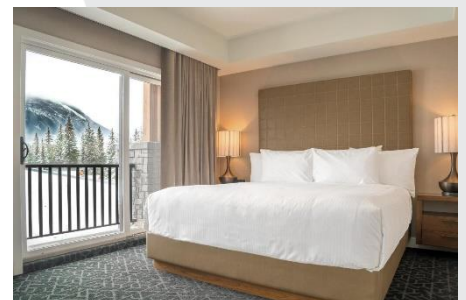
Stunning mountain views and a peaceful creekside location.

Canmore's Crown Jewel features 124 well appointed guest rooms, Stirling Lounge and Grill, Creekside Patio, Conference space and Meeting Rooms.

Just a 5-minute walk to Canmore's iconic main street.

Attendee Cost

- **Single:** Includes 2-night accommodation in a room to yourself, access to all sessions, and breakfast & lunch Saturday and Sunday.
\$786.45 + GST
- **Double:** Includes 2-night accommodation in a shared room, access to all sessions, and breakfast & lunch Saturday and Sunday.
\$628.95 + GST (Attendee can specify roommate or will be assigned)



Agenda

- Friday

7:00 pm – 8:45 pm	Networking Social	
8:45 pm – 9:45 pm	Yoga Nidra	Karen Hagen

- Saturday

7:00 am – 7:45 am	Fitness Class	Karen Hagen
8:30 am – 9:00 am	Breakfast	
9:00 am – 10:00 am	Keynote Speaker - Mastering the Comeback	Dr. Jody Carrington
10:00 am – 10:30 am	Mingle, Move, & Shop	
10:30 am – 11:30 am	Empower Your Future Through Investing	Sky Mitchell McLean
11:30 am – 1:30 pm	Lunch, Mingle, Move, & Shop	
1:30 pm – 2:15 pm	Strategic Culture Development	Debbie Burke
2:15 pm – 3:00 pm	Mindful Advantage: Stress Less!	Trish Tutton
3:00 pm +	Free Time	

- Sunday

8:30 am – 9:00 am	Breakfast	
9:00 am – 10:00 am	Mastering the Comeback - Recovering in Business & Wellness	Jeannette Austin
10:00 am – 10:15 am	Mingle, Move & Hydrate	
10:15 am – 11:00 am	The Primary Ingredients of Longevity	Dr. Laci Ethier
11:00 am – 1:00 pm	Lunch & Fancy Footwork in Comfortable Shoes - Negotiating the journey in careers where women are under-represented. Learn new skills for succeeding from the stories of women in STEM careers, Trades, Public Works, Politics, and Business.	
1:00 pm +	Wrap Up and Good-bye	



Mastering the Comeback – Dr. Jody Carrington



Jody Carrington is a Clinical Psychologist who has spent most of her career working with children and families who have experienced trauma. Growing up on a farm in rural Alberta, Canada, and after 13 years(!) of post-secondary education, she took her first job on the Mental Health Inpatient Units of the Alberta Children's Hospital in Calgary. It was during those 10 years that she learned the most about kids, families, relationships, and the vital importance of connection. Today, she is back living in a rural setting, managing a private practice, raising a family, speaking around the country about relationships, connection, and her new book, *Kids These Days*.

The core of everything she speaks and writes about comes down to this: we are wired to do hard things. We can do those hard things so much easier when we remember this: we are wired for connection.



KAREN HAGEN

Karen Borwick-Hagen grew up on a farm in rural Alberta, in a large family of 6 kids raised by her loving and supportive parents. Every memory is one of love and laughter, growing up and being surrounded by the warmth of a close family that still endures today.

Karen not only survived the death of her parents at the age of 22, she also survived and left an abusive relationship. She moved to Calgary where she continues to reside with her husband and teenage son. During this time in Calgary, she left her career as manager in a financial institute to realize her dream of being a stay-at-home Mom, then transformed her passion of fitness into a career as a Fitness Coach. Karen has been running her own fitness company, Yours in Fitness and Health, for the past 10-years, and successfully pivoted her business to online in the past year.

Karen specializes in women over 40 that want to live a healthy life with no restrictions. Her passion is to support women who want to incorporate a fit mind, body and soul into their lives without removing any of life's pleasures.

This past year Karen has also completed a lifetime dream of becoming a published author with The Great Canadian Woman by collaborating on "She Grieves" a compilation of stories of grief that are being told by women who have lived it and now wish to support others in their time and need for grief support. Karen is also actively involved in becoming a lead author for a collaborative book of stories of strength and resiliency in women over 40.

Join Karen Friday evening for a blissful journey through Yoga Nidra. This practice of yoga is a guided meditation that helps relieve stress and induce sleep. Bring a mat and blanket to get warm and comfy.

Saturday morning, we will start our day with some movement to get our heart pumping and our muscles strengthened and stretched. Karen is a fitness expert that can coach any fitness level.

Please connect with Karen at her information table for a signed copy of her first published book, *She Grieves*. A compilation of stories of grief and the strength and vulnerability it took to continue through the hardest days. Karen is actively looking for women over 40 that have their own story to work with The Great Canadian Woman publishers to ignite the fire in leaders and help them write high-impact, non-fiction books that change lives, their own and the women who read them.

Sky Mitchel Mclean

Proud resident of Canmore, AB. I love the great outdoors and spend as much time as I can biking and going on hikes. I started and am the owner of Basecamp Resorts Ltd. and Big Moose Realty to offer travellers in the heart of Canadian Mountain Communities modern hotel experiences.



Empowering Your Future through Investing

Debbie Burke

Debbie Burke is a mother, a wife, a sports coach, a friend, a fitness lover, a laugh-er, a confidant, and a professional Engineer. Debbie has worked in the oil and gas industry for over 20-years, beginning her career in technical engineering roles where she evaluated oil and gas reservoirs and collaboratively developed execution programs to extract fluids and value from Canada's underground natural resources. More recently, she moved along the hydrocarbon value chain to the midstream and downstream focus areas, leading and contributing to business and project development roles. Over the past 10-years, she has utilized her project management, leadership skills, and unique strengths to be more strategic and proactive about business goals and personal growth. She also became consciously aware of the intention that is required to improve and grow a workplace culture. In 2020, Debbie started her own company, Xtreme Teams Inc., where she helps small businesses and teams develop and translate their strategy into achievable action plans: by arranging and maximizing work efforts, by tracking and measuring progress, and by coaching leaders and teams to form sustainable habits and respectful relationships with one another, so long after she leaves, the people continue to work at their highest performance potential and achieve both corporate and personal goals. And she makes it FUN!

Strategic Culture Development

"They" say culture eats strategy for breakfast. But what if you could be strategic about the culture you'd like to create, so that culture and strategy can be a perfect pairing?! In this workshop, you will utilize the concepts of strategic planning to create intention around your vision of your teams' culture development and identify the critical elements for success. You will be introduced to the personal change curve and the Change Leaders' Roadmap to set expectations for moving from where your teams' culture is today, to where you'd like to see your teams' culture in the future.



Trish Tutton

After years working in cultures where stress and burnout were seemingly the only way to success, Trish suffered a shocking loss and things became clear: stress is unavoidable, but it doesn't have to dictate our lives. As a speaker and mindfulness teacher, Trish has taught the skills to live and work

happier to thousands of professionals and has created positive change for her clients to become happier, more productive, effective and successful without the "busy" badge of honour.

You can find her as a teacher on the #1 free meditation app in the world, Insight Timer, and she is the author of the Mindful Mornings Journal.

The Mindful Advantage: Stress Less!

We live in an age of burnout.

If you are feeling overwhelmed and underwhelmed by life at the same time, you are not alone.

So many of us are overwhelmed with our to-do list, the stress of work and family, by comparing ourselves to others on social media, and by the latest bad news that surfaces daily.

We are underwhelmed by the lack of meaning, space, and beauty in our lives.

We're seeking to feel fulfilled, joyful, and grateful, but so often these feel unattainable.

We lack motivation, time, and the energy to take care of ourselves and to truly enjoy this one life we've been given.

In this workshop style keynote, Trish will share her own story of understanding that while no one in the world can avoid stress, it doesn't have to dictate our lives.

She'll share the transformative practice of mindfulness, which many of us have heard of, but few of us actually understand and practice regularly.

Good news! It's one of the best ways to manage our stress and bring meaning to our lives (and contrary to popular belief, it doesn't have to be another 'to do' on your long list!)

You'll learn to integrate mindfulness in simple ways into your life (yes, even your busy life!) and how it can have a transformative effect on your ability to feel more calm, present, and joyful every day.



Dr. Laci Ethier

Dr. Laci Ethier, founder and owner of Miywasin Wellness Inc., is a born healer. She grew up in rural Saskatchewan, in a family where she was taught to respect and live by the laws of nature. Laci comes from a long line of women with vision. In her years of post-secondary education, Laci found a passion for expanding her knowledge and is a life-long learner.

Laci is a Doctor of Traditional Chinese Medicine (TCMD), a Registered Acupuncturist (R.Ac.), and previously, a long-term and palliative care Nurse. Laci draws on her knowledge from both Eastern and Western medicine to care for her patients, giving her a strong ability to triage and diagnose. Compassion, truth, integrity, and the value of community is where she leads from. One of her visions is to have an Eastern Medicine Palliative & Hospice care program in Canada.

Dr Laci has a general practice with a primary focus on health promotion and prevention of illness. She is particularly drawn to helping people with the tough transitions in life; conception, birth, puberty, menopause, and dying. Utilizing a holistic approach, she loves to dig deep and take those who are willing on a health and self-care journey.

Laci believes that life is best lived in balance and in harmony with the earth. On her off time, you won't find her unless she wants you to. She will be home with the music cranked, doing healthy meal prep for the week; off wandering in the backcountry; or nose deep in a book.



The Primary Ingredients of Longevity

Healing is allowing space for symptoms to nourish us because they always tell us the truth. They teach us how to liberate all the pieces left unresolved. Understanding your inner nature is what gives you the power to cultivate your own divine energy.

Jeannette Austin



With authenticity at the core of her work, Excello CEO, Jeannette Austin, recognizes the potential leader in all of us and is guided by the mantra that *no one needs to be perfect to be great*. Jeannette built Excello from the ground up, focusing on her passion for helping business leaders become more polished managers and engaging speakers. She has more than a decade of consulting, training, and coaching experience, and 15-years of municipal government experience in planning, operational, and community service positions. Working with GEMCO Enterprises and Community Futures Kamloops, she facilitated the Self-Employment business planning, marketing, management, and finance program. Jeannette also has 10-years of invaluable customer care experience with several prominent companies throughout western Canada, including Kirk's Heating & Custom Sheet Metal Ltd. located in Three Hills, which she co-owns with her son.

COVID-19 took its toll and a variety of factors made it impossible for Jeannette to pivot her work to an on-line platform. After struggling with physical and mental health concerns, she began her comeback by seeking professional help including western & eastern medicine, counselling, and a personal journey towards wellness. This led her to pursue her Psychological First Aid Certification through the Red Cross as she had a desire to use her experience to help others develop their own comeback and a plan to master recovery.

"I can't wait to host you at the inaugural: Women in Leadership Retreat" - ♡ Jeannette



Develop new Connections
Expand your network
Renew your sense of purpose
Create an intention for your teams' culture
Understand mindfulness
Master your own comeback & self-care
Cultivate your own divine energy

We can't wait to see you in Canmore!



Click Here to Register

[Single](#)

[Double](#)

Email for any questions:

jeannette@excello.ca

Things to do in Canmore:

- Paddle boarding
- E bike to Banff on the legacy trail
- Canmore Trail and Tales
- Canmore Cave Tours

