



STRONGER TOGETHER

OCT. 14 - 16, 2022

MALCOM HOTEL, CANMORE AB

Women in Leadership Retreat – Stronger Together

Canmore, Alberta | Friday, October 14 to Sunday, October 16, 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: Empathy, Busting the Myth of Work-Life Balance, Marketing and Tracking your ROI, Dealing with Grief, Finding Joy and the Science of Self Care. 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

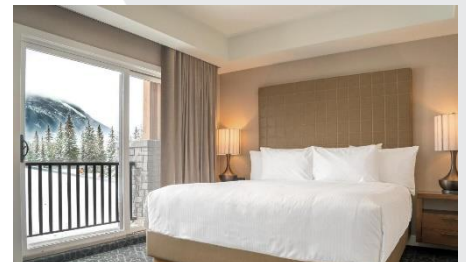
Stunning mountain views and a peaceful creekside location.

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

- \$675 + GST Access to all sessions, and breakfast & lunch Saturday and Brunch on Sunday.
- \$175 VIP Package, includes a special gift, reserved seating, and dinner Saturday night with host Jeannette Austin of Excello.
- Accommodations available at the Malcom Hotel see page 6 for details



Agenda

- Friday

7:00 pm – 8:30 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 – 9:30 am	- Welcome and Introductions	Jeannette Austin
9:30 am – 10:30 am	The Empathy Workout – Finding and Building Your Empathy Muscle	Erin Thorp
10:30 am – 11:00 am	Mingle, Move & Shop	
11:00 am – 12:00 pm	Digital Marketing	Stephanie O'Brien
12 noon – 1:30 pm	Lunch, Special Guest & Round Table	
1:45 pm – 2:45 pm	Work Life Balance is BS - Busting the Myth of Work Life Balance & 3 Ways to Create a Blend That Works	Lindsay White
2:45 pm	Free Time/Optional Professional Head Shot	
3:00 pm	Optional Hike	Karen Hagen
6 pm	VIP Dinner	

- Sunday

8:30 am – 9:00 am	Qi Gong	Dr Laci Ethier
9:00 am – 9:15 am	- Coffee, Pastries & Fruit	
9:15 am – 10:00 am	Dealing with Grief	Karen Hagen
10:00 am – 10:45 am	Brunch, Special guest	
10:45 am	- Checkout	
11:15 am – 12:15 pm	Donuts & Discussion	Makaylah Rogers & Fia-Lynn Crandall
12:15 pm – 1:00 pm	Finding Joy & the Science of Self Care, Next Steps	Jeannette Austin



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DONUTS**

The Empathy Workout – Finding and Building Your Empathy Muscle, Erin Thorp



Empathy is a hot leadership topic in today's world, applicable in every situation from hybrid work and employee retention to innovation and creativity. Most leaders have an idea of what empathy for others might look like, but often fall short when it comes to practicing empathy with themselves. In this presentation, Erin will highlight why empathy is an inside job, provide practical examples to build our empathy muscles and walk participants through a guided exercise demonstrating the power of empathy.

Erin (she/her)- an empathic keynote speaker, writer, and coach for leaders who struggle with conflict, communication, and performance during high-stress times. She supports leaders in navigating difficult conversations, building powerful teams, and communicating with empathy so they can lead confidently. In 2017 she authored "Inside Out Empathy" a book inspired by her career and journey as a mother and explores using the superpower of empathy to build effective teams.



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. Karen will also be leading a hike if you are interested during the free time on Saturday.

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 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, but 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 for 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 an online platform 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.

Stephanie O'Brien

Entrepreneurial at heart, Stephanie always looks for opportunities to collaborate and elevate the status quo. A former National Coach of the Year, she endeavours to listen, understand, and help her clients excel in their own wheelhouses by helping them to produce their own branded storytelling.



Digital Marketing

Digital Marketing Tactics That Drive An ROI. What is your marketing providing you with? Measuring your ROI enables you to determine what's working and what you can change to improve your results. Is your marketing strategy an expense or an investment? Learn how to drive a 10:1 ROI and tips for creative campaigns that work!

This session includes a 20-minute complimentary coaching session.

Lindsay White

Lindsay is a sought-after leadership coach and people operations consultant who believes that every business, no matter how small, deserves three things – great leadership, an impactful people strategy, and a culture that inspires.

First, and foremost, Lindsay is passionate about guiding female entrepreneurs in creating the work & life blend they long for, and a leadership brand that is authentic and grounded in their own values and purpose.

As an entrepreneur, working Mom, and first-time Grandmother, Lindsay knows that the blend between work and life can be difficult to create. That's why she loves to coach and guide female business owners as they navigate their personal leadership journey. Her focus on clients drives their business goals while creating an inspiring culture.



Work Life Balance is BS - Busting the Myth of Work-Life Balance & 3 Ways to Create a Blend that Works

In this session we'll be busting the myth of the perfect work-life balance, talking about how that myth keeps us all exhausted and overwhelmed, and exploring 3 ways to create a work-life BLEND that is authentic and fulfilling.

VIP Package \$175

Package includes

- ❖ Reserved Seating
- ❖ Special Gift Bag
- ❖ Dinner Saturday evening with host Jeannette Austin

Professional Head Shot \$140 - Saturday Afternoon

- ❖ pre-shoot prep info email to help you get the most out of the session
- ❖ full studio portrait set-up
- ❖ approximately 5 - 10 minutes with posing and expression to create a variety of shots
- ❖ password protected proofing gallery, including 4 - 6 images
- ❖ one finished image per person (after you have confirmed your selection via the proofing gallery) with retouching, delivered digitally in colour and black&white
- ❖ additional finished images from the proofing gallery, optionally, at \$75ea.

Malcolm Hotel

- ❖ \$219 + Taxes & Fees
Malcolm Premium Double Queen
- ❖ \$219 + Taxes & Fees
Mountain View Premium Double Queen
- ❖ \$219 + Taxes & Fees
Mountain View Premium King

Book on-line

<https://us01.iqwebbook.com/TMHAB446/>
and apply Promotional/ Group Code EX1014

Book by phone

Malcolm Hotel Reservations line 403.812.0680 and quote the booking code, EX1014

The Town of Canmore is located within Treaty 7 region of Southern Alberta. In the spirit of respect, reciprocity, and truth, we honour and acknowledge the Canmore area, known as "Chuwapchichiyan Kudi Bi" (translated in Stoney Nakoda as "shooting at the willows") and the traditional Treaty 7 territory and oral practices of the Îyârhe Nakoda (Stoney Nakoda) – comprised of the Bearspaw First Nation, Chiniki First Nation, and Wesley First Nation – as well as the Tsuut'ina First Nation and the Blackfoot Confederacy comprised of the Siksika, Piikani, Kainai. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3, within the historical Northwest Métis homeland. We acknowledge all Nations who live, work and play, and help us steward this land, and honour and celebrate this territory. We commit to working to live in right relations and to advance Truth and Reconciliation.

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.



Dr Laci will be available to treat you with ear seeds on Saturday and will lead us in Qi Gong on Sunday Morning

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.

Developing a lifestyle of joy and gratitude that includes self care is what is necessary to ensure you are resilient. You cannot fill up others from an empty cup. Learn new tools that you can use to fill your life JOY!

*"I can't wait to host you for our second 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](#)
Email for any questions:
jeannette@excello.ca

Things to do in Canmore:

- Shopping
- Hiking
- Canmore Trail and Tales
- Canmore Cave Tours

