

IT'S *my* DAY!

Saturday, April 13, 2019
NOVOTEL MONTRÉAL AIRPORT
2599 boul. Alfred-Nobel,
Ville Saint-Laurent



A DKG QUEBEC EVENT

DKG QUEBEC, a Canadian provincial organization of DKG International is proud to support teachers through various activities such as the IT'S MY DAY conference, and the DKG QUEBEC SPEAKERS SERIES.

DKG provides funds for scholarships, grants and awards for teachers and student teachers, and promotes excellence in education, as well as professional and personal growth of women educators.

WWW.DKGQUEBEC.COM

Wellness Event for Teachers



Refresh!
Recharge!
Reclaim!

Programme

IT'S *my* DAY!

Welcome Everyone!

On behalf of DKG Quebec, it is with pleasure and pride that I welcome you to our very first "IT'S MY DAY!" conference for educators!

DKG Quebec is a professional organization of women educators, part of DKG International which is active in 17 countries. Our goal is to support students, schools and women educators worldwide.

As educators ourselves, we can readily appreciate the challenges educators face daily as they strive to meet the individual needs of their students. In today's world, these challenges are particularly compounded by large class sizes, the wide range of student ability in every classroom, slashed educational budgets, and

dwindling resources for students with learning difficulties and behaviour problems.

The IT'S MY DAY! Steering Committee has worked hard to offer an outstanding program of professional speakers, workshops and activities designed to provide participants with valuable insights and enhance the personal resources necessary to deal with the changes and stresses of professional practice. Additionally, a layer of fun and pampering has been included to make the day special. Thank you to all the committee members.

We trust that you, our participants, will leave this conference richer for having shared the learning experience with friends and colleagues.

With best wishes,
Barbara Angus
President, DKG Quebec

Schedule of the Day

8:30 – 9:00	Registration, coffee and vendors		
9:00 – 9:15	Welcome	<i>St. Laurent A</i>	
9:15 – 10:45	General Keynote: SIMA GOEL		<i>St. Laurent A</i>
10:50 – 11:40	Break-out Session #1		
	Joy First Shannon Walsh <i>St. Laurent A</i>	Zen Teachers! Anne Marie Quesnel <i>Pierrefonds B</i>	The Mind-O-Meter Hadeel Dabbagh <i>Pierrefonds A</i>
			Practicing Mindfulness Dominique Fugère <i>Beaconsfield</i>
11:45 – 12:35	Break-out Session #2		
	Why People React the Way They Do at School? Sylvie Bastien-Doss <i>St. Laurent A</i>	Decoding the Mind/Body Connection Frema Engel <i>Pierrefonds B</i>	Laugh When You Really Want to Scream Mindy Spiegel <i>Pierrefonds A</i>
			Practicing Mindfulness Dominique Fugère <i>Beaconsfield</i>
12:35 – 1:35	Lunch <i>St. Laurent B</i>		
1:40 – 2:30	Break-out Session #3		
	Guided Imagery, the Power of Visualization Diane Carroll Phillips <i>St. Laurent A</i>	Laughter for the Health of It Sylvie Dagenais <i>Pierrefonds B</i>	Relaxation Kneaded? Ardis Root <i>Pierrefonds A</i>
			Resource and Connect: 4 Key Mindful Practices for Everyday Candice Marro <i>Beaconsfield</i>
2:35 – 3:30	<i>If you can drum it, you can do it!</i> Jamming session for all & door prizes.		<i>St. Laurent A</i>



DKG Quebec IT'S MY DAY! Steering Committee Members (left to right)
Mindy Spiegel, Diane Carroll-Phillips, Anne-Marie Gitto Laurin, Barb Angus,
Frema Engel, Bev Townsend, Sylvie Bastien-Doss, Rena Entus, Tracy Woodward,
Ardis Root (absent), Maureen Baron (absent).

Sima Goel

From Confinement To Freedom and Self-Care, A Story of Inspiration and Hope

Chiropractor, wellness expert, inspirational speaker, author: Dr. Sima Goel dedicates her life to promoting the connection

between freedom and conscious living. Once a political refugee, now an established professional, Sima empowers audiences through her belief that a life well-lived requires deliberate action. Since 1994, she has motivated thousands to achieve their potential through lifestyle choices.

In 2014, Dr. Goel electrified the Montreal community with her autobiography, *Fleeing The Hijab*, her account of her confined life in Iran and her flight to freedom. She tells her story with dignity, clarity and wisdom as she takes the audience on a journey that speaks to the power of resilience and courage. By listening to Dr. Goel, you will be enlightened, inspired and grateful for the potential and possibilities that await us.



Anne-Marie Quesnel

Zen Teachers!

Be SMART, Be STRATEGIC! Learn how to use NPL (neurolinguistics programming) to help you read body language and use the "right" words with students, parents and bosses to get the results you want AND boost your self-confidence.

Biography

Anne-Marie is a former teacher, author and trained NLP coach. Her latest book *"Zénitude sur mesure"* will help you lead a well-balanced life and communicate successfully with everyone around you.



Diane Carroll Phillips

Guided Imagery, the Power of Visualization

DE-STRESS and FEEL RENEWED! Lose yourself and let go of your worries. Learn how a simple awareness tool - Guided Imagery - can help you relax and create a positive state of mind that will improve your overall health.

Biography

Diane is an Educational Consultant, Master Storyteller, NASA certified Aerospace Educator and Life Coach who provides coaching and workshops locally and internationally. Known as the "Morphologist", Diane ignites the fire in people that propels them toward personal change.



Sylvie Dagenais-Douville

Laughter for the Health of It

Stressed out? Want more Laughter, Health and Happiness in your life? Try Laughter Yoga, a unique exercise program sweeping the globe. Laugh without using jokes, humour or comedy and discover an amazing stress buster!

Biography

Sylvie, founder of the Laughing Institute is a dynamic leader and teacher of Laughter Yoga. She has vast experience both in Canada and internationally and has been conferred the honor of "Laughter Ambassador" for the "Laughter Yoga International University".



Frema Engel

Decoding the Mind/ Body Connection

Debunk some myths about mental illness. Discover how stress from painful memories rewires the brain, how trauma skews our worldview and affects health, relationships, communication, behavior and self-esteem. Learn ways to improve your mental wellness and 'joie de vivre'.

Biography

Frema is an experienced psychotherapist, facilitator, trainer and consultant in the educational, healthcare and business communities. She has been a pioneer in developing mental health services and programs to establish respectful, collaborative workplace cultures.



Hadeel Dabbagh

The Mind-O-Meter

Increase your awareness of the contents of your mind, your conditioned thought patterns and your false identity. Learn to use your mind-o-meter, a tool that can help you transform your world by transforming your mind.

Biography

Hadeel transformed her own mindset using the power of thought and the help of a mental toughness coach. Certified by the Institute for Professional Excellence in Coaching, she uses her skills to empower herself and those around her.



Ardis Root

Relaxation Kneaded?

If you relax by watching cooking shows, you will love this interactive demonstration of professional pastry techniques. Learn secrets from the pros, tools that make all the difference and the science behind baking. Try your new skills at home!

Biography

Ardis taught a generation of Montreal pastry chefs, implemented a Pastry program in China, and co-hosted a popular CBC radio show. She continues to pursue her passion for helping people learn new skills.



Sylvie Bastien-Doss

Why People React the Way They Do at School?

Discover the connection between personality and relationship dynamics. Explore the four personality types and each one's fundamental needs, priorities, and characteristics, including your own. Understand the different personality profiles to create positive, rewarding relationships with colleagues and parents.

Biography

Sylvie, a former teacher and school principal, is a behavior and relationship expert speaker and instructor. A pioneer in her field, she helps school teams strengthen their ability to communicate and create a positive and productive atmosphere.



Mindy Spiegel

Laugh When You Want to Scream

Do you want to know how to keep a good sense of humour when kids/parents/administrators do or say harsh things? Real-life school experiences will help you remember to look at the funny side of whatever is infuriating you.

Biography

Mindy is a former classroom teacher, working almost exclusively in public elementary schools for 36 years. Although Mindy spent some time in school administration, her love for working with students led her back to the classroom.



Candice Marro

Resource and Connect: 4 Key Mindful Practices for Everyday

Experience how to use a few simple mindful-based practices as daily life reminders to connect with your resources and regulate stress levels! Identify and switch off your stressors, learn breathing practices and mindful movements to connect body and mind.

Biography

Candice is a trained psychotherapist, cranial osteopath and mindfulness teacher and author. She is the founder and Director of PEACE®, providing mindfulness programming for schools and educators in both English and French, in Canada and around the world.

+ Door Prizes

2:35 - 3:30 If you can drum it, you can do it!

A friendly drum circle which includes African Djembes and Basic bucket drums. Everyone is a drummer! Leave your stress at the door and jam with us! An animator will guide the rhythms.



Shannon Walsh

Joy First

Joy is a muscle. Strengthening it hinges on our ability to practice self-care, prioritize joy and have a compassionate self. Learn practices, tips and tricks to elevate your mood, productivity, make YOU a priority and raise your happiness level.

Biography

Shannon is a wellness advisor at McGill. She was a speaker, coach and consultant and worked in the field of eating disorders. As a counsellor at The Study she helped students and their families as Coordinator of the school's Life Skills program.



Dominique Fugère

Practicing Mindfulness

Come and take refuge in the practice of mindfulness. You will be guided to move your body gently and relax; then enjoy some deep relaxation that will reconnect you to your senses. You will feel rejuvenated and spacious.

Biography

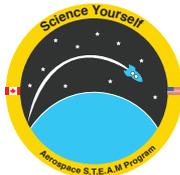
Dominique has been teaching yoga and meditation for the past 14 years and brings to her teaching a practical approach for everyday conscious living. A trained Psycho-Educator, she worked as a consultant while pursuing her training as a yoga instructor.

Sponsors *Thank you!*

- Sylvie Dagenais Douville
- Anne-Marie Quesnel
- Frema Engel
- Diane Carroll Phillips - Envisions Education
- Diane Carroll Phillips - Science Yourself
- Ardis Root
- LBPSB Continuing Education
- Shannon Walsh
- DKG International
- McGill Faculty of Education
- Sylvie Bastien-Doss - Doss Communication
- Caroline Chang - Top Tutorat
- Kelly Norman - Wellness Advocate
- Patrick Bergeron - Spiria
- David Shipper - Strategic Learning Center
- L.B. Foster from Mike Yared
- Novotel Hotel
- Montreal Aviation Museum
- Curel Med
- Tracy Woodward - Arbonne
- Julie Phenix
- Akute Azu - Clinique Curel
- Novotel Montreal Airport
- Dr. Sima Goel - Decarie Square Chiropratic Clinic
- Sharon Davidson - Be-well
- Rita Masucci - Esthétique

Sponsors

Thank you!



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This programme was designed by graphic artist Julie Phenix: julie.phenix@jakgraphics.ca