

# 3 AMAZING CONFERENCES

Langley-October 26

Kelowna-October 28

Victoria-November 1

## Our attendees LOVE Hearts and Hands.

"Engaging content, that inspired some team building within my own organization. Thank you."

"Loved it all...it was so informative. I felt so appreciated."

# 95%

of participants found the education sessions very (62%) or mostly relevant (33%) to their work.

# 98%

of participants rated the event as excellent (77%) or good (21%).



featuring  
acclaimed speaker

Michelle  
Cederberg

at all three  
conferences



The seventh annual Hearts and Hands conference, hosted by SafeCare BC, is the premier event for healthcare assistants in BC. We have created an exciting program that aims to **celebrate, educate, and inspire**. Healthcare assistants have been working hard during this challenging time. Now, you have an opportunity to show your support, by giving them a memorable and inspiring event.

*The Success-Energy Reset: How to Regain Focus and Recharge Work and Life in a Post-Pandemic World.* This wildly engaging and entertaining keynote from Michelle Cederberg will help participants focus and recharge work and life after the chaos of the pandemic.

**In addition to the keynote, participants will choose two of three education sessions.** Other activities include exhibitor booths and passport, Inspiration Wall, and prizes, making for an unforgettable day of learning and celebration.

## Education Sessions

### October 26 - Langley (Coast Langley City Hotel & Convention Centre)

- Finding Your Fun - Julia Somody
- Spot the Differences Between Stress and Burnout - Michele Thomson
- Trauma-Informed Dementia Care - Karen Tyrell

### October 28 - Kelowna (Coast Capri Hotel)

- Civility Matters - Dr. Heather Cooke and Rhonda Croft
- Spot the Differences Between Stress and Burnout - Michele Thomson
- Rethink Ageing - Dan Levitt

### November 1 - Victoria (Mary Winspear Centre)

- Civility Matters - Dr. Heather Cooke and Rhonda Croft
- Spot the Differences Between Stress and Burnout - Michele Thomson
- Words Create Worlds - Karin Keats



[www.safecarebc.ca/heartsandhands](http://www.safecarebc.ca/heartsandhands)

**Tickets are just \$45.** This amazing value gets participants breakfast, lunch, and a full-day program of learning and celebration. This event typically sells out. **Don't miss your chance. Get your tickets today at [www.safecarebc.ca/tickets](http://www.safecarebc.ca/tickets)**

# THREE AMAZING CONFERENCES

## Keynote Presentation

### **The Success-Energy Reset: How to Regain Focus and Recharge Work and Life in a Post-Pandemic World.**

#### **All three conferences - Michelle Cederberg**

In this wildly engaging and entertaining presentation, health and productivity expert Michelle Cederberg shares how we can regain focus and recharge work and life after the chaos of the COVID pandemic. Full of hilarious stories, anecdotes and innovative strategies, participants will leave this session with a renewed sense that it's possible to break free from stress and drive your success, no matter what is coming at you. That's Success-Energy, and it's a formula worth calculating.

## Education Sessions

### **Langley (October 26)**

**Finding Your Fun - Julia Somody.** In this interactive and engaging session, Julia will help us explore how to inject fun into our workplaces; to help us reconnect with ourselves and to find joy in our work.

**Spot the Differences Between Stress and Burnout - Michele Thomson.** Most of us don't know the difference between burnout and stress and the signs and symptoms. Michele will help us spot the difference.

**Trauma-Informed Dementia Care - Karen Tyrell.** In this interactive session, Karen will show us how to rejuvenate compassion for those in care, and enhance skills by asking the right questions, reducing triggers, and building trust.

### **Kelowna (October 28)**

**Civility Matters - Dr. Heather Cooke and Rhonda Croft.** Is your workplace full of negativity? Heather and Rhonda will introduce a new online civility toolkit that will support us, and the organizations we work, to create more civility.

**Spot the Differences Between Stress and Burnout - Michele Thomson.** Most of us don't know the difference between burnout and stress and the signs and symptoms. Michele will help us spot the difference.

**Rethink Ageing - Dan Levitt.** In this lively and engaging presentation, Dan will share how we can see our seniors differently; to celebrate the opportunities that come with ageing. combat ageism, and promote healthy living.

### **Victoria (November 1)**

**Civility Matters - Dr. Heather Cooke and Rhonda Croft.** Workplace civility matters. In this session, Heather and Rhonda will introduce participants to a new online civility toolkit that will support individuals and organizations.

**Spot the Differences Between Stress and Burnout - Michele Thomson.** Most of us don't know the difference between burnout and stress and the signs and symptoms. Michele will help us spot the difference.

**Words Create Worlds - Karin Keats.** Words matter. When we communicate, we have choice in the words we use. Karin will help us to choose words that build trust and show us the discounting words we need to stop using.

CELEBRATE.  
EDUCATE.  
INSPIRE.