



Fearless

UNLOCK YOUR POWERFUL POTENTIAL

SEPT 25-26
2024

CONFERENCE PROGRAM

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UNLOCK YOUR POWERFUL POTENTIAL





WELCOME SPARKLERS!

We are thrilled to have you join us for the 2024 Spark Women's Leadership Conference. This year's theme, *'Fearless: Unlock Your Powerful Potential,'* is a courageous declaration of growth and empowerment!

The Spark Women's Leadership Conference was created by a dedicated network of local professional women with a shared vision of fostering a space where women can access quality professional development in their own community. This conference presents a unique, local opportunity for growth and lays the groundwork for greater success in our region.

Over the next two transformative days, you will hear from an exceptional lineup of speakers who will offer fresh perspectives, celebrate your unique talents, and provide valuable insights to enhance your leadership skills. We are confident this year's program will ignite your passion and serve as a powerful catalyst, propelling you forward on your professional journey.

It's time to fearlessly step into your power! Are you ready? Let's go!

The Women of Spark

Samantha Warren | Suzanne Young | Megan Troyer |Carolynn Oliver | Lisa Henry | Lilia Hansen | Karen Thierson | Deeann Pruys

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SPEAKER BIOS



MARK BLACK

Speaker/Author/Resilience Expert
MARKBLACK.CA

Author of *The Resilience Roadmap*, Mark blends a powerful combination of information and inspiration into his presentations. Born with a life-threatening heart defect, Mark underwent multiple surgeries before receiving a heart and double lung transplant. He is the only man in history to run a marathon with someone else's heart and lungs. Then he did it three more times.



LAUREN BEANE

Speaker/Coach
LAURENBEANE.COM

Lauren Beane empowers others to embrace their potential, to take that leap regardless of not feeling 'ready enough'. Overcoming her own fear of failure, she launched her dream business and now shares her journey to inspire others. Featured in TEDx, and working with numerous organizations, she offers tools and coaching to help other women fearlessly pursue their goals.



LISA BRAGG

Speaker/Advisor/Author
LISABRAGG.COM

Lisa Bragg is a speaker, advisor, and professional mentor, guiding people through the maze of professional visibility. Grounded in the most extensive research study on bragging and self-promotion conducted with international professionals, Lisa knows how bragging without the 'ick' factor can unlock an abundance of opportunities.



KEKA DASGUPTA

Speaker/Brand Strategist
ARTOFLIFEING.COM

What do Nike, Disney, IKEA, Mercedes-Benz, and Santa have in common? They've all called upon Keka DasGupta to build their brand strategies. Keka has won over 50 national and international awards, including the "Oscars of the PR industry". Today, this marketing maven, global keynote and TEDx speaker teaches leaders how to become as confident as the world's top powerhouse brand.

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SPEAKER BIOS



ALLY STONE
Speaker/Coach/Leader
THEINSPIRELEADER.COM

A leader in the hospitality industry for over 15 years, Ally Stone mastered a deep understanding of what it means to be truly connected as a leader and how that drives the success of any business. Founder of The Inspired Leader, Ally shares her unique approach to leadership to empower others to cultivate leadership and meaningful connections.



JESSICA DUMAS
Speaker/Speaker Coach/Podcast Host
JESSICADUMAS.CA

Jessica Dumas is a professional speaker, speaker coach, and the host of *The Confidence and Communication Podcast*. Recognised for her professional expertise and widely respected for her volunteer contributions, Jessica is a powerful role model leading others to overcome challenges by developing personal strengths, vision, and self-confidence.



JESSICA DOYLE-MEKKES
Speaker/Vocal Coach/Author
JESSICADOYLEMEKKES.COM

Jessica Doyle-Mekkes has spent the last 15 years studying the human voice and working as a vocal coach for actors, singers, and public speakers. Her unique skill set and particular expertise as a vocal coach enables her to teach the exact strategies required to make positive voice changes, giving women powerful skills to stand up, speak up, and fearlessly command a room.



DR. MIRIAM KIRMAYER
Clinical Psychologist/Speaker
MIRIAMKIRMAYER.COM

Dr. Miriam Kirmayer is one of the most influential speakers on human connection and social support. With over a decade of research in the science of friendship, Dr. Miriam's relatable advice has helped companies around the world boost belonging, engagement, well-being, and mentorship—while giving their teams the tools that benefit them far beyond the workplace.

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SPEAKER BIOS



KRISTINA CROOKS
Consultant
MNP.CA

Kristina Crooks is a Partner in the MNP Indigenous Services Consulting team in Calgary. Her consulting work focuses on strategic planning, project management, economic development, governance, community needs assessments, and program review and development, with a strong emphasis on holistic approaches informed by the social determinants of health.



KIM LIVINGSTONE
Entrepreneur/Artist
SANDANDSTONEJEWELRY.COM

Kim Livingstone is the owner and designer of Sand & Stone Jewelry and has spent the last twelve years building her business, her brand, and her #goldheartarmy. Life gave her a bit of a career detour last year but through resilience and choosing to be fearless, she is creating a new path.



TRISHA MILTIMORE
Speaker/Coach/Mingmt Consultant
PASSIONIGNITER.CA

Empowering others to craft deeply satisfying life experiences is who Trisha Miltimore is and what she does best. Trisha has been Spark's fearless Emcee for over a decade, expertly guiding us through the days and sharing her wit and wisdom along the way. We are very honoured to welcome Trisha's "Spark"ling energy back to our stage for 2024!

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SESSION DESCRIPTIONS

▶ **Ready Enough: Activating Our Confidence with Only 50% of the Answers**

LAUREN BEANE | KEYNOTE SESSION

The biggest gift you can give yourself is to dream through the fear. Don't wait to be "ready" to take advantage of opportunity. Discover how to empower yourself to believe you are ready enough (even with only 50% of the answers) and gain the confidence to fearlessly pursue your goals.

▶ **Who Are You Going to Choose?**

JESSICA DUMAS | PLENARY SESSION

What if the most fearless version of who you desire to be—exists right now? If you feel like you are stuck and just spinning your wheels, lean in for a unique perspective on how to reframe your beliefs about yourself and open new doors of opportunity.

▶ **From Vision to Reality: Strategic Planning for Women Ready to Take Action**

KRISTINA CROOKS | WORKSHOP

Take your vision of the future to the pivotal next step. Delve into practical strategies and step-by-step processes that demystify the complexities of planning and execution. Learn how to break down ambitions into achievable milestones, develop actionable plans tailored to your aspirations, and cultivate the confidence to take those crucial first steps.

▶ **An Inspired Life**

KIM LIVINGSTONE | WORKSHOP

Plan for your success and dreams moving forward. In this hands-on exercise, break down your goals into smaller steps, visualise your successes, and ultimately create an inspirational vision board of intention you can take home with you! Keep your aspirations in focus with a personal daily reminder of your values, goals, and purpose.

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SESSION DESCRIPTIONS

▶ **Have You Ever Met a Brand with Low Self-Esteem?**

KEKA DASGUPTA | PLENARY SESSION

Discover your own personal brand DNA. Too many people today struggle at work with anxiety, imposter syndrome, and feelings of “not enoughness”, yet brands are unapologetically their own biggest champion. Learn how to use powerful global branding principles to empower you with your own unstoppable brand-like confidence.

▶ **Bragging Shouldn't Be Taboo**

LISA BRAGG | KEYNOTE SESSION

We've been told to “be successful, but don't talk about success”. In this session, Lisa Bragg challenges the outdated playbook of success and shares tools, techniques, and insights to help you navigate the art of shameless self-promotion. Learn to fearlessly talk about your success – no one cares about your future the way you do.

▶ **From Fear to Fearless: Transformative Leadership in a Fast-Evolving World**

ALLY STONE | PLENARY SESSION

Get ready to transform your leadership journey! Connect, share, and grow together through engaging storytelling, reflective exercises, and key takeaways. Turn fear into a powerful catalyst for growth. Leave this session inspired and ready to embrace change, conquer challenges, and lead with courage and confidence.

▶ **Shameless Storytelling: Networking with a Plan**

LISA BRAGG | WORKSHOP

The nature of networking and relationship-building is undergoing a fundamental transformation. The tradition of quickly exchanging business cards is moving toward a culture of authentic, human-to-human connection. Master the use of strategic storytelling to create and foster connections that are both professionally beneficial and personally fulfilling.

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SESSION DESCRIPTIONS

▶ **Creating an Extraordinary Culture**

ALLY STONE | WORKSHOP

The culture within your organization is not just a component of your business strategy - it's a cornerstone of success. In this comprehensive workshop, delve into the essence of what makes a team more than just a group of individuals, and explore how an extraordinary team culture can become a powerful engine driving long-term business success.

▶ **Thrive Together: Elevate Support and Connected Mentorship**

DR. MIRIAM KIRMAYER | PLENARY SESSION

Take mentoring from transactional to transformational – and show up when it matters most. Discover a variety of techniques in becoming a connected mentor and understand how to gauge the right kind of support, guidance, and feedback that is needed in any situation. Make your delivery more effective and impactful through the power of connection.

▶ **Level Up: Implement the Mindset and Tactics of High Performers**

MARK BLACK | KEYNOTE SESSION

Cultivate REAL motivation that lasts! In a world where change is relentless and the stakes are sky-high, the secret to soaring success lies in a compelling vision and unwavering commitment. Stretch your vision of what is possible and create an action plan to transform that vision into reality.

▶ **Find Your Voice and Use it Fearlessly**

JESSICA DOYLE-MEKKES | PLENARY

This is not about public speaking. Learn the tools and techniques you need to effectively and efficiently stand up and speak out in your authentic voice. Question the norms, rock the boat, and fearlessly command a room with the power of your voice.

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AGENDA / DAY 1

WEDNESDAY, SEPTEMBER 25, 2024 | MORNING

Time & Location	Activity	Description/Session	Sponsor
7:30am-8:30am Main Ballroom Lobby	Registration Opens		
8:30am-9:00am Main Ballroom	Day 1 Welcome	Opening Remarks	
9:00am-10:00am Main Ballroom	Keynote	Ready Enough: Activating our Confidence with only 50% of the Answers Speaker: Lauren Beane	
10:00am-10:30am Main Ballroom	Networking Break	Refresh & Recharge	ARC RESOURCES LTD
10:30am-11:30am Main Ballroom	Plenary	Who Are You Going to Choose? Speaker: Jessica Dumas	PRRD PEACE RIVER REGIONAL DISTRICT
11:30am-12:30pm Main Ballroom	Plenary	Find Your Voice and Use It Fearlessly Speaker: Jessica Doyle-Mekkes	POMEROY HOTEL FORT ST JOHN

AGENDA / DAY 1

WEDNESDAY, SEPTEMBER 25, 2024 | AFTERNOON

Time & Location	Activity	Description/Session	Sponsor
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12:30pm-1:30pm
Main Ballroom

Lunch

Petronas Lunch



CONCURRENT

1:30pm-2:45pm
Main Ballroom

Workshop

From Vision to Reality:
Strategic Planning for
Women to Take Action
Speaker: Kristina Crooks



1:30pm-2:45pm
Tim Ballroom

Workshop

An Inspired Life
Speaker: Kim Livingstone



2:45pm-3:15pm
Main Ballroom

Networking
Break

Refresh & Recharge



3:15pm-4:15pm
Main Ballroom

Plenary

**Have You Ever Met a Brand
With Low Self Esteem?**
Speaker: Keka DasGupta



4:15pm-4:30pm
Main Ballroom



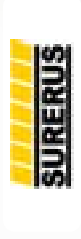

Wrap Up

First Day Closing Remarks










AGENDA / DAY 2

THURSDAY, SEPTEMBER 26, 2024 | MORNING

Time & Location	Activity	Description/Session	Sponsor
7:30am-8:30am Main Ballroom	Breakfast		
8:30am-8:45am Main Ballroom	Day 2 Welcome	Opening Remarks	
8:45am-9:45am Main Ballroom	Keynote	Bragging Shouldn't Be Taboo Speaker: Lisa Bragg	
9:45am-10:45am Main Ballroom	Plenary	From Fear to Fearless: Transformative Leadership in a Fast-Evolving World Speaker: Ally Stone	
10:45am-11:15am Main Ballroom	Networking Break	Refresh & Recharge	
CONCURRENT			
11:15am-12:30pm Main Ballroom	Workshop	Creating an Extraordinary Culture Speaker: Ally Stone	
11:15am-12:30pm Tim Ballroom	Workshop	Shameless Storytelling: Networking with a Plan Speaker: Lisa Bragg	

AGENDA / DAY 2

THURSDAY, SEPTEMBER 26, 2024 | AFTERNOON

Time & Location	Activity	Description/Session	Sponsor
12:30pm-1:30pm Main Ballroom	Lunch	 	    
1:30pm-2:30pm Main Ballroom	Plenary	Thrive Together: Elevate Support and Connected Mentorship Speaker: Dr. Miriam Kirmayer	
2:30pm-3:00pm Main Ballroom	Networking Break	Refresh & Recharge	
3:00pm-4:00pm Main Ballroom	Keynote	Level Up: Implement the Mindset and Tactics of High Performers Speaker: Mark Black	
4:00pm-4:30pm Main Ballroom	Wrap Up	Closing Remarks	

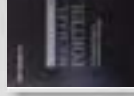
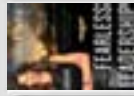
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Be sure to visit our mini-bookstore filled with speaker authored books, along with recommended reads from our speakers and steering committee. Whether you're looking for career advice, professional growth, or leadership strategies, the mini-bookstore has something that is sure to inspire you to be FEARLESS! Don't wait to make your purchase – there are limited copies of the books available.



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From audiovisual production to the mainstage screen to video production, Russell Eggleston from Sound In Town has been making the Spark Conference look amazing since day one!



ATTENDEE JOURNAL

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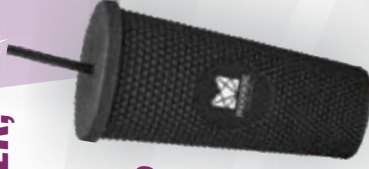
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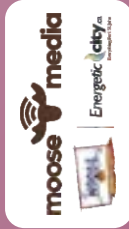
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