



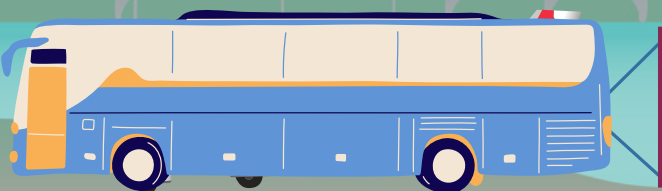
June 9, 2022

Cambridge Red Deer Hotel & Conference Centre  
3310 50 Ave, Red Deer, AB T4N 3X9

FREE TO ATTEND



Join us for a one day in-person education & vendor tradeshow where you will have the opportunity to network with members and vendors in the senior care sector. Check out our inspirational keynote speaker lineup - you will not be disappointed.



Complimentary Charter Bus  
from Calgary & Edmonton

# AGENDA MDT

9:00AM TO 10:00AM

REGISTRATION AND BREAKFAST

10:00AM TO 11:15AM

WELCOME & OPENING KEYNOTE

11:15AM TO 11:30AM

REFRESHMENT BREAK IN TRADESHOW

11:30AM TO 12:30PM

EDUCATION

12:30PM TO 1:45PM

TRADESHOW & LUNCH

1:45PM TO 2:45PM

CLOSING KEYNOTE & CONCLUDE

## Opening Keynote - Trish Tutton



**Mindful Leadership: Develop The Mindset to Thrive No Matter What!**

When faced with difficulty - what's the difference between leaders who succeed, and those that struggle? How do we position ourselves and our teams to not only survive - but THRIVE? As we continue to navigate the challenges big and small - let's stop to assess where we're at, and what we've learned. One thing is for sure - your current challenges aren't the first you've encountered - and they definitely won't be the last. In this experiential keynote, Trish will teach the keys to develop the mindset to thrive, no matter what life throws us. When you lead with the skills to thrive, your team thrives too, and become valuable assets for your company, helping you weather any storm that comes your way.

### About Trish

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.

### Education



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