



2020 INSPIRING FROM WITHIN Professional Development Conference

KEYNOTE AND BREAKOUT DESCRIPTIONS

BREAKOUT SESSIONS:

ANDREA HOLWEGNER

ENERGIZED! HEALTHY PRODUCTIVE ENERGY



We all want to be healthy, productive and manage stress effectively. At the same time we are juggling more responsibilities than ever before. Heavy work schedules and busy family commitments increase stress, lower our resiliency and sacrifice productivity. As stress and exhaustion take over our nutrition suffers and personal health can take a hit. Add the challenges of conflicting and over-complicated health information and we can become overwhelmed.

The good news is there are simple solutions to starve stress and manage productivity through your workday so that your family-life and hobbies get the best of you. Andrea will inspire you with easy steps to take charge of your everyday eating habits that even the busiest person can do. As the chocoholic nutritionist, Andrea Holwegner will show you that the secret to successful health is flexibility, never taking things too seriously and having fun.

Brought to you by Human Resources Services and the 2018 INSPIRING FROM WITHIN Organizing Committee

BRIGHTER WORLD

McMaster
University 

JOE KIM

THE PSYCHOLOGY OF FOCUSING ON WHAT REALLY MATTERS



During the course of a busy term, we are pulled in multiple directions with increasing demands for our time and attention. Without a game plan, confusion, procrastination and “busy work” dominate over moving toward higher goals. Research from psychology can provide effective strategies to choose priorities that separate signal from noise, focus attention to engage in deep work, and develop habits that invest limited resources on what really matters. In this workshop we will:

- Explore how understanding the cognitive architecture of the mind leads to developing a working plan to handle daily challenges with optimized solutions.
- Develop a culture for productivity that promotes deep work and movement towards a goal.
- Learn about digital tools to integrate into workflows to shift our resources to important tasks like strategic planning which also deserve attention.

MAESTRO FRESH WES

STICK TO YOUR VISION



As someone who has experienced the highs and lows that come with being a performer, Wes “Maestro” Williams has had to overcome many challenges in his life. These are also the same challenges that we all face on the way to where we want to be, and Wes’s practical and empowering strategies will help you get there. Sometimes these obstacles come from within, whether it’s a fear of failure or low self-esteem. Sometimes they come from your circumstances; perhaps there are people around you who are keeping you down or “in your place,” even if they don’t mean to. In Stick to Your Vision, Wes shows you how to define your vision, how to achieve it, and what to do once you’re there. He offers useful tips and advice, as well as inspirational stories and quotes, and exercises that will keep you moving towards your own vision.

ORGANIZATIONAL DEVELOPMENT

EXPLORING YOUR PERSONALITY DIMENSIONS



Are you looking for some insight? In this interactive and informative session, you will learn about Personality Dimensions as a tool for self-discovery to uncover a deeper understanding of your personality, values, and strengths. You will also explore what motivates behaviour in people with different personalities or temperaments and learn strategies of how to better communicate, recognize and work with others.

Facilitators: Christine Costa, Organizational Development & Design Consultant

Helen Dickman, Human Resources Service Partner

***Note: This is a 2.5-hour session with a break in between. Please note that this session will cover BOTH Breakout Session Timeslots.**

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KEYNOTE SPEAKER:

BEN FANELLI

HEROIC MINDS



Ben Fanelli is an ex Ontario Hockey League Captain, brain injury survivor, philanthropist, and podcast host.

Ben was 6 games into his Ontario Hockey League career as a highly touted prospect when he woke up in the hospital with no idea how he got there. He was told upon waking from induced coma that he was lucky to be alive, that sports were out of the question for the rest of his life and that his brain was bleeding in three different places.

Ben took two years away from the game and returned to play three more seasons with his Ontario Hockey League team the Kitchener Rangers. Ben attended camp with the New York Rangers of the National Hockey League and was the captain of his team in his final season.

Since moving on from playing the game, Ben has completed his degree at Wilfrid Laurier University in Communications and began his Masters in Psychology. He is the assistant coach of the men's hockey team at the University of Waterloo. Additionally, he Co-Founded The EMPWR Foundation with the goal of disseminating brain injury research in the sporting world, and hosts a podcast called "Heroic Minds" where he dives into the minds of people that see life as an opportunity to be a hero.

Through story telling and interactive exercise Ben delivers philosophical concepts and psychological tactics that target the core of human existence that lead to peak human performance.

In this special presentation Ben will bring a guest on stage with him named Phil Sheldon. As a Police Officer, Phil responded to a call and nearly lost his life when trying to rescue a woman trapped in a murder-suicide with her son. Phil received the highest civilian medal for bravery in Canada. That is really the beginning of Phil's story. He has since then journeyed through PTSD, nightmares, flashbacks and more. It is courage, perseverance, vulnerability and strength that has allowed him to push forward since the incident.

Ben is going to dive into Phil's story to record a live podcast with questions from the Audience."