



Conference & AGM 2025



Wellness Centered Leadership

May 28–30
Victoria Inn, Brandon, MB

Agenda



Wednesday May 28

8:30 am

Golf Scramble / Group Walk

10:00 am – 12:00 pm

Registration

12:00 pm – 1:00 pm

Come & Go Lunch

1:00 pm – 1:15 pm

Welcome/Nomination
Committee Report

1:15 pm – 4:30 pm

Speaker Session # 1
Brandi Heather - *Ignite Joy,
Stay Bold & Stick Together*

5:00 pm – 8:00 pm

Tradeshow

8:00 pm – 11:00 pm

Late Lunch & Social Games

Thursday May 29

7:30 am – 8:30 am

Breakfast

9:00 am – 10:00 am

AGM

10:30 am – 12:00 pm

Breakout Sessions

12:00 pm – 1:00 pm

Lunch

1:00 pm – 2:30 pm

Breakout Sessions

2:45 pm – 4:00 pm

Round Table Sessions

5:30 pm – 6:30 pm

Cash Bar Reception

6:30 pm – 9:30 pm

President's Banquet

Friday May 30

7:30 am – 8:30 am

Breakfast

9:00 am – 10:15 am

Speaker Session #2
Sue Swarbrick - *Showing
Up Well as a Leader*

10:15 am – 10:45 am

Check Out & Coffee
Break

10:45 am – 12:00 pm

Speaker Session #3
Keith Macpherson -
*Making Sense of
Mindfulness*

12:00 pm – 1:00 pm

Lunch & Closing Remarks



Breakout Sessions

10:30 am - 12:00 pm

Cummins Octane Engine Update & Upcoming 2027 EPA Requirements on Diesel Engines

Facilitated by Darrel Argan, Cummins Diesel

EV Charging Stations

This session will explore the current environment for public and private charging stations and the potential application for school divisions. Other topics that will be discussed are: the advancing technology relating to EVs; future employee recruitment and retention; economic and environmental impacts, etc. The intent is to create an improved awareness and understanding of the future of EVs in Manitoba. Session led by Marc Beghin, Manitoba EV

Robert's Rules of Order

Communication is integral to effective teams and meetings, find out how to use Robert's Rule of Order to create a common language that will improve collaboration, understanding and efficiency. Session led by Jodie Taylor, MSBA.

Employee Rights and Employer Responsibilities in relation to Manitoba's Policy on Appropriate Education

Information will be shared on the on-going challenge of supporting students with an appropriate education and the employee rights and employer responsibilities in having a safe workplace. Session led by Scott Godard, Border Land SD and Sandra Ferguson, Evergreen SD.

1:00 pm - 2:30 pm

Know Your Wealth - Financial Awareness

This session will provide an opportunity to gain awareness and understanding of personal wealth planning and to create excitement about your financial goals regardless of your current knowledge or understanding. Areas that will be explored are: financial conversations with clear and definitive goals focused on longevity; balancing an investment strategy that aligns with your future plans and values; the importance of knowing what questions to ask; and the role of a Financial Advisor. Facilitated by Jessica Keus, Eleven Wealth with National Bank Financial

Payroll Implications of the New Collective Agreement

Join us for an in-depth breakout session where we will explore the payroll implications of changes to the teacher collective agreement. This session is designed as a round table discussion for payroll administrators to share information and understand the impact of these changes on payroll processes and compliance. Key Topics include: *Impact on Payroll Calculations*: How the new terms will affect salary, overtime, and other compensation elements; and *Best Practices for Implementation*: Strategies for smoothly integrating the changes into your payroll system. Session led by Jamie Rudnicki, LRSD

MERLIN Update - Past, Present and Future of Shared Educational IT

Exploring what has been accomplished with the partnership of MERLIN and school divisions as well as a discussion about possibilities of future collaboration and where we can build on the successes of the past. Come prepared to ask questions and bring ideas! Facilitated by Kiley Bender, MERLIN.

Retro-Commissioning

Retro-Commissioning is a systematic process to enhance a building's current performance by identifying operational deficiencies and establishing a procedure to correct those deficiencies. By working with either the building owner's own forces or outside contractors, increased occupant comfort, safety and energy savings can be achieved. Session led by Cam Dahl, MCW Consultants.

Ignite Joy, Stay Bold and Stick Together

Speaker Session #1

The Power of Play at Work

Start the conference with a burst of energy, connection, and creativity! Brandi Heather's dynamic keynote helps participants uncover their off-resume strengths - the talents that make them unique but often go unrecognized.

Through engaging activities, Brandi encourages collaboration and play, creating a space where everyone feels comfortable sharing and connecting. Attendees will learn to embrace change with confidence and agility, discovering how to tap into their existing skills to navigate challenges with ease.

This keynote challenges the traditional view of play, reframing it as a vital resource for creativity, problem-solving, and collaboration. Brandi's session brings laughter and shared experiences, leaving participants feeling energized, empowered, and ready to apply new insights to both their work and personal lives.

Expect an atmosphere of shared purpose, where participants leave not just with tools for success, but a renewed sense of connection, ready to tackle what's next with excitement and creativity.

Brandi is a dynamic force in workplace revitalization, harnessing the transformative science of play and creativity to restore, retain, and revitalize workforces across North America.

As a best-selling author, award-winning college professor in health sciences, and business person, Brandi has witnessed firsthand how even the toughest workplace challenges can be transformed by playful solutions. Her keynotes and trainings don't just talk about how play boosts connection, rewires the brain, and builds resilience—they immerse audiences in it. Backed by neuroscience and physiology, the interactive experiences shift mindsets in real-time, fostering adaptability, collaboration, and innovation before your eyes.

In a world that constantly demands us to be extraordinary, Brandi will remind everyone that you already have what it takes to thrive—if you let yourself return to play.



Brandi Heather

Showing Up Well as a Leader

Speaker Session #2

Sue will weave you in and out of her personal survival stories and those of others, while providing key take-aways in many areas including:

- Understanding and relating to all the personalities you interact with
- Creating awareness of how you personally show up each day
- What it means to be well in this divisive and disconnected world of information overload, at an accelerated pace, that has created immense confusion and disease. Together we will create a plan to actually show up well!

Reflecting on life experiences, storytelling is a key factor in success as a leader. Sue credits her father with her love for storytelling. It has truly been one of the keys to her success in relating to her customers and her teams. Sue will bring advice, tips and tools from those she follows and mentors in the world of storytelling, real life experience from other extra "ordinary" people on the prairies, and she will weave you in and out of her personal stories and life experiences to enhance your interactions with others as you go about your day. You too can learn to tell a great and authentic story!

Her career experiences are numerous and have paved the way to where she is today through roles in sales, banking, retail management and ownership, fitness instructor, non-profits and certified life coach.

Sue is a high-achiever and an award winner and isn't too humble to share about her successes. She has had the privilege of leading several teams over the years and uses personality testing/results to enhance communications amongst those she works with. (works wonders for family life as well)



Sue Swarbick

Making Sense of Mindfulness

Speaker Session #3

The Foundation of Wellness Leadership

In today's fast-paced workplace, where deadlines loom and stress levels surge, mindfulness emerges as a beacon of clarity amidst the chaos. Keith Macpherson, a seasoned mindfulness keynote presenter, unravels the intricacies of this ancient practice, bridging the gap between buzzwords and actionable strategies to enhance overall mental health and wellness.

This keynote delves deep into the essence of mindfulness, transcending mere meditation to become a compass for conscious living. Keith shares evidence-backed practices that build resilience, helping attendees weather life's storms with grace.

Drawing from his personal journey as a mindfulness coach and author, Keith's transformation from overcoming adversity to inspiring global change adds depth to his presentation. His interactive sessions integrate music, visualization, and storytelling, engaging audiences in mindfulness exercises that shift them from autopilot to presence.

By infusing mindfulness with creativity, Keith sparks innovation, fosters fresh perspectives, and reimagines leadership. He guides attendees toward a creative mindset that fuels effective leadership, communication, and work-life balance.

Key Takeaways:

- Inner Calm: Strategies to counter stress and anxiety, fostering inner peace.
- Resilience: Evidence-backed practices to build resilience and handle stress.
- Creative Leadership: Techniques to inspire innovation and reimagine leadership.
- Mindful Living: Practical exercises to integrate mindfulness into daily life.

Keith is a certified mindfulness coach, speaker, and author and has dedicated over two decades to empowering individuals through mindfulness practices. His transformative breakthroughs guide people toward their best lives.

Keith's journey is as diverse as his teachings. Born and raised in Winnipeg, he toured internationally as a professional musician and even became a top finalist on Canadian Idol in 2006. His global vision extends beyond borders, aiming to multiply his impact in mental health through international training programs.

As a certified coach (CPCC) and a certified leadership coach with The Leadership Circle, Keith's expertise resonates across diverse audiences in Canada, the United States, Mexico, Africa, Dubai, and Great Britain. Keith's authenticity shines through his daily intentions on social media, his regular column "Keith's Corner" in corporate wellness magazines, and his dynamic one on one and team coaching sessions, along with live lectures.



Keith Macpherson