MASBO Minute

Manitoba Association of School Business Officials

November 2025

Executive Update

The MASBO Executive held a virtual meeting on November 20, 2025. Highlights of the meeting are noted below:

- An article titled *The Link Between Exercise and Productivity,* was shared by Jonathan Hyman and was reviewed and discussed.
- Trina Cimino, the new Winnipeg Region Director was welcomed.
- A list of current actions and on-going activities within the MASBO Pillars (Advocacy, Service to Members, Communications and Governance) were reviewed and discussed.
- The group discussed the recent MASBO events; Introduction to MASBO lunch & learn (November 13), Joint Regional Meeting (November 18) and Fall PD Day (November 19). Initial participant feedback was also reviewed and discussed. Ideas and topics for future events were shared.
- The Nominations Committee's Executive appointed member was discussed and will be brought back to the next meeting.
- Fraternal participation in the other provincial ASBO association events in 2026 was reviewed.
- Executive, committee, and financial reports were presented, reviewed and received.

Calendar of Events for 2025-26

February 18, 2026	Maintenance/WSH PD Day, Victoria Inn Brandon
February 19-20, 2026	Transportation Conference, Victoria Inn Brandon
April, 2026	Regional Meetings
May 27-29, 2026	MASBO AGM & Convention, Victoria Inn Winnipeg

2026 MASBO NEWS

Planning for the 2026 edition of the MASBO News is underway. The theme this year is 'Life in the Fast Lane'. The Publications Committee has met and discussed several potential areas and are looking for ideas for topics and contributors of articles and content for the magazine. Areas of interest could be around work-life balance and/or WSH/mental health supports/tools & tips. This is a great opportunity for members to share their ideas and projects with their colleagues.

November 18 Joint Regional Meeting

There were 86 participants for the Joint Regional Meeting where they heard speakers on various topics:

- Essential Services Agreements and Support Staff Bargaining
  MSBA Labour Relations Consultants Tripat Pachu and Chris Huppe
- Cybersecurity - Understanding the Risks and Best Practices
  Kiley Bender - MERLIN
- Identifying and Reviewing Worker Abilities
  Jennifer Willems, Return to Work Specialist – WCB

The day concluded with an opportunity to connect and share with colleagues in functional roundtable sessions.

November 19 Fall PD Day

Michelle Cederberg – 'Unleashing Impact and the Strong Side of Stress'

There were 86 participants fortunate to hear Health and Productivity Expert, Michelle Cederberg share ideas on her "Success Energy Equation" model as well as various ways of thinking about and dealing with stress.

Comments from participants about the day:

- *Content of the session was very meaningful and sends a clear message on how we can manage stress.*
- *Very insightful.*
- *I enjoyed Michelle's content and delivery style.*
- *Learned/reinforced goal setting, preparing lists and celebrating completion of items, stress and how to slow down and take small steps.*
- *Refreshingly candid and funny.*
- *So relevant and inspiring.*
- *Great and practical advice to weather storms and better manage life.*
- *Takeaways from the day: Go Small, Just Say No, Power Hour and Remember to Breathe.*



Everyone in attendance also received copies of Michelle's book, "The Success Energy Equation". A great way to continue the exploring and learning.

The trial 'Bring a Friend' model was utilized by 8 participants. This model was available to divisional employees in positions that would not be eligible for MASBO membership - great for those that may be interested in taking on a leadership role in the future. There were positive comments about this model with many people saying they will bring someone next year.

All participants gained simple, science-based strategies to protect their mental health, boost motivation, and adapt with resilience. We look forward to planning future relevant learning opportunities for our members.