



# 2022 Spring Conference

## Saturday, April 30, 2022

8:15 - Log On

8:50-9:00 - **Welcome**

9:00-10:00 - **Ann Gomez (I)**

*Own Your Time*

10:00-10:15 - Comfort Break

10:15-11:15 - **Ann Gomez (II)**

11:15-11:30 - Comfort Break

11:30-12:30 - **Shauna Campbell (I)**

*Punctuation - Back to the Basics*

12:30-1:30 - Lunch Break

1:30-2:30 - **Shauna Campbell (II)**

2:30-2:45 - Comfort Break

2:45-3:45 - **Alyssa Fontaine**

*Meal prepping for a busy work week*

3:45-4:00 - Goodbye



# Spring Conference Speakers

## Ann Gomez

Ann Gomez is the founding president of Clear Concept Inc. and is passionate about helping people do their best work at all stages of their career. Ann and her team at Clear Concept Inc. work with people around the world and across industries, including law, finance, insurance, healthcare, consumer goods, and automotive. Ann is the 2x bestselling author of *The Email Warrior* and *Younger Self Letters* and an engaging and inspiring speaker with compelling and practical talks about productivity, collaboration and mindset.

Ann has been featured in *The Globe & Mail* and has appeared on CBC Radio, Global TV, BNN and other major news outlets and online platforms, including Huffington Thrive Global. She is an active blogger and media spokesperson and is the 2021 winner of the Women Business Enterprises (WBE) Canada Leader Award.

**Own Your Time Workshop – she will address the top productivity challenges: too many interruptions, conflicting priorities, not enough time, email overload, disorganization, and procrastination. (3 CEU)**



# Spring Conference Speakers

## Shauna Campbell

Shauna Campbell has over 20 years of experience teaching various courses in the Captioning and Court Reporting program at the Northern Alberta Institute of Technology (NAIT). She has also had the privilege of teaching grammar and punctuation principles to students in NAIT's Medical Transcription and Office & Records Administration programs.

As a past graduate of the Court Reporting program and her experience as a freelance court reporter, Shauna recognizes the needs of her students. She strives to provide them with the necessary tools to help them achieve their goals and become confident in their abilities. Shauna has been recognized by her students in the past, being the recipient of NAIT's Instructional Excellence Award twice.

**Punctuation - Back to the Basics.** Shauna will go over the terminology, different clauses, comma rules, number rules, direct addresses, etc. (3 CEU)



# Spring Conference Speakers

## Alyssa Fontaine

Alyssa is a registered dietitian/nutritionist who helps people change their eating habits. She is specialized in plant-based nutrition, weight loss, sports nutrition, digestive problems and relationship with food.

**Meal prepping for a busy work week : Come learn how to prepare healthy and quick meals with a dietitian. You will learn how to prepare well-balanced meals and snacks. You will also get new easy-to-go meal inspiration. Eating healthy doesn't have to be complicated! (2 CEU)**