



KICK-OFF DINNER WITH SUSAN STEWART

Join us as we kick off the conference with an evening dinner event!

Tuesday, April 17, 2018, DoubleTree by Hilton, Regina

5:00 p.m.

Cocktails

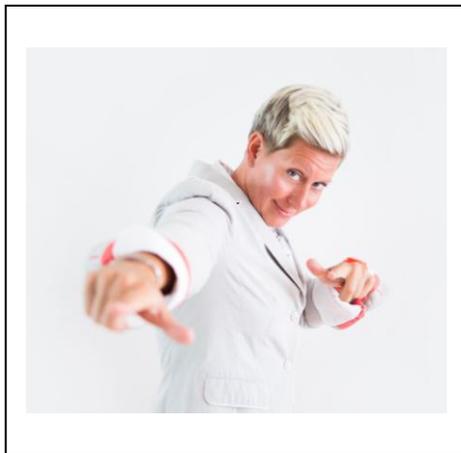
6:00 p.m.

Dinner

7:00 p.m.

You Can't Be Serious! Harnessing The Powers of A Relaxed, Positive Mindset
Susan Stewart

Author & Comedian Bringing out the Lighter Side of Life



Susan Stewart will kick off this year's conference with lots of laughter by sharing why science wants us to lighten up! Based on research that has proven the powerful connection between our mindset and our ability to fulfill our potential, Susan will inspire you to not take things too seriously (and thus, create tension and stress) by revealing the truth about the relationship between happiness and success, the biological advantages of a “positive brain”, and three simple ways to put the powers of a positive mindset to work.

Professionally speaking, Susan has taken a winding road. After earning a Theatre Arts degree from the University of Waterloo, Susan moved to Toronto and began performing stand-up comedy. Five years into her budding comedy career,

fear, self-doubt, and negative self-talk manifested into depression and anxiety which led Susan to quit doing comedy and uncertain if she would be able to perform on stage again.

After leaving stand-up comedy, Susan landed a Human Resources position with the Ontario Government – long story and feel free to laugh. During her career as an Organizational Learning and Development Consultant, Susan was asked to present a comical presentation about wellness at a staff meeting. Susan's presentation was a smash-hit and since that day she have been using her comedic powers for good, rather than evil. A humourist/inspirational speaker was born.

After Susan returned to the stage, she began a personal journey of healing and improving her mental health by exploring spirituality, mindfulness, yoga, and Buddhism.

After all of Susan's research, sun salutations, meditating, chanting, praying, and Oprah, she has learned that the reason we humans are so stressed is that we think too much. And by that, she means we believe our negative narratives too much and allow them to tip us into that downward spiral. Let's see what happens when you don't take life too seriously and more importantly, your thoughts about life too seriously.