

W1

English

Performance, charisme et énergie : comment y accéder à volonté

Wednesday, May 23, 2012 / Mercredi le 23 mai 2012
Time 10:15 AM to 12:30 PM | Room 206/208

Isabelle Fontaine | Conférencière, coach et consultante en développement organisationnel

Session Description

Certaines journées, nous sommes en forme, pleins d'énergie, confiants et «inarrêtables». C'est difficile pour nos interlocuteurs de résister à notre charme et au pouvoir de nos arguments lorsque nous sommes dans de tels états de performance, n'est-ce pas? Tandis que d'autres jours, le doute, l'insécurité, la mauvaise humeur nous affaiblissent et amoindrissent autant notre qualité de vie que notre capacité à performer. Sachez que des solutions existent : on peut déjouer notre propre cerveau émotionnel et reprendre le contrôle.

De fait, des stratégies d'intelligence émotionnelles nous permettent de changer notre état intérieur à volonté. Nous pouvons sortir d'un état de fatigue en quelques minutes ; nous pouvons apprécier un collaborateur qu'on méprise depuis des années ; notre pire client peut devenir notre meilleur. Des ruses existent.

Speaker Biography

Isabelle Fontaine a développé une expertise en coaching de gestion basée sur le développement de l'intelligence émotionnelle. Sa spécialité : faire émerger le meilleur de chacun en permettant aux individus de développer des ruses et des stratégies les conduisant à découvrir des ressources personnelles jusque-là inexploitées, voire même ignorées.

Elle est littéralement fascinée par l'étude des phénomènes humains : psychologie de la performance et de l'influence, du charisme, du leadership ; neuro-sémantique ; intelligence émotionnelle ; etc.

Elle agit maintenant comme conférencière et consultante en développement organisationnel dans sa pratique privée, en plus d'enseigner à l'Université du Québec À Montréal.

Accueillons maintenant chaleureusement Isabelle Fontaine

W2

English

Maximize your Potential: An Exploration of Peak Performance

Thursday, May 24, 2012 / Jeudi le 24 mai 2012
Time 10:15 AM to 12:30 PM | Room 205/207

Adam Kreek | Olympic Gold Medalist, Entrepreneur, High Performance Expert & Community Advocate**Session Description**

Join Olympic Gold Medalist, Adam Kreek, for an in-depth, hands-on and interactive workshop exploring the art and science of Peak Performance. Psychological and physical factors affecting human performance will be examined, and participants will acquire practical and effective tools and strategies to maximize personal performance and effectiveness in team settings.

Learning segments will be interspersed with group participatory activities and discussion in this comprehensive, engaging and high-energy workshop. Guided interactive exercises, visualization and reflection activities will allow participants to experience firsthand the adoption of a Peak Performance mentality.

Speaker Biography

A self-described "positive realist," Adam Kreek has spoken to over 100,000 people across North America on topics of leadership, team development and change management. Adam is a member of the Canadian Association of Professional Speakers, and his upcoming book explores key techniques to maximize personal potential, thrive in team settings and constructively deal with uncertainty.

Adam has studied human performance, achievement, and wellbeing for over a dozen years. After a disappointing loss at the Athens Olympic Games in 2004, he powered his way to a gold medal at the Beijing 2008 Olympic Games. During his 13-year rowing career, Adam won over 60 medals: 27 in international competitions, with 43 of these being gold medal or first place performances. Adam was named Athlete Leader of the year at the 2010 Canadian Sports Awards, a lifetime achievement award presented to an individual who has provided outstanding contributions to sport as a leader advocate, change agent and builder.

Adam is co-owner and serves on the Board of Directors of Grease Cycle, a Vancouver Island based organization that collects and processes waste vegetable oil, to produce sustainable Biodiesel for local consumption.

Always eager to take on new challenges, Adam will row across the Atlantic Ocean in December 2012 to advocate for health and wellness and to raise funds for Right To Play.

Adam holds a degree in Geotechnical Engineering and Hydrology from Stanford University.

He is a loving husband and proud father who lives part-time in both Victoria, BC and Ottawa, ON.

W3

English

Rapid Presentation Development: Prepare a presentation faster than you have ever done before

Friday, May 25, 2012 / Vendredi le 20 mai 2012
Time 10:15 AM to 12:30 PM | Room 205/207

Dave Paradi | Author, Speaker and Consultant, ThinkOutsidetheSlide.com**Session Description**

Presentations are becoming a more important vehicle for communicating updates, analysis and recommendations. In this time limited environment, how can you prepare an effective presentation quickly? This session will show you a step-by-step approach that allows you to rapidly develop your presentation, right down to what each slide will look like. You will be developing a presentation using the techniques that are discussed, so come with an upcoming presentation in mind to work on. You will leave with a developed presentation you worked on during the session and the knowledge and tools to rapidly develop presentations in the future.

Speaker Biography

Dave Paradi is the author or co-author of six books, including "Delivering Your Message With PowerPoint: Highly effective communications for Government and Corporate Managers". He has been described by the media as a "presentations expert" and a "presentation training guru". His ideas have been featured by the Wall Street Journal, Microsoft, Harvard and many others. His clients range from municipalities to Fortune 500 corporations and he consulted on a presentation used to brief one of President Obama's cabinet ministers. Dave is a Professional member and past National Director of the Canadian Association of Professional Speakers.