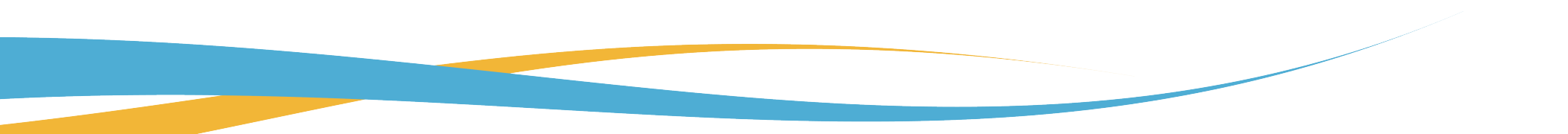




Tuesday, October 18, 2022
Elk's Club – Downstairs

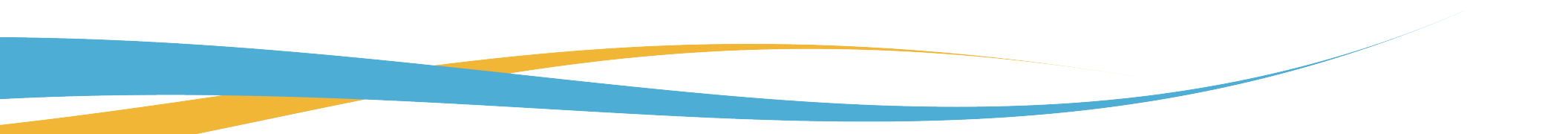
9:00am – 3:30pm	Registration & Information Desk Is Open	
9:15am – 9:20am	Opening Remarks	Sandra MacKenzie, President, Yellowknife Chamber of Commerce
9:30am – 10:30am	<p>Todd Hirsch - For more than 25 years, Todd Hirsch has worked as an economist for such renowned institutes as ATB Financial, the Canadian Pacific Railway, the Canada West Foundation, and the Bank of Canada.</p>	<p>Changing the Narrative: New Ways of Thinking About the Economy in 2022</p> <p>As we enter a new year, a lot has changed — yet a lot remains the same. COVID is still with us, climate change is even more pressing, and global trade remains unsettled.</p> <p>The economy is transforming, but we need new ways to think about our economy in order to thrive in a permanently uncertain world. What lies ahead? And how will a new narrative help us adjust?</p> <p>Audiences will gain:</p> <ul style="list-style-type: none"> • A better understanding of “the economy” and how our actions influence the results. • New ways to think about government and economic policies, and a challenge to reconsider our expectations. • A list of issues that we must address if we are to not only rebuild, reimagine, and evolve our economy but THRIVE!
10:30am – 11:00am	Networking Break	
11:00am – 12:00am	<p>Kristen Au Social media marketing strategist and educator, passionate about helping</p>	<p>In this session, Kristen will talk about how to be socially responsible as small business owners, how to build an engaging community, show up authentically and stay true to your values while managing negative comments on social media.</p>

	local small business owners on creative and effective content marketing.	
12:00pm – 1:15pm	Lunch Break	
1:15pm – 2:15pm	<p>Dr. Susan Biali Haas - An award-winning medical doctor, Dr. Susan Biali Haas' life passion is to equip people with the knowledge, skills, and tools that will help them to enjoy optimal mental health, avoid burnout, and increase their resilience.</p>	<p>Live Well: Manage Stress, Prevent Burnout, and Live A Resilient Life</p> <p>With her extensive evidence-based knowledge of physical and mental health, human well-being, behavioral psychology, and coaching principles, Dr. Susan Biali Haas will teach your people key skills to help them navigate the ups and downs and endless stresses and strains of modern life.</p> <p>Your group will learn:</p> <ul style="list-style-type: none"> • Keys to recognizing, preventing and recovering from burnout • How to manage personality traits that create unnecessary stress • How to connect or reconnect with their passions • Simple yet powerful self-care strategies to improve mental and physical health and boost energy • Secrets and strategies for a more resilient brain • Mind-body medicine tools that are quick, easy and proven to reduce stress • Fundamental skills and perspectives for creating work-life balance
2:15pm – 2:30pm	Networking break	
2:30pm – 3:00pm	<p>Ambe Chenemu President, Black Advocacy Coalition NWT</p>	Information Session
3:15pm	Wrap Up	Melissa Syer, Executive Director, Yellowknife Chamber of Commerce

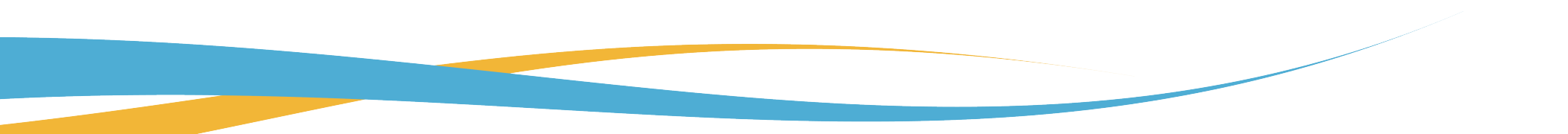


Wednesday, October 19, 2022

8:30am – 3:30pm	Registration & Information Desk Is Open	
9:00am – 9:10am	Opening Remarks	Executive Director, Yellowknife Chamber of Commerce
9:10am – 10:10am	<p>Dr. Shimi Kang An award-winning medical doctor, researcher, and expert on the neuroscience of adaptability, leadership, and self-motivation, Dr. Shimi Kang provides science-based solutions for health, happiness, and achievement.</p>	<p>Three Ways to Rethink the Workplace in Our Ever-Changing World</p> <p>As the world continues to adjust to the shifting realities of these uncertain times, workplaces have an opportunity to rethink the previous methods of consumer engagement and workplace culture, and their impact on a company's bottom line. Research indicates several identifiable challenges and opportunities in our new, ever-changing, interconnected world.</p> <p>Dr. Shimi Kang is a leading neuroscientist, psychiatrist, and bestselling author. In this timely keynote, she explores three key areas to prepare for in the future of work and provides science-based tools that can be immediately applied in the workplace, classroom, and at home.</p> <p>In this interactive presentation, Kang will use science and storytelling to provide tools for:</p> <ul style="list-style-type: none"> Mental health and resilience, including how to address predicted issues of social anxiety, in-person work routine, habit formation, and emotional stress. Social connection and collaboration, including dealing with other's views, misinformation, conspiracy theories, distraction, and disconnection. Adaptability, innovation, and tapping into peak performance potentials during periods of turmoil, uncertainty, and transition.
10:10am – 10:40am	Networking Break	
10:45am – 11:45am	<p>Gabe Powless Raven Web Services – website development</p>	Learn how to optimize a website for your business. This talk will include Insights into types of web properties, their relative operating costs and how to monetize them.
11:45 – 12:15	<p>Crystal Buhler, CPA, CGA, CIRP</p>	In the wake of the Covid-19 pandemic, many founders and business owners are experiencing financial stress. Aggressive inflation, labour market challenges, supply



	<p>With over 10 years experience in insolvency, working with both a national firm and a boutique insolvency firm, Crystal Buhler, Licensed Insolvency Trustee (LIT), founded C. Buhler & Associates Ltd. in 2018.</p>	<p>chain disruptions, and other unforeseen challenges have them wondering if their business is viable.</p> <p>Even positive changes brought about by the events of the last few years – flexibility to work remotely, increased access to physically-distant markets, and a focus on improving mental and physical health – can pose challenges. Crystal Buhler, Licensed Insolvency Trustee and Founder of Debtfreeorth.com, will discuss the data surrounding the state of post-pandemic business in Canada, and will identify key metrics you can use to evaluate the financial health of your business.</p> <p>She will share her experience working with companies and founders in financial trouble, and reveal the warning signs that most commonly precede a formal bankruptcy filing. While it is common knowledge that the financial situation of a business owner may be negatively impacted when a business closes its doors, not everyone knows there are restructuring options available to help reduce debt, negotiate with creditors, and minimize the damage.</p>
12:15pm – 1:15pm	Lunch Break	
1:15pm – 2:15pm	<p>Matt Basile Celebrity Chef Co-Founder, Alchemy Grills</p>	<p>Chef Matt Basile spent over a decade disrupting the food industry as the founder of Toronto's most recognizable food truck brand, Fidel Gastro's, and popular gastropub, Lisa Marie. Today, as the co-founder of Alchemy Grills, he's taking on a new frontier — disrupting the barbecue and live-fire cooking landscape. In an industry steeped in tradition, Basile is always striving to do things differently.</p>
2:15pm – 2:30pm	Networking break	
2:30pm – 3:00pm	<p>Canadian Northern Economic Development Agency Paul MacLean - Manager, Economic Development</p>	<p>Opportunities for business supports and funding</p>
3:00pm – 3:30pm	<p>Round table with Directors from the Yellowknife Chamber of Commerce</p>	<p>Table Topics with the Yellowknife Chamber of Commerce Board of Directors: During this session, you'll have a chance to participate in round-table discussions to talk about what challenges your business is facing and how the Chamber can better serve you and your business.</p>



3:30pm	Wrap Up	Melissa Syer, Executive Director, Yellowknife Chamber of Commerce

This event is made possible by the funding provided by:



and



Canadian Northern Economic
Development Agency

Agence canadienne de développement
économique du Nord

