



*See the Value in
Yourself*

November 2, 2022
Truro, NS



We are happy to invite you to this year's Advancing Women in Trucking Conference. This year's theme is centred around Seeing the Value in Yourself. Sometimes, we forget to put value in all that we do.

We have an exciting line up of Speakers focusing on YOU, our signature gift boxes are here waiting for you and we can't forget the Women Who Inspire awards.

This year, we are offering the conference in person and virtually, for those who can't make it here. Offering the flexible option was important to us when planning and we are happy to have been able to make it happen for you.

Looking forward to seeing you all there.

*Todd Seward
Chairperson, THRSC Atlantic
Classic Freight Transport*

*Kelly Henderson
Executive Director, THRSC Atlantic*

ADVANCING WOMEN



IN TRUCKING



Trucking Human Resource Sector Council Atlantic

Keynote

**Jessica
Holmes**

Celebrated Comedian,
Author, Mental Health
Advocate



Beloved comedian Jessica Holmes has been a perennial favourite on Royal Canadian Air Farce for 15 years and has brought the house down opening for giants such as Ellen DeGeneres, Russell Peters, Jerry Seinfeld, and Oprah Winfrey. Her hilarious take on life's challenges as well as her unique knack for impersonating celebrities, including Shakira and Celine Dion, have audiences in stitches. Her customized emcee and entertainment presentations — which include motivation and wellness — are always a hit.

Behind the laughter though, Holmes, like millions of Canadians, has struggled both with post-partum depression and, as she puts it, "regular, run-of-the-mill, garden-variety depression". Hoping to help end the stigma around mental health issues, she openly shares her personal stories with the humour she's known for, bringing light — and laugh-out-loud laughter — to what can often be a dark topic. Holmes' funny and inspiring book, *Depression The Comedy: A Tale of Perseverance*, takes readers deeper into her mental health journey with validation and warmth.

As a performer, Holmes' productions have garnered her a Platinum Award at The Worldfest International Film Festival, and nominations for Gemini Awards and the prestigious Tim Sims Scholarship. She has starred in her own program, *The Holmes Show*, and also in the films *Welcome to Mooseport*, *Citizen Duane*, and *Moonpoint*. She also appeared in the pilot for *The Communist's Daughter*, which won the JFL ComedyPro competition in 2018, and continues to perform comedy across the country.

ADVANCING **WOMEN**



IN TRUCKING



Trucking Human Resource Sector Council Atlantic

*Afternoon
Keynote*

Karen Furneaux

Honorary Lieutenant Colonel,
Olympian, Sports Hall of Fame
Athlete, Author and
International Speaker



Karen Furneaux is a 3-Time Olympian and 2-Time World Champion and winner of over 50 World Cup Medals! Karen is a 2-time Finalist for Canada's Female Athlete of the Year and 5-Time winner of the Nova Scotia Female Athlete of the Year and has been honoured with Queen Elizabeth Golden Jubilee Medal, the 2013 recipient of the Progress Women of Excellence Award for Health and Wellness as well as the Charles Yatzman Award for Sports Person of the Americas.

Karen completed her Masters of Science Degree from Dalhousie University in Kinesiology, with specialization in Sport Psychology. She holds multiple certifications, and has undergone extensive Team and Leadership training through Cornell University. In 2010, Karen founded a pro-active corporate health and wellness company, I Promise Performance, Inc., which leads corporate teams to be healthier, in fitness habits, performance nutrition and stress management training.

Audiences leave Karen's sessions feeling a powerful shift in momentum along with a sense of optimism and courage to implement new ideas into practice and step forward into a new light. People feel more appreciation, energized, motivated and most importantly empowered to own their personal performance.



Panel of Speakers

Hear from three Women in the Trucking Industry of Atlantic Canada who have advanced their careers from the bottom up. Traditionally, women hold back on highlighting their advancements, well this panel is not going to hold back.

Self Care

Guest speaker Marilyn Surber, has worked with many women in varying levels throughout the trucking industry. Ensuring women are making their own advancement a priority is key to her support. Marilyn will speak to Owning Your Journey - how self-care, professional and personal development, mentorship, and defining your personal brand can all impact your career.



Sponsorships

We are very pleased to offer sponsorship opportunities once again, for **\$500**. We value the support we receive for this conference and understand the costs associated with sending your teams to this event.

Each sponsorship includes:

- social media promotion
- one (1) free registration



**New This Year:
Livestream
option**



Women's Conference 2022

**Wednesday, November 2, 2022
9am - 3pm,**

In Person

☐ Employer of Choice Rate: \$175 per person + HST

☐ Regular Rate: \$200 per person + HST

Livestream & Gift Box

☐ Employer of Choice Rate: \$125 per person + HST

☐ Regular Rate: \$150 per person + HST

Livestream Only

☐ \$50 per person + HST

NAME:

COMPANY:

ADDRESS:

PHONE NUMBER:

EMAIL:

Additional Registrants:

Livestream gift boxes will be sent on November 3. Gift boxes are non-refundable.

Please email your registration to: michele@thrsc.com



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NAME:

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Name of Free Registrant:

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