



# UNIQUENESS

IS YOUR STRENGTH

**NOVEMBER**

**2<sup>nd</sup>**

**2023**

9:00 am - 3:30 pm AST  
Inn on Prince, Truro, NS

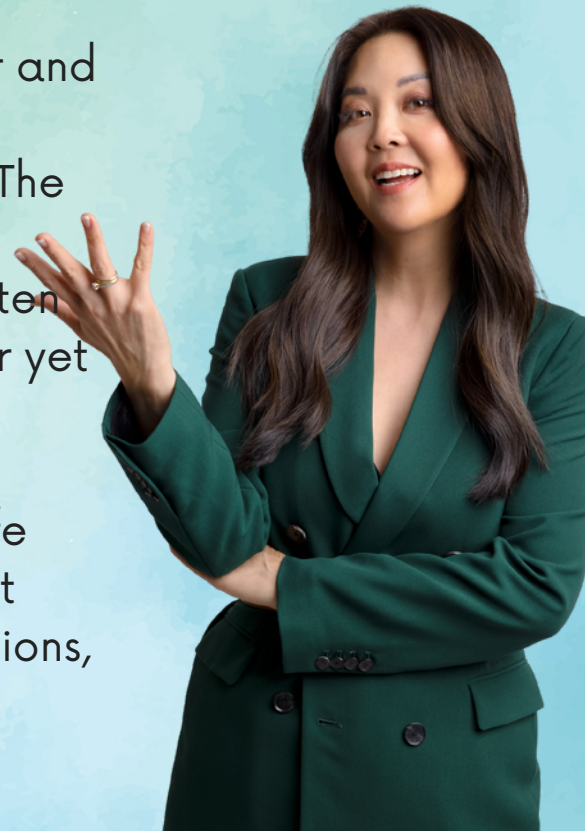
# Julie Kim

Stand-Up Comedian | Host | Keynote Speaker

## Work - Life Balance: Balance is Overrated

Julie Kim is one of Canada's top comedians with multiple televised appearances and regular international tours. She's also a television writer and producer, having written on top shows like Kim's Convenience, Still Standing, Run the Burbs, and The JUNO Awards. She's also been a management consultant, PhD student, professor, and more (often at the same time). Her busiest professional year yet was also the first year of her daughter's life.

Kim's often asked, "how do you manage work-life balance?" and "how do you do it all?" The short answer is that she doesn't believe in those questions, but she's got a LOT to say on the matter.



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# Jane Taber

Senior Vice President, NATIONAL Public Relations

## We are Women, Hear us Roar: Communicating with Power and Purpose!

Jane Taber, Senior Vice President with NATIONAL Public Relations, is a former Globe and Mail political journalist, who spent more than 25 years covering Parliament Hill and Queen's Park.

During her tenure on Parliament Hill with the Globe, Jane was also co-host of CTV's Question Period - and she has spent more hours than she can count on campaign buses and planes following the leaders during federal election campaigns. She's interviewed the country's main political players, covered leadership contest, trade deals, international summits and the important issues of the day.

In this powerful and helpful presentation, Jane will show you how to have confidence when speaking in any platform, feel more comfortable and valued in your interactions, understand the differences with how men and women approach speaking. Jane will share her experiences on Parliament Hill and how women in politics overcame many obstacles.



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# Lydia Bugden, K.C.

Chief Executive Officer & Managing Partner

## Empowerment

Lydia is the Chief Executive Officer and Managing Partner of Stewart McKelvey, being called to the Nova Scotia Bar in 1992 and the Ontario Bar in 1994. After seven years as in-house counsel Lydia joined Stewart McKelvey in September 1999. She is recognized in her profession previously being named Top 40 Under 40 by LEXPERT Magazine, and over the years has been noted as a leading corporate - commercial practitioner in a number of legal publications. Lydia gives her time as a member of the board of NetZero Atlantic and Ovarian Cancer Canada. She sits on the U.N.B. Law Dean's Advisory Council and is also past Chair of the Board of Directors of the QEII Health Sciences Centre Foundation and the C.D. Howe Institute. Lydia is a recipient of The Progress Club's "Women of Excellence" Award, was named one of the top leading women lawyers in Canada receiving a Lexpert "Zenith Award" and in 2022 was inducted into the Atlantic Business Magazine's Top 50 CEOs Hall of Fame.



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# Mentorship Panel

We have created the Mentorship Panel, three women, with varying years of experience in the Trucking Industry, who are ready to give you some guidance on the topics you are interested in. We are asking you to submit your topics for the panel in advance and we will do our best to have all of them addressed.

To submit your topics, please email them to [michele@thrsc.com](mailto:michele@thrsc.com) with AWIT 2023 in the subject line. Some topics may need some clarification, therefore we may reach out to ensure we are pinpointing the topic you want addressed.



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## Plus:

- Women Who Inspire Awards
- We've added more seats
- We will be streaming again
- "In Person" participants get some extras
- As always, Gifts for all attendees ("in person" and online)\*

\*If purchased prior to sell out

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# 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
- conference promotion

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# Women's Conference 2023

**Thursday, November 2, 2023**  
**9am - 3:30pm AST**

## **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](mailto:michele@thrsc.com)