



Conference Program at a Glance, as of September 29, 2023

Pre-Conference - Thursday, November 9		
Time	Session	Speaker/Presenter
9:00-13:00	Name, Claim and Reframe: Personal Stress Tools Workshop presented by Workplace Strategies for Mental Health (WSMH), includes lunch and refreshments.	Mary Ann Baynton, MSW
13:00-17:00	Registration	
14:30-16:00	BCalm Annual General Meeting (open to all)	
Friday, November 10		
06:30-15:00	Registration	
7:30-9:00	Continental Breakfast amongst the Exhibits	Sponsored by WSMH
8:00-8:30	Mindfulness Session 1: Embodied Mindfulness	Ocean Lum
9:00-9:15	Welcome Remarks	Mayor Marianne Alto, Deborah Connors
9:15-10:15	Opening Keynote – A Meeting Of Minds: How A Synergy Of Mindfulness And Carefulness Can Become Foundations For Psychological Safety & Health In The Workplace	Martin Shain, Mark Sherman, MD, Mary Ann Baynton, MSW (moderator)
10:15-10:45	Refreshment Break amongst the Exhibits	
10:45-12:15	Concurrent Workshop 1: Leadership & Learning: Ways Of Being & Becoming A Mindful Workplace	Geoffrey Soloway, PhD
10:45-12:15	Concurrent Workshop 2: Mindfulness in Healthcare & Helping Professions: Navigating burnout with self-compassion and presence	Mark Sherman, MD
12:15-14:00	Network, Time to go for lunch (pay on own); a variety of restaurants in vicinity available; potential mindfulness walk; some Exhibits open	
14:00-15:30	Concurrent Workshop 3: Adding Joy To Your Strategic Plan: How Reducing The “Joy Gap” Leads To A High Performing Organization	Shawn Y Holmes, PhD
14:00-15:30	Concurrent Workshop 4: TBC	
15:30-16:00	Refreshment Break amongst the Exhibits	
16:00-17:30	Closing Keynote – Let’s Chat: Unleashing Your Best Workplace & Incorporating Mindfulness at Work	Barbara Piper, MA, Michael Pietrus, Joseph Iannicelli (moderator) + more panelists
17:30-18:30	Network with Exhibitors	
19:00	Network, Dinner Option – Reservation made by conference/ (pay on own)	

For full session descriptions, speaker bios & conference registration, visit www.bcalmconference.ca.
 Questions? Email register@bcalmconference.ca.