



(all times are listed in EST)

### **FRIDAY, APRIL 21, 2017**

#### **6:50pm - 8pm: IGNITE INSPIRATION**

Emcee: Noreen Remtulla

Welcome: Madeleine Deschenes, Director - Chair, National Youth Council

Alana Ramsay, Para-Alpine Athlete

Cheryl Pounder, Gold Medal Champion

### **SATURDAY, APRIL 22, 2017**

#### **9:30 am - 11:00 am: What Does Feminism Mean To You?**

We have gathered a group with a diverse range of work and life experience who are coming together to respond to your questions, comments and thoughts on what feminism means to you?

#### **2:00 pm - 3:30 pm: Making a Difference Human Rights/Change Makers**

Activists and community change makers Doina, Lina, and Leen have come together to help you find your voice in the activist world. This session asks: "How do you want to make a difference?" This is a place to ask your questions and start the conversation about ways to become involved both locally and globally with the issues that matter to you.

### **SUNDAY, APRIL 23, 2017**

#### **9:30AM - 10:15AM - Turning Struggles to Strengths: Kayley Reed, Wear Your Label**

Kayley speaks honestly and openly about her mental health journey, and how she has turned her struggles into strengths by starting Wear Your Label: a fashion brand dedicated to ending the stigma around mental health. The keynote opens with a personal retelling of her experience with an eating disorder, and sheds light on the self-stigma associated with mental illness. Kayley shares the process of reaching out for help, becoming an advocate, and building a start-up. She tells the story of Wear Your Label, and how fashion can aid in ending the stigma. Her story presses the importance of self-care and managing your mental health at any stage of recovery.

#### **10:30 am - 11:30 am: INNOVATION AND IMPACT**

Tech inventions are being launched at a faster and faster rate, but how can anyone predict how they get used or the ripple effect they can create in society? Learn to use startup tools like the lean canvas and persona maps to better understand the social impacts that your ideas and innovations could make, so that you can innovate with impact!

#### **11:45 am - 12:45 pm: INSPIRING WOMEN LEADERS**

Be motivated to be anything you want to be! Hear from inspiring women who have blazed their own trails in leadership, STEM, and politics.