ONLINE REGISTRATION OPENS JANUARY 22ND AT 9AM • www.uwo.ca/hr/conference

DIVE IN! • FEBRUARY 20–22, 2019

Concurrent Sessions
- Discovering Your Personal Brand
- Exercise Less for Success!
- Retirement Ready: The Sun Life Retirement and Savings Plan
- Investing with Confidence Part 2: A Closer Look
- “Keep it on Campus” Open House, Lunch Provided
- Wellness Fair: February 20

Site Tours: February 22
- Advanced Facility for Avian Research
- Archives & Research Collections Centre
- McInstosh Gallery
- University College Remodel
- Amit Chakma Engineering Building
- Robotics
- Zoological Collection
- Facilities Management Shops

Western Staff and Leaders' Conference
Dive In!
February 20–22, 2019

Jill Heineth
Cave Diver, Explorer-in-Residence, Royal Canadian Geographical Society
Dive In: Challenging the Unknown

Luke Anderson
Innovator, Engineer, Founder of StopGap Foundation
Ramping Up Social Change

Michelle Cederberg
Health and Productivity Expert
Energized for Excellence: Small Steps to an Energetic Life

Ilana Ben-Ari
Design Thinker and Founder of Twenty One Toys
Skills for the 21st Century: The Future of Work & Learning

Wellness Fair: February 20
## WEDNESDAY, FEBRUARY 20TH

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| 9:00–10:15 | **DIVE IN: CHALLENGING THE UNKNOWN** – Jill Heinerth  
Cave Diver, Explorer-in-Residence, Royal Canadian Geographical Society | SSC 2050                   |
| 10:15–12:00 | **WESTERN WELLNESS FAIR**  
SSC Main Floor Hallway                                           |                           |
| 12:00–1:00 | **LUNCH BREAK**                                                      |                           |
| 1:00–2:15 | **RAMPING UP SOCIAL CHANGE** – Luke Anderson  
Social Innovator, Engineer, Founder of StopGap Foundation | UCC 290, McKellar Theatre |
| 2:45–4:00 | **Discovering Your Personal Brand**  
Chris Thompson  
UCC 56 | **Retirement Ready: The Sun Life Retirement & Savings Plan**  
UC 146 |

## THURSDAY, FEBRUARY 21ST

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| 9:00–10:15 | **ENERGIZED FOR EXCELLENCE: SMALL STEPS TO AN ENERGETIC LIFE** – Michelle Cederberg  
Health and Productivity Expert | SSC 2050                   |
| 10:15–10:45 | **BREAK**                                                            |                           |
| 10:45–12:00 | **Exercise Less for Success**  
Michelle Cederberg  
SSC 2050 | **Investing with Confidence Part 2: A Closer Look**  
Sun Life Financial, UCC 146 |
| 12:00–1:00 | **“KEEP IT ON CAMPUS” OPEN HOUSE, Lunch Provided**  
11:30 am–1:30 pm, Great Hall, SH (Register in Advance) |                           |
| 1:00–2:15 | **SKILLS FOR THE 21ST CENTURY: THE FUTURE OF WORK & LEARNING** – Ilana Ben-Ari  
Design Thinker and Founder of Twenty One Toys | SSC 2050                   |

## FRIDAY, FEBRUARY 22ND – TOURS

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<th>Time</th>
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| 9:00–9:45 | Advanced Facility for Avian Research  
Archives & Research Collections Centre WL | Zoological Collection BGS  
McIntosh Gallery  
Amit Chakma Engineering Building ACEB  
University College Remodel UC  
Robotics ACEB 3435  
Facilities Management Shops |
| 10:00–10:45 | Advanced Facility for Avian Research  
Archives & Research Collections Centre WL | Zoological Collection BGS  
McIntosh Gallery  
Amit Chakma Engineering Building ACEB  
University College Remodel UC  
Facilities Management Shops |
| 11:00–11:45 | Archives & Research Collections Centre WL | Zoological Collection BGS  
McIntosh Gallery  
Amit Chakma Engineering Building  
University College Remodel  
Robotics ACEB 3435  
Facilities Management Shops |

For more wellness activities visit Living Well @ Western www.uwo.ca/health/staff_fac/living_well