**Western Staff and Leaders’ Conference**

**Dive In!**

**WEDNESDAY, FEBRUARY 20TH**

<table>
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<th>Time</th>
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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** | UCC 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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| 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 |                                               |
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Archives & Research Collections Centre WL  
Zoological Collection BGS  
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For more wellness activities visit Living Well @ Western www.uwo.ca/health/staff_fac/living_well