# YOUNG LEADERS CALGARY 2023 SUMMIT PROGRAM

**Location:** The Carriage House Hotel and Conference Centre, 9030 Macleod Trail, Calgary, AB T2H 0M4

All programming to take place in the **Lincolnshire Room** on the second floor, unless otherwise noted.

### Welcome Dinner: Saturday, May 6, 6 pm – 8 pm

Join FBC and the Young Leaders Co-chairs for a welcome dinner at **Tu Tierra Restaurant** (8995 Bonaventure Dr SE, Calgary, AB) across the street from the hotel. If you are staying at the Carriage House Hotel, please meet in the lobby at 5:45 p.m. and we will walk over together.

Menu includes a delicious selection of Mexican food including vegetarian options. If you have dietary restrictions, please make sure you have informed us in advance.

### Young Leaders Summit: Sunday, May 7, 9 am – 3 pm

#### 9 – 10 am: Breakfast with Icebreakers!

Join us for friendly icebreakers over breakfast to wake up your brain for a day of exciting sessions ahead!

Menu includes eggs, breakfast potatoes, sausage, bacon, waffles, fruit, pastry, and cereal. If you have dietary concerns, please speak with us in advance.

#### 10 -10:45 am: Keynote with Bobbi Janzen

**Bobbi Janzen** is a wife, mother and grandmother. She is also a member of the partially sighted community, born with a congenital, degenerative disease resulting in very low vision.

Bobbi began her fitness journey in 2002, striving to do what others said was impossible. She became a personal trainer and group fitness instructor specializing in many types of classes over the years. Her passion lies in making fitness accessible.

In this keynote conversation, Bobbi will share the challenges and triumphs of moving through her life and career with vision loss.

#### 11 am – 12 pm: Career Panel

Join Haamid and our special guests Alan Bridgeman, Matthew Janz, Wayne Kostiuk and Young Leaders co-chair Jacqueline Yau to learn more about a variety of careers and the challenges and joys experienced over their career journeys.

#### 12 – 1 pm: Lunch & Trivia

It’s trivia time! Teams will compete for a delicious prize; you don’t want to miss out on this fun Young Leaders tradition.

Menu includes Turkey Cranberry sandwiches and Caprese sandwiches, Greek Salad and Orzo with vegetables, brownies and fruit tarts.

#### 1 – 2:30 pm: Small Group Discussions led by Young Leaders Co-chairs

**Breakout room:** Yorkshire Room

Join our co-chairs for small group discussions on topics including mental health, entrepreneurship and time management.

#### 2:30 – 3 pm: Frozen treats for the road!

Enjoy a selection of frozen treats – including ice cream, popsicles and frozen yogurt – while we wrap up our Calgary summit and provide a sneak peek of our next event!

Thank you to our sponsors for their support of the Young Leaders Program!

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