



Keynote: Jodi Carrington

A-01: 9:00 - 10:00 am Main Theatre

Workshop

C-03: 1:00 - 2:00 pm Room 211



Dr. Jody Carrington is a renowned psychologist sought after for her expertise, energy and approach to helping people solve their most complex human-centered challenges. Jody focuses much of her work around reconnection – the key to healthy relationships and productive teams.

A speaker, author, and leader of Carrington & Company, she uses all she has been taught in her twenty-year career as a psychologist to empower everyone she connects with. Jody has worked with kids, families, business leaders, first responders, teachers, farmers and has spoken in church basements and world-class stages; the message remains the same – our power lies in our ability to acknowledge each other first.

Her approach is authentic, honest and often hilarious. She speaks passionately about resilience, mental health, leadership, burnout, grief and trauma – and how reconnection is the answer to so many of the root problems we face. Her wildly popular book, *Kids These Days*, was published in 2019 and has sold 150,000 copies worldwide. Jody's message is as simple as it is complex: we are wired to do the hard things, but we were never meant to do any of this alone.

With a Ph.D. in clinical psychology, work with major institutions and thriving clinical practice, she brings a depth of experience and insight that is unmatched in the industry.

Keynote: Normand Hector

CD-04: 1:00 - 3:15 pm

Managing Diversity Equity and Inclusion Today Main Theatre



Normand Hector is a leader known for his enthusiastic commitment for driving positive outcomes, he is motivated by the mission of awareness, respect, and progression. With a strong background in corporate sales and team building for over 30 years, he recognizes the importance of dedication, service, and excellence. In 2016 he was awarded the prestigious Inuk Shuk award for community impact involvement and leadership. Normand has presented with an impact, diversity inclusion and equity with top companies and organizations like Moosehead Breweries, Wyndham Worldwide, YMCA , Black Lives Matter , Saint John Welcome Center and Lawson & Creamer Law Firm to name a few. Normand met with hockey coaches in New Brunswick in 2020 by presenting and delivering the value of his “ Listen To Learn “ and not “Listen To React” message.

Diversity Inclusion and Equity is a conversation that needs to continue to happen by delivering his unique skills talents experiences and perspectives. Bringing focus on ensuring equal opportunities for all, challenge and respond to the BIAS discrimination and harassment. More importantly making sure that all voices are heard and considered. His mandate is to change mindsets with his “ everyone belongs and feels valued “ attitude.



Keynote: Maria Morehouse

STRIVE

B-16: 10:30 - 11:30 am Main Theatre

Reconnecting for wellness!

C-17: 1:00 - 2:00 pm Room 217



Life unrestricted. After YEARS of being heavily engulfed in diet culture personally and professionally, Maria Morehouse is passionate about showing people that they CAN absolutely live their life in an authentic, and balanced way! A life without diets, still prioritizing health, without compromising their happiness, and freedom. You do not have to live in the gym to get in your daily workout. We live in a society where diet and fitness culture messaging is not whispering, its screaming at us. Eat this and not that, that we should certain way, and to do it a certain way. My goal is to have people be able to live a life then love, look at things with reason, no restriction. To be able to trust and know that nutrition and live an active lifestyle does not have to be complicated or stressful. It is about balance.



Keynote: **Dr. Ashley Margeson**

CD-06: 1:00 - 3:30 pm

From Burnout to Brilliance: Strategies for Educator Well-Being
Harrison Trimble High - Room 220



Dr. Ashley Margeson ND believes that we are in desperate need of a Self-Care Revolution. With a strong focus on women's health, hormone management, fertility and burnout, Dr. Ashley believes that the best wellness strategies take into account your current season of life, and they should be built with success and feasibility in mind.

Dr. Ashley is the host of one of Atlantic Canada's top podcasts, The Superwoman Code – currently in its sixth year of offering health and wellness support to listeners. In every episode, she empowers busy individuals to take control of their health, ensuring it works for them, not against them. Her expertise and insights have garnered widespread recognition, with features in respected publications like The Globe and Mail, Forbes,

Cosmopolitan Magazine, Business Insider, Parents Magazine, and Shondaland. She's also a regular contributor to Global and CTV Morning Live.

When she's not in the clinic, Dr. Ashley is dog-mum to Loki (a very energetic ducktoller!), and full-time step-mom to Caleb and Elise. Beyond that, she is a sought-after speaker and a health and wellness consultant, helping companies and organizations create effective Burnout Prevention and Wellness Strategies for their workplaces.

Dr. Ashley Margeson ND embodies the essence of professional excellence with an approachable and bright outlook, making wellness a joyful journey for all.



Keynote: **Matthew Martin**

C-04: 1:00 - 2:00 pm

D-03: 2:15 - 3:15 pm

Equity, Diversity, Inclusion and Accessibility Practices in trauma Informed Classrooms Harrison Trimble High - Room 115



Matthew Martin is part of Black Lives Matter New Brunswick (BLMNB) focuses on empowering Black communities and dismantling systemic barriers that our Black communities face. Currently, we have been working with our New Brunswick school districts on educating students and staff about racism and systemic racism and providing critical resources to teachers to help them talk about racism and to be critical about the systems that have been built by colonization. BLMNB, with community partners, has also established a youth program that has had a significant impact on Black youths and their families across the province.

Alongside these initiatives, BLMNB advocates for the inclusion of Black History into the New Brunswick School curriculums, a public inquiry into systemic racism in New Brunswick and the criminalization of racial discrimination. Furthermore, BLMNB advocates for Black community members when they face injustices.