



REVITALIZE

VMPC NATIONAL FORUM 2021

WEDNESDAY, MAY 19 & THURSDAY MAY 20

REGISTRATION WWW.VMPC.CA

VMPC members - Complimentary

Not-yet-Members - Cost of VMPC membership

FORUM RECEPTION, WEDNESDAY, MAY 19

4:00PM-5:30PM PACIFIC / 7:00PM- 8:30PM EASTERN

Celebrate 40 with Us - Join us for some fun.

Move through the virtual rooms!

The roof top restaurant, coffee café, and our virtual photo booth.

NATIONAL FORUM REVITALIZE, THURSDAY, MAY 20

9:00 AM - 1:00 PM PACIFIC / 12:00 PM - 4:00 PM EASTERN

Coffee and Chat

8:40- 9:00 am Pacific/11:40- 12:00pm Eastern

Official Opening

9:00- 9:15 am Pacific/12:00- 12:15pm Eastern

REVITALIZE - Keynote Address

Bruce MacDonald, Imagine Canada

9:15 am - 9:55am / Pacific/12:15- 12:55pm Eastern

REENERGIZE- Wellness Activities and Networking Break

10:00am - 10:25 am Pacific / 1:00pm-1:25pm Eastern

11:15am - 11:40am Pacific / 2:15pm-2:40pm Eastern

Laughter Yoga- Tina Marsh

Dance - Nina Perez

Corner café - Networking

Table Topics -Break-out Room Sessions

10:30am - 11:10 am Pacific / 1:30pm-2:10 pm Eastern

11:45 - 12:25pm Pacific / 2:45-3:25pm Eastern

REBRANDING - Jen Warrington

Career coaching, LinkedIn Profile, Social media, resumes and how to brand yourself

REEVALUATE - Deborah Young

Code CCVI and National Occupational Standards NOS

REFRAMING - Meridian Swift

Volunteer Management Advocacy: Strategizing Language and Impact

RETRAINING - Beth Cougler Blom

Training tools to train new and former Volunteers

REBUILDING - Deborah Pike, Volunteer Canada

Recruiting Volunteers and new positions

REJUVENATE- Melanie McGregor, CMHA

Mental health, stress and selfcare

Closing Reflection and Draws (must be present to win)

12:30pm - 1:00pm Pacific / 3:30pm- 4:00pm Eastern