

REVITALIZE

VMPC NATIONAL FORUM 2021

WEDNESDAY, MAY 19 & THURSDAY MAY 20

FORUM RECEPTION WEDNESDAY, MAY 19

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



CELEBRATE 40 WITH US

4:00pm-5:30pm Pacific / 7:00pm- 8:30pm Eastern

There will be lots of opportunities to connect and enjoy as you move through the virtual rooms!
A great way to see old friends and meet new friends!
Come hang out with us for 90 minutes in our virtual space –
the roof top restaurant, coffee café, and our virtual photo booth!
We promise this will not be another zoom meeting!

Hosted by the VMPC Past Presidents

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

Grab your favorite beverage, arrive early and network with other VMPC members. You can reconnect with old and new friends through our forum.



OFFICIAL OPENING

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

Welcome to VMPC National Forum

Opening Words - Lindsay Baker, VMPC President



REVITALIZE - KEYNOTE ADDRESS

BRUCE MACDONALD, IMAGINE CANADA

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

"When carnivals and social good combined, it pointed to a path and for 30 years Bruce has been walking that route. From working for organizations that provide services to young people, older adults, persons with disabilities, community service clubs and sports and recreation groups, Bruce's experiences have led him to Imagine Canada, where he is the President & Chief Executive Officer. Prior to that, he was the CEO of Big Brothers Big Sisters of Canada where he participated in a collective effort to bring mentoring programs to kids. Bruce holds a Bachelor Degree in Sports Administration from Laurentian University, a Masters in Management in the Voluntary Sector from McGill University and a record in the Guinness Book of World Records.

In early 2019, Bruce was appointed Co-Chair of the Permanent Advisory Committee on the Charitable Sector working with the federal government."

IMAGINE
CANADA

REENERGIZE- WELLNESS ACTIVITIES AND NETWORKING BREAK THURSDAY, MAY 20



LAUGHTER YOGA- TINA MARSH

*10:00am – 10:25 am Pacific / 1:00pm–1:25pm Eastern
and*

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

Tina is a Recreation Therapist and a Rehabilitation Services Coordinator with the March of Dimes Canada. She has been in health care for over 15 years working in Mental Health, Geriatrics, and Acquired Brain Injury. She has been a Certified Laughter Yoga Instructor for 5 years. Originally from Ontario, Tina has lived on both coasts of Canada and has found Victoria, BC to be her forever home. Tina believes that laughter is serious business. When you incorporate laughter into your daily life, and you are able to laugh at those moments when laughing is the last thing you want to do, the benefits are endless!

Session overview

Laughter Yoga is a unique concept where anyone can laugh for no reason without relying on humor, jokes, or comedy. It combines laughter exercises with yoga breathing. The benefits are plenty. Some of these include reducing our anxiety, boosting our immunity, producing endorphins, and increasing our mood and energy.

When we learn to incorporate laughter into our daily lives, we begin to embrace our inner spirit of laughter. This allows us to develop a positive mental attitude and allows us to laugh in the challenging times, release negative thoughts, and develop an attitude of forgiveness.

Today's session will include a quick overview of Laughter Yoga including what laughter yoga is, how it works, and more of the many benefits, a great session of laughter exercises, followed by a short meditation.



DANCE - NINA PEREZ

*10:00am – 10:25 am Pacific / 1:00pm–1:25pm Eastern
and*

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

Nina Perez is founder and director of Baila! Dance Today and is widely recognized as one of the best social dancers and Latin dance instructors in Vancouver. Nina is also a connection coach and helps people enhance their relationships through the lenses of dance and other modalities. Nina is known for her style and grace on the dance floor as in conversations with others. She will teach you how to not only learn some dance moves but also deepen your connection with self, with others, and with your environment. Nina loves challenging people to sense inwardly as they are creating beautiful dance movements outwardly.

Session overview

Welcome to the world of Argentine Tango. We will revitalize your inner passion and connection to self by teaching you the seductive Tango basics. We will focus on breathing, connection to the movement and the beautiful music. We will take you on a dance journey that is meditative and full of depth. You will discover the interconnectedness of dance with your personality. You will be surprised at how much you can learn and practice by yourself.

Let us unleash the fun of Salsa. We will teach you the easy basics that will let you dance different styles of salsa from around the world. We will teach you all you need to know from the ground up. We will rejuvenate and express your fun self, explore the music, discover the enjoyment that you can have from learning how to move YOUR “Latin” hips.

This class requires no previous experience, just a willingness to have a blast. No Partner. No Rhythm. No Problem!



CORNER CAFÉ - NETWORKING

*10:00am – 10:25 am Pacific / 1:00pm–1:25pm Eastern
and*

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

Socialize and network with other Forum attendees

TABLE TOPICS -BREAK OUT ROOM SESSIONS
10:30AM – 11:10 AM PACIFIC / 1:30PM-2:10 PM EASTERN
AND
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

*10:30am – 11:10 am Pacific / 1:30pm–2:10 pm Eastern
and*

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

Jen Warrington leverages 15+ years recruitment experience to support professionals in branding themselves properly to navigate the competitive job market.

Having an outstanding Resume/Cover Letter/LinkedIn profile and acing your interview, along with a solid plan are all critical pieces that Jen provides as a Career Strategist supporting her clients.



Session Overview

In today's competitive job market, telling the story of who you are and what you have accomplished is critical and you have 4 ways to do that – your Resume, Cover Letter, LinkedIn profile and an Interview with a potential employer.

The statistics are staggering ~ an average of 500 resumes are received for any one vacancy and only 4–6 are contacted and Hiring Managers make a decision on your application within 15 seconds of reviewing, so it is critical that you stand out!

Jen Warrington, Career Strategist will walk you through the critical steps of how to brand yourself and provide direction on how to leverage the skills/experience you already have along with your innate abilities and interests to find a career you will thrive in ~ whether you are currently looking for a new career or are yet to embark on the next chapter of your career journey.

www.jenwarrington.com



REEVALUATE- DEBORAH YOUNG

Code CCVI and National Occupational Standards NOS

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

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

Deborah Young is the Coordinator of the Volunteer Management Certificate Program at Conestoga College. Deborah is a leader in the profession for over 25 years, including with the Region of Waterloo, CCVA and VMPC. She has outstanding leadership awards for volunteer management, teaching and the VMPC 2020 Exemplary Leaders Impact Award.



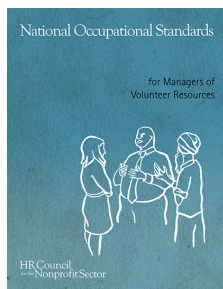
Session Overview

Are you putting the Canadian Code for Volunteer Involvement (CCVI) and the National Occupational Standards (NOS) into action? This session will discuss two how to use two long standing yet incredible resources for volunteer engagement professionals.

Part one examines the nine core competencies and the skills and knowledge required for individuals working in the profession. We will discuss how to use NOS to define your role and responsibilities, enhance your resume, develop job descriptions, and identify professional development needs.

COVID is impacting organizations and their volunteer programs. As volunteer programs adjust, it is essential to prioritize and focus our efforts and resources. Part two explores ways to use the CCVI as an educational tool and as a simple roadmap and benchmark for program planning and evaluation.

Participants will receive electronic copies of the NOS and chart along with two simple assessment tools.





REFRAMING - MERIDIAN SWIFT

Volunteer Management Advocacy: Strategizing Language and Impact

*10:30am - 11:10 am Pacific / 1:30pm-2:10 pm Eastern
and
11:45 - 12:25pm Pacific / 2:45-3:25pm Eastern*

Meridian Swift, CVA, volunteer manager, speaker, innovative volunteer program award winner, and author of "The Volunteer Shelf Life" and "The Disruptive Volunteer Manager," blogs on the VolunteerPlainTalk website and podcasts on Volunteer Plain Talk.

Session Overview

Today's leaders of volunteers must be change-makers and elevate volunteers, volunteerism, and our profession through strategic advocacy. Organizational buy-in is achieved with proactive strategies that understand how to frame volunteer value. Through examples and tools, we will explore why words matter, and how volunteer engagement and impact are a symbiotic relationship that when in sync, increases volunteer involvement and value.





RETRAINING – BETH COUGLER BLOM

Training tools to train new and former Volunteers

10:30am – 11:10 am Pacific / 1:30pm–2:10 pm Eastern and

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

Beth Cougler Blom is a facilitator and learning designer who works with clients across all sectors to help them design and facilitate effective learning experiences, both face-to-face and online. Beth is the author of *Design to Engage: How to Create and Facilitate a Great Learning Experience for Any Group*.

Session Overview

How to Design Training that Engages Volunteers in Any Mode.

There is no doubt that the pandemic affected the way people could bring volunteers together for orientation and training if they were even able to do it at all. But whether you are planning how to restart your volunteer program – and train people accordingly – or shift the mode in which you train volunteers (face to face? virtual? blended?) to take advantage of new opportunities there are top design strategies to keep in mind. Come explore how to design training sessions in any mode that are focused on participation and engagement. In this session, Beth will not only share solid tips about how you can “design to engage” but illustrate them with examples from her work with community organization clients.





REBUILDING – DEBORAH PIKE, VOLUNTEER CANADA

Recruiting Volunteers and new positions

*10:30am – 11:10 am Pacific / 1:30pm–2:10 pm Eastern
and
11:45 – 12:25pm Pacific / 2:45–3:25pm Eastern*

Deb has worked in the non-profit sector for more than 25 years in both national and grassroots organizations. At Volunteer Canada, she manages a variety of projects, resource development, training and research, as well as supporting non-profits and volunteer centres as we manage the ongoing impacts of COVID-19 on volunteering.



Session Overview

Recruiting volunteers during and after COVID-19

The pandemic has meant many changes to how organizations are involving volunteers – from reducing or postponing volunteer involvement, to adapting volunteer roles and creating new ones to respond to community and organization needs. Many volunteers have stepped away from their roles; some will return, some may not. For others, their roles may have changed. In 2021, we are still facing many of the same challenges. How do we recruit volunteers as we navigate this changing volunteer landscape – to existing roles, to new roles and many now in virtual formats? Join us to share your experiences, challenges and ideas.

Deborah Pike, Manager, Special Projects,
Volunteer Canada



REJUVENATE- MELANIE MCGREGOR, CMHA

Mental health, stress and selfcare

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

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

Melanie has been part of the CMHA Halton Region Branch team since 2012 and is currently responsible for training and community awareness. It is her own lived experience with a mental illness that gives her passion to talk and teach about mental health and how people and workplaces can encourage and support wellness, balance, and recovery.

Melanie is also a Mental Health First Aid Canada Master Trainer, an Applied Suicide Intervention Skills Training (ASIST) Facilitator, and a certified CMHA Psychological Health and Safety Advisor. She also writes a bi-weekly wellness column for local Halton newspapers. A passionate learner who loves reading, baking, and playing tennis, Melanie has been blessed with great life teachers, the greatest of all being her 11-year-old son.



Session Overview

The ongoing COVID-19 pandemic has created what has been called “A New Normal”. How can mental health and wellness be impacted in this uncertain time, what can we do to care for ourselves, and how can we support others in what is now “normal”?

Melanie McGregor

Specialist, Health Promotion and Advancement for the Canadian Mental Health Association Halton Region Branch, Oakville, ON



Closing Reflection and Draws

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

Comments and reflections.

What were your #BestMoments of Revitalize.

SOCIAL MEDIA #VMPCFORUM

(conference hashtag- use to be entered in a prize draw)

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