

CONFERENCE AT A GLANCE

MAP 2018 Annual Conference

Friday, November 2, 2018 – Holiday Inn, Airport

8:15-9:00am *Registration & Continental Breakfast*

9:00-10:30am *Welcome & KEYNOTE ADDRESS: Making Sense of Mindfulness:
An Introduction to Mindfulness Practice*

Location: Madison Ballroom A & B
Keith Macpherson

10:30-10:45am *Coffee Break*

10:45-12:00 noon **CONCURRENT SESSIONS I**

***1A: The ABC's of Mindfulness: Integrating Mindfulness
Practice Into Your Life***

Location: Madison A & B
Facilitators: Keith Macpherson

***1B: Identifying and Overcoming Barriers to Degree
Completion: Re-Engaging Lost students***

Location: Madison C
Alex Braun, Brandon University
Katie Gross, Brandon University

12:00 –1:30pm Lunch & AGM/Annual Report **Location: Ellice Room**

1:30 – 2:45pm **CONCURRENT SESSIONS II**

2A: Why Do Desk Yoga?

Location: Ellice Room
Faralee Wilson

2B: Taking Care of Self at Work and at Home

Location: Madison A

Michelle Pearson, University of Manitoba

David Ness, University of Manitoba

2C: The Career Compass- Mapping an Exceptional Student Experience

Location: Madison C

Gail Langlais, University of Manitoba

Brigitte Wiebe, University of Manitoba

2:45 – 3:00pm

Coffee Break

Location: Registration Area

3:00 – 4:15pm

CONCURRENT SESSIONS III

3A: Plan Your Fuel™: A step-by-step course on meal planning for people who want to eat healthier and end their meal-time chaos

Location: Madison C

Susan Watson, Registered Dietician

3B: Indigenous Games and Activities

Location: Ellice Room

Blair Robillard

3C: Motiv8ing Students!

Location: Madison A

Michelle Bessette, Brandon University

Stacey Preston, Brandon University

MAP Conference Sessions & Speaker Bios

November 2, 2018

Holiday Inn Winnipeg Airport

FRIDAY, NOVEMBER 2, 2018

Keynote Presentation: *Keith Macpherson*

Concurrent Session 1A

A Mindfulness Practice

Keith Macpherson is a mindfulness trainer, motivational speaker, CTI life coach and author of the new book, *Making Sense of Mindfulness*. Through his work in the field of mindfulness, Keith has created a five principal framework to assist the masses in comprehending the buzz word "mindfulness" and integrate this practice into their daily lives. Aside from his work in mindfulness, Keith is also known as a professional musician, most notably being a top finalist on the hit television series, *Canadian Idol*. As a professional speaker, presenter and musician, Keith has spent over twenty years touring globally in countries including Canada, The United States, Mexico, Africa, Dubai and The United Kingdom. He is currently a regular columnist in *The Balance Magazine* and inspires thousands of people around the world with his daily intentions on social media.

Making Sense of Mindfulness Talks: <https://www.youtube.com/watch?v=oRiJYIqwybw&feature=youtu.be>

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Concurrent Session 1B

Identifying and Overcoming Barriers to Degree Completion: Re-Engaging Lost Students

In the spring of 2017, we conducted short interviews with 40 students who were within 15 credit hours of degree completion but who were considered "lost": students who had not enrolled in courses for the 2016-17 academic year. Some students had only recently ceased their studies, while others had been away from university for more than eight years. The purpose of these interviews was to learn why students had stopped their studies, what had since prevented them from returning, and if they had thought about completing their degrees. As a follow-up to the interviews, all participants were offered academic advising assistance to facilitate degree completion and address their identified barriers. Of the participants, 30 chose to pursue information on degree completion, a process that identified unforeseen institutional barriers. The purpose of this session is to share the results of the interviews, as well as to discuss the institutional barriers that arose as a consequence of re-engaging these students in their studies. Session attendees should expect to learn initial and on-going personal barriers and institutional barriers to degree completion for students, who are close to completion, strategies to overcome these barriers, and an appreciation for proactive engagement of lost students in a time when degree completion and student graduation is becoming an increasing priority for universities.

Alexis Braun has been a full-time advisor at Brandon University since 2013, working with students in Arts, Science, Fine Arts, Environmental Science, and Physical Education with a special interest in student-athletes. Prior to that, she was a peak-times advisor for ten years while working in writing skills at BU. Outside of work, Alex is an RPG and board game nerd who enjoys the ukulele. She is her son's biggest fan and is a keen supporter of Special Olympics.

Contact:

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Katie Gross is the Dean of Students at Brandon University. Prior to this position, she has served as the Director of Recruitment and Retention and the Director of the President's Office. Her background in teaching and camp directing enables her to tackle complex student issues with heart.

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Concurrent Session 2A

Why do Desk Yoga?

Learn why adding Desk Yoga poses to your work routine will help reduce your stress, fatigue and tension. Come away from this session learning how to breathe again and experiencing several short and simple Desk Yoga sequences that will keep you focused, fresh and revitalized through the day.

Faralee Wilson has been working in the fitness industry for over 20 years. She earned her Bachelor of Arts in Physical Activity and Sport Studies; and Psychology from the University of Winnipeg in 1996. Faralee has been a certified Fitness Instructor with the Manitoba Fitness Council since 1994, a Certified Personal Trainer with the Canadian Society for Exercise Physiology since 1995 and a Trainer of Fitness Leaders with the Manitoba Fitness Council since 2002. In 2009, Faralee was the proud recipient of the Physical and Health Education Canada's Dr. Andy Anderson Young Professional Award. Currently Faralee is the Coordinator of Fitness and Program at the University of Manitoba where she also teaches academic courses for the Faculty of Kinesiology and Recreation Management. Faralee has a passion for physical activity, health and wellness for herself and her young family. She has had the privilege of being able to work in the health and physical activity field for her entire career where she enjoys helping others discover and define their own path for better health through fitness leadership, fitness participation and post-secondary education. Personally, she enjoys all type of physical activity on her own, in a fitness class or on a team but especially those that get her moving with her husband and 2 young daughters!

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Concurrent Session 2B

Taking Care of Self at Work and at Home

This interactive session will use research and information from a variety of sources including Dr. John Gottman's research on relationships, self-compassion writings (e.g., Dr. Kristin Neff) and positive psychology to provide participants with alternative ways to represent and understand interpersonal interactions and strategies for engaging in good self-care. The facilitators will take participants through a variety of self-regulatory activities including strategies that focus on the body, mind and heart and will provide examples of communication suggestions for enhancing human connecting.

Michelle Pearson is a Counsellor at the Student Counselling Centre at the University of Manitoba. Michelle's clinical interests include development of positive coping strategies, understanding burnout, vicarious trauma and compassion fatigue and care for the caregiver. Michelle has developed and delivered workshops and professional training sessions in these areas which have been delivered to students and staff on campus and in the larger community. She is committed to supporting others develop their own positive coping strategies and self-care plan.

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David Ness is the Director of the Student Counselling Centre at the University of Manitoba and an Associate Professor. David has many clinical interests with interpersonal relations and self-care being foremost among these. David believes that it is critically important for "helpers" to take good care of themselves given the demanding nature of the work and he is looking forward to sharing ideas on how to do this.

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Concurrent Session 2C

The Career Compass – Mapping an Exceptional Student Experience

The Career Compass at the University of Manitoba (a modification of Queen's University Major Maps) was created through a collaborative cross-campus approach for use by students, advisors, faculty and staff. The Compass provides consistent information across the University builds a career development culture and provides a map for the self-directed student. Learn about the journey a team took to create a resource that is quickly becoming embedded in the practices and information used across the institution. This session will introduce the project, the process undertaken and how the tool is being used at the institution. The attendees will leave with a tool openly available for their use going forward.

Gail Langlais has worked in the field of career development for over 25 year. She has worked with a broad range of client groups including individuals with intellectual disabilities, physical disabilities, EI recipients, social assistance recipients and individuals with mental health challenges. In 2006, she commenced work on Manitoba's career development portfolio. In this role, Gail managed the Government of Manitoba cross-departmental strategy through which horizontal partnerships were developed between departments and community groups to facilitate a seamless integrated career development system within Manitoba.

Over her years working in career development, she has participated on a variety of committees and working groups including the Manitoba Association for Career Practitioners, Forum of Labour Market Ministers Career Development Services Working Group and the Advisory Board of the Let's Get to Work Conference. She has also led numerous working groups related to enhancing the quality and effectiveness of career services through resource development, practitioner professional development and evaluation. Gail has been fortunate to have had a variety of experiences at the provincial and pan-Canadian levels within the field of career development and at present she is the Director of Career Services at the University of Manitoba.

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Concurrent Session 3A

Plan Your Fuel (TM): A step-by-step course on meal planning for people who want to eat healthier & end their mealtime chaos.

Having a plan will help you prevent getting "hangry" and be tempted by quick fix fast food options. Learn to plan balanced nutritious meals, how to incorporate healthy snacks to keep you fueled for the day, and not overeat at meals.

Susan Watson is a registered dietitian and owner of A Little Nutrition, which is a thriving nutrition counselling company with a team of 8 dietitian nutrition coaches and 6 Winnipeg office locations. She has been helping clients with weight loss & meal planning for years, and understands all the challenges that people face when it comes to understanding what to eat and how much. She is passionate about teaching people food, not nutrients, and how to use real food to manage weight and wellness. She is also the co-founder of Nutrition Academy, an online nutrition school, and runs an online meal planning course at Getmealprepped.com.

Instagram: [@alittlenutrition](https://www.instagram.com/alittlenutrition) **Twitter:** [@littlenutrition](https://twitter.com/littlenutrition) **Pinterest:** [pinterest.com /littlenutrition](https://www.pinterest.com/littlenutrition) **Facebook:** [facebook.com/alittlenutrition/](https://www.facebook.com/alittlenutrition/)

She also is the host of the GET MEAL PREPPED podcast. You can find the show on iTunes or YouTube

iTunes: <https://apple.co/2kN4n5B>

YouTube: <https://www.youtube.com/getmealprepped>

Concurrent Session 3B

Indigenous Games and Activities

Join this cultural workshop to learn about how the four directions or components of the Medicine Wheel are related to the four components of games and activities. It will include games and activities from a social, physical observation and strategies based perspective, and then incorporate teachings related to the games and activities related to the four components. Blair has shared his holistic teaching and learning approach to teach at the U of M, UCN, RRC, and K-12 schools and community agencies throughout Manitoba. He has collected and created games based on Indigenous cultural practices and perspectives for over 40 years.

Blair Robillard is a Teacher of traditional Indigenous cultural and historic games and teachings

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Concurrent Session 3C

Motiv8ing Students!

Motiv8 is a one-day event held in January. The goal is to re-connect students to campus services and supports, engage in wellness events and just get work done. Students earn Motiv8 points by choosing workshops, wellness activities, and by completing study goals. Free pizza, coffee, and prizes are fun incentives to participate! This session will cover why Motiv8 was created, lessons learned along the way, and a first-hand story from Stacey Preston, our Motiv8 2018 Grand Prize Winner!

Michelle Bessette is a Student Engagement Officer at Brandon University. Michelle coordinates programs for students transitioning to University along with several events throughout the academic year (such as Motiv8) to engage students in campus life. Michelle is especially proud to implement Student Leadership initiatives inclusive of Indigenous perspectives, values, and traditions. Michelle is a proud Momma of two and enjoys spending time with friends and family.

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Stacey Preston is a 3rd year student at Brandon University majoring in Native Studies. When a permanent injury required a career change, Stacey began her academic journey at BU. Stacey is an outstanding member of the BU Student Leader volunteer program, recipient of the Student Leadership Certificate program, and a Peer Wellness Educator. Stacey is a single parent to 9 year old Charleigh. Together they enjoy gardening, reading and family adventures! Stacey is a well-respected member of our BU community.