



## Monday September 18

### Members Only Morning

8:00am *Member's Breakfast\* sponsored by **GreenShield***  
**A Better Way** Mark Rolnick

9:00am Welcome Members\*

9:45am Dragon's Den\*

11:15am Preferred Solutions Providers Showcase\*

### Conference Open To All Attendees

12:00pm *Lunch sponsored by **Empire Life***

1:00pm Conference Kickoff & Speed Networking Session

**CONNECT with Succession Planning for Your Business**

Did you start your business? Did a family member? Do you have a succession plan? What are the keys to a successful succession plan? What should be in a Unanimous Shareholder Agreement? What are the challenges to be aware of? In this fireside chat with Brad & Jared Cox you will hear about their family business that began in 1957 and learn from their experiences to ensure your business continues to thrive into the next generation.

**Cox Financial Group** • Brad Cox, Partner & Jared Cox, Partner, Practice Focus, Benefits & Pension

**CONNECT with Strategic Thinking for Your Business**

We all hear about working on your business and not just in your business. In this session we will have a fireside chat with Rob Green about how strategic thinking has taken his business to a whole new level. He and his growing team are on the fast track and diversifying their business along the way, all due to strategic thinking. Let's pick his brain!

**Green Benefits Group Inc.** • Rob Green, President, Founder

3:00pm Networking Break

**Supporting Employee Mental Health**

Mental health concerns are common, and many individuals experience them during their prime working years. Without adequate support, unaddressed concerns can negatively impact an individual's emotional well-being, physical health, and nearly every aspect of their life, including their satisfaction and performance at work. This can result in increased absenteeism, disability, and productivity loss. With adequate support, however, these negative effects can be mitigated, and employee engagement, morale, satisfaction, retention, recruitment, and productivity can be bolstered. In this training, we will review workplace factors that can impact mental health, and present strategies to help organizations identify and address employee mental health needs, foster employee well-being, and develop practices that support a psychologically healthy workplace.

**CloudMD** • Lisa Ann Butcher, Mental Health Speaker, Frontline Healthcare Advocate, Registered Clinical Counsellor

4:30pm *Cocktail Reception sponsored by **myHSA** - Room 605 - Summit Level*

6:00pm Dinner at Gahan House *Music brought to you by the East Enders*

\*Members Only

Presented by:

