

DREAM IT ★ BE IT  
CAREER SUPPORT  
{for girls}



SOROPTIMIST®  
Investing in Dreams

SOROPTIMIST INTERNATIONAL  
OF VICTORIA WESTSHORE

# *It All Begins With a Dream*

2024 Conference  
Workshops & Exhibits

*Presentations to  
Inspire & Enlighten*

A unique opportunity for girls and young women, transgender, and non-binary youth aged 15 – 25 to explore their dreams and discover their potential.

**Cost of registration: FREE**

**Date:** Tuesday, March 5th, 2024

**Time:** 8:30am - 1:30pm

**Venue:** Chiefs and Petty Officers Mess

**Address:** 1575 Lyall Street in Esquimalt

**Register now at:** <https://forms.gle/CwWHw4B723CWtxf89>

*A Special Thank You to Our Event Sponsors!*



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OF CANADA



**BIG WHEEL  
BURGER**



Choose one of the following workshops.  
 Limited space, first come basis.

### Schedule

8:30-9:00am	Registration
9:00-10:30am	Walk of Life
10:30-11:45am	Workshops
11:45-12:30pm	Lunch
12:30-1:15pm	Speaker

### Keynote Speaker

**Topic: Become Resilient and Empower Yourself through Self-Esteem**

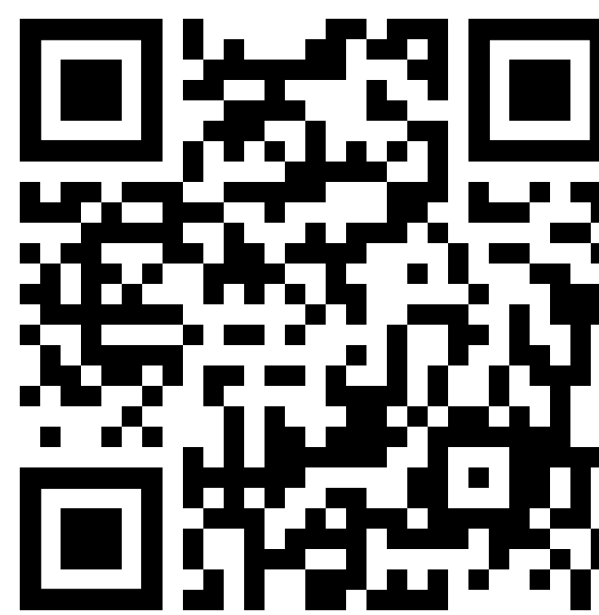
Hardships and complications of entering the adult world can sometimes feel overwhelming and make it impossible to remain positive and resilient. Antonia will share her tips for maintaining self-love, so you can create a life where you are true to yourself even when you experience difficult things.

**Antonia Medeiros**  
 Executive Life and Empowerment Coach

### Notable Mentions

- Complimentary food and beverages provided by Bull & Sons Deli.
- Join us for the Walk of Life where you will learn about women in the community who have successfully followed their chosen career path.
- In appreciation of the students' attendance, each will receive a swag bag.
- There will be door prizes throughout the day.

<p><b>Adulting 101 - The Money Edition</b></p> <p>Alexandra Valdal, CFP and Money Coach</p> <p>Join money coach and CFP professional Alexandra Valdal to play a financial game of life. Can you make it to age 25 without any debt? Learn about credit cards, credit scores, car loans, and more!</p>	<p><b>Getting Real about Relationships</b></p> <p>Jessica Buss &amp; Charlene LeSage, Counsellors, Bridges for Women</p> <p>The quality of our relationships – how we are treated, what we deserve – impacts our wellbeing. This workshop will cover how to identify healthy and unhealthy relationships and provide tools to navigate relationships.</p>
<p><b>How to say NO (and still keep your friends)</b></p> <p>Julia Harrison, M.Sc., B.Sc., Volunteer Victoria</p> <p>Ever felt pressured to say YES to something simply in fear of looking uncool, hurting someone's feelings or losing a friend? This workshop will provide the tools and framework of how to say NO and stay true to yourself.</p>	<p><b>Critical Thinking - Critical Skill</b></p> <p>Corrina Craig, RSW, M.Ed.</p> <p>Learn how to make informed judgements, better decisions, boost communication skills, solve problems, be value driven, and make informed decisions about your life. Ask questions about inclusion, feminism in 2024, explore sensitive topics. Critical thinking is essential to your life choices.</p>
<p><b>Healthy vs Selfie</b></p> <p>Sonja Bidese, owner &amp; trainer of Success Fitness</p> <p>Stop forcing your body to fit some "mold". We are not all the same, we aren't even the same as ourselves all the time! Seasons change and so do we! How you look and feel is a byproduct of how you treat yourself.</p>	<p><b>Tailoring your Resume for Reaching the Right Career Choice</b></p> <p>Yasmin Prince, Worklink BC</p> <p>Values play an important role when applying for a job, writing your resume, and aiming for the best career path. In this workshop, we'll tailor your resume with tips on a successful interview.</p>



SCAN ME