



Dalvay By The Sea
Friday, September 28th -
Sunday, September 30th

AGENDA

Friday, Sept 28th:

4 - 7 pm - Registration Open, Check-in, Social Time

7 - 8:30 pm - Campfire Songs with Kelley Mooney

Saturday, Sept 29th:

7 - 8 am - Registration

8 - 9 am - Breakfast

9 - 10:30 am - Welcome, Unplugged Oath, Hope Milner: "Taking Your Business Online"

10:30 - 10:45 am - Nutrition Break

10:45 am - 12:00 pm - Louise Carota: "Reduce Your Reaction to Stress", Margaret Magner: "The Art of the Pitch", OR Alana Walsh: "Leading Change"

12 - 1 pm - Lunch Break

1 - 2:30 pm - Miriam Vializ-Briggs: "Developing Your Personal Brand"

2:30 - 2:45 pm - Laughter Yoga with Anne Putnam/Nutrition Break

2:45 - 4 pm - Louise Carota, Margaret Magner OR Alana Walsh (repeat of morning sessions)

4 - 5 pm - Sara Roach-Lewis: "The 90-Day Year"

5:30 - 6:30 pm - PiYo Class with Bernadette Currie OR Hip Hop Dance Class with Samantha Lasher

6:30 - 8 pm - Dinner (on your own)

8 - 10 pm - East Coast Art Party OR Speed Networking

Sunday, September 30th:

8 - 9 am - Breakfast

9 - 10 am - Maureen Hanley: "The Circle of Five"

10 - 10:15 am - Nutrition Break

10:15 - 11 am - "Engaging New Voices" Presenters: Ruby Lubigan, Alyssa McKinnon and Kathryn Curtis (15 mins ea.)

11 - 11:30 am - "Dear Dynamic Me"

Hugs, High Fives and Farewells!