

## Celebrating our 7th year!

We are pleased to announce that a donation from the proceeds of the event will be given to the **Canadian Women's Foundation**.

*You Deserve It! Presented by:*

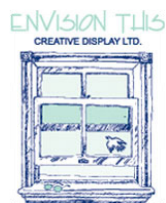


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## JAZZ CABARET



## Celebrating our 7th year!

*A day to enhance your inner and outer self!*

You Deserve It! is a quality day for women to relax, have fun, learn some new things, and spend time with other wonderful women.

Featuring keynote speaker  
**Denise Déziel**

4 workshops from a choice of several topics, catered luncheon, fashion show, marketplace, prizes – and more! Something for every woman to enjoy!

**Saturday, October 23, 2010**  
**8:30 a.m. to 5:30 p.m.**

Gisèle-Lalonde Public Secondary School  
(École secondaire publique Gisèle-Lalonde)

500 Millenium blvd, (off Trim Road), Orleans

[www.youdeserveit.ca](http://www.youdeserveit.ca)

## REGISTRATION

**Early Bird Price: \$79**  
until August 31, 2010

**Regular Price: \$89**  
until October 8, 2010

*No Registration will be accepted after  
October 8, 2010*

You are considered registered once payment is received. A registration confirmation will be emailed to you.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**Province:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

### Method of Payment:

Cheque or money order – by mail to  
2233 David Road, Rockland, ON  
K4K 1K7 (payable to You Deserve It!)

Credit Card electronic payment via  
secure PayPal link with on-line  
registration at [www.youdeserveit.ca](http://www.youdeserveit.ca)

### For more information:

Email us at [info@youdeserveit.ca](mailto:info@youdeserveit.ca) or  
call us at (613) 239-4530

[info@youdeserveit.ca](mailto:info@youdeserveit.ca)

## WORKSHOP SELECTIONS

**Choose maximum of 4 workshops**  
(refer to descriptions on reverse).

Please indicate your choice of language,  
where available.

- \_\_\_ 1. Small Talk
- \_\_\_ 2. First Aid
- \_\_\_ 3. Passionate Purpose
- \_\_\_ 4. Presentations
- \_\_\_ 5. Paper Garden
- \_\_\_ 6. Self Confidence
- \_\_\_ 7. Conquering Procrastination
- \_\_\_ 8. Cardio Kick Boxing
- \_\_\_ 9. Overcoming Negative Mindtraps
- \_\_\_ 10. Income Tax
- \_\_\_ 11. Spa Experience
- \_\_\_ 12. Boost Your Energy
- \_\_\_ 13. A Humorous Look at Dating
- \_\_\_ 14. Moroccan Cuisine
- \_\_\_ 15. Power of Gratitude & Appreciation
- \_\_\_ 16. Creative Ways to Manage Conflict
- \_\_\_ 17. Belly Licious Dance
- \_\_\_ 18. Guides and Angels
- \_\_\_ 19. 1, 2, 3 Change!
- \_\_\_ 20. Let's Talk Stalkers
- \_\_\_ 21. Catch Your Breath
- \_\_\_ 22. Applying for a Government Job
- \_\_\_ 23. True Health
- \_\_\_ 24. Healthcare Harmony

**JOIN US!**

**(613) 239-4530**

### 1. **SMALL TALK: Conversation Starters for Home, Work or Play**

**Laura Booker**, International Speaker,  
<http://www.laurabooker.ca>

Have you ever been uncomfortable in a social setting? Found yourself standing alone at a BBQ, conference or bar with no one to talk to? Well don't worry we all have experienced this awkward feeling! Join Laura Booker, Word of Mouth Marketing expert as she shares her tips and tricks on how to fit in or stand out in any crowd. How to start conversations with family, work associates and men. And stay tuned as she shares the secrets on how to carry on a conversation to gain valuable information to keep you engaged and at ease. Say NO to social anxiety - Say YES to life of the party. NOTE: This workshop is offered in ENGLISH and FRENCH.

### 2. **FIRST AID - An interactive and entertaining look at: "Common Household Emergencies"**

**Carole Lefebvre**, First Aid Instructor, St-John Ambulance, Council for Federal District  
<http://www.sja.ca>

Join us and learn about the Emergency Medical System in Ottawa, the Risk of being sued or contracting a serious disease when providing first aid, What to do when you first come across someone who is injured or ill, How to help someone who is choking or bleeding severely, How to recognize someone who is having a heart attack, First aid for burns, poisoning, allergic reactions. NOTE: This workshop is offered in ENGLISH and FRENCH.

### 3. **PASSIONATE PURPOSE - When passion meets purpose life ignites.**

**Mary Cavanagh**, CoFounder, Ignite Potentials Training  
<http://www.ignitepotentials.com>

A real purpose in life is more than words or thoughts, it is a vision from the heart. A passion, a knowing, a desire. Developing clarity of this vision is the purpose of this workshop. Come and learn more about the Real you, your passions, your loves, your vision, your unique reason for being. NOTE: This workshop is offered in ENGLISH ONLY.

### 4. **PRESENTATIONS with Pizzazz!**

**Terri Tomchyshyn**, Head Librarian, Government of Canada  
[territom@rogers.com](mailto:territom@rogers.com)

Have you ever had to give a speech, facilitate a workshop, or sell yourself at work, on a project or in an organization? Don't let fear of an audience set you back. Terri Tomchyshyn has given hundreds of presentations at work, at professional associations and at her Toastmasters International club. She will share some tips, tricks and techniques to make the experience more comfortable at the podium, in a classroom setting or in a team meeting. Terri will help you gain confidence, put pizzazz into your presentations and get your message across successfully. NOTE: This workshop is offered in ENGLISH ONLY.

### 5. **PAPER GARDEN**

**Leanne Dryburgh**, Independent Scrapbook Consultant, Memory Mouse Creations  
[memory\\_mouse@hotmail.com](mailto:memory_mouse@hotmail.com)

Participants will learn how to create a variety of garden flowers and visitors through scrapbooking techniques using paper, beads, and inks. (no green thumb required). Create a beautiful 12x12 scrapbook page as a wonderful addition to any scrapbook, or frame the page for a unique and personal piece of art work for your favorite room. Special requirements: a willingness to get your hands a little messy :o). NOTE: This workshop is offered in ENGLISH ONLY.

### 6. **SELF-CONFIDENCE - YOU'VE GOT IT!**

**Roxanne Goodman**, Motivational Speaker, Confidence Booster INC.  
<http://www.confidencebooster.ca>

Self-Confidence - YOU'VE GOT IT! Come and discover that you already possess what you have been looking for to help you create, translate and communicate more affectively. When you understand that confidence is a tool to be fused with who you already are, your options will be greater in life! "Confidence is the ingredient that brings the true flavor of success out of any task". NOTE: This workshop is offered in ENGLISH ONLY.

### 7. **Conquering the PROCRASTINATION trap - Strategies for Stepping-UPP to Life**

**Betty Healey**, The roadSIGNS Coach, RoadSIGNS  
<http://www.roadSIGNS.ca>

Do you find yourself spinning, always doing but seemingly going nowhere? Or are you stalled, knowing what you want yet not acting on it? Perhaps you are settling, feeling like you have no power over the events in your life. Are you tired of the Procrastination Trap that spinning, stalled or settling lead to? Then this workshop has your name on it - learn how to Step-UPP to your life and put yourself back in the driver's seat. NOTE: This workshop is offered in ENGLISH ONLY.

### 8. **CARDIO KICK BOXING - It's Fun, Energetic & best of all Empowering! LET'S KICK IT!**

**Janet Fougere**, Certified Personal Trainer  
<http://www.janetfougere.com>

Join us and experience Kick Boxing (intro). Adjusted for every fitness level, the routine consists of a good warm-up: jumping jacks, sissy squats, maybe even a push up or two, a shadow boxing routine to fire back, arms & legs, the basic punches & kicks, a relaxing cool down, abdominal work and a wonderful stretching series. This inspiring workout burns calories like crazy!... Remember to bring your sneakers & workout gear, towel and water. NOTE: This workshop is offered in ENGLISH ONLY

### 9. **OVERCOMING NEGATIVE MINDTRAPS: Your path to greater health & happiness**

**Roslyn Franken**, Author. Speaker. Coach.. Roslyn Franken Group  
<http://www.roslynfranken.com>

Learn how to recognize, challenge and conquer the negative mind traps keeping you stuck in a limited life. Improve your health and self-image, enhance your relationships and enrich your quality of life as you transform your mindset and embrace the power of positive living. NOTE: This workshop is offered in ENGLISH ONLY.

### 10. **INCOME TAX - Savings with Small Business!**

**Sandy Tunwell**, Managing Consultant, Accountrain  
<http://www.accountrain.com>

Find out how owning your own business will make you save money on your income tax. This workshop will offer tips, strategies and resources including: why is it so important to understand and maintain your records, what can you write off, the Top 5 list of things for both your car and your house and how to calculate the % for each, what other items can you expense, when can you take shortcuts including examples, where you can go for free advice and answers, and an HST secret! NOTE: This workshop is offered in ENGLISH ONLY.

### 11. **SPA EXPERIENCE - Time for Yourself!**

**Lisette Sabourin**, Spa Consultant, Beauté Venustus Beauty  
<http://www.BeauteVenustusBeauty.com>

Experience the joy of pampering yourself in this relaxed spa-like atmosphere where you'll be treating yourself to a soothing foot treatment, a rejuvenating mini-facial and an exfoliating hand treatment, leaving YOU feeling relaxed, refreshed and revitalized. \* Fee of \$5.00 payable to instructor to cover the cost of products. NOTE: This workshop is offered in ENGLISH and FRENCH.

### 12. **BOOST YOUR ENERGY, boost your Happiness!**

**Linda Côté**, Naturotherapist, Energy specialist, Energy for Life  
<http://www.energyforlife.ca>

Are you a superwoman that nothing can stop? Is your stress imposed by your boss or by yourself? Do you know an efficient way to recharge your energy? Can you establish your limits with kindness? As an active woman, you will benefit from this workshop. Join us and learn three essential ways to boost your Energy! NOTE: This workshop is offered in ENGLISH and FRENCH.

### 13. **'SLEEP, HEAP OR KEEP' A humorous look at DATING**

**Janet McCredie**, Relationship Coach, Relationship Resolution Centre, Inc.  
<http://www.myrelationshipresolution.com>

This seminar will help you to: 1) find healthy, long-term relationships, 2) get potential partners to recognize your good qualities, 3) attract potential partners,

4) understand the different dating methods of today, 5) understand the advantages of the different dating methods, 6) understand why someone does or doesn't call, and 7) how to be calm on first encounters and first dates. NOTE: This workshop is offered in ENGLISH ONLY.

### 14. **MOROCCAN CUISINE**

**Fatima Semlali**, Owner / Chef, Chez Fatima  
[fatima60@videotron.ca](mailto:fatima60@videotron.ca)

Moroccan cuisine is one of the best and the most refined of Africa. The simplest meal looks like a banquet with dishes that are full of victuals. The mix of ingredients and perfume are amazing. The extraordinary variety of spices and herbs used create delicate and distinctive flavors. Whether you are entertaining a family group of 6 or a party of 30, join professional Chef Fatima Semlali as she shares her tricks and tip of this astonishing cuisine. On the menu,: Couscous with 7 vegetables, Lamb shank tajine with figues & almonds, chicken tajine with lemon & olives. NOTE: This workshop is offered in ENGLISH and FRENCH.

### 15. **The Power of GRATITUDE & APPRECIATION**

**Francine Rodrigue**, Connection Agent, Lifestyle by Design  
<http://www.lifestylebydesign.net>

Want to attract unlimited Abundance and Happiness in your Life? Join Francine as she shares some tools to help you develop a consistent habit of expressing sincere and heartfelt gratitude for your current blessings and appreciation for the people in your life... Her secret? My Abundance Journal! As part of your daily ritual, this empowering tool will unleash the power for receiving many more blessings, keep you smiling and feeling good, allow you to connect with yourself, as well as attract and manifest the things that you really desire (and deserve) into your life. NOTE: This workshop is offered in ENGLISH and FRENCH.

### 16. **Creative Ways to MANAGE CONFLICT**

**Dr. Judy Laws**, Managing Partner, Foursight Consulting Group Inc.  
<http://www.foursightconsulting.com>

Everyone encounters situations where they must handle some type of conflict in the workplace and/or in their life. The fact is, conflicts are inevitable, what is important is how we understand, resolve, and learn from them. In this interactive workshop, creative ways to manage conflict will be discussed. NOTE: This workshop is offered in ENGLISH ONLY.

### 17. **BELLY LICIOUS DANCE**

**Brooke Robitaille**, Professional Canadian Belly Dance Artist, Divine Image Dance  
<http://www.divineimagedance.com>

This workshop is a combination of the client learning how dance can bring you more energy, help in release stress and get you feeling sexy. Find out why so many modern women are taking up dance and making it a passion to give them more vitality for their everyday life. The next step will be trying out some of these moves and ideas for yourself. In this exciting session you will learn the basics of Belly Dance, its origin and the importance of musical cues. These elements combined will allow you to become a more in tuned dancer. Whether you are a beginner or experienced dancer, this class will certainly have something for you to grow as a dancer and a person. NOTE: This workshop is offered in ENGLISH ONLY.

### 18. **Are you making great use of your Divine Team of GUIDES AND ANGELS**

**Diane Merpaw**, Intuitive Counselor, Amazing Di  
<http://www.amazingdi.com>

Are you interested in establishing or strengthening your connection with them? It is my belief that we have all been blessed with a divine team to assist us with our journey here on earth. Are you resisting? Are you following the guidance you are receiving from your guides. In this interactive workshop, we will explore creative ways to build an intimate relationship with your divine team. NOTE: This workshop is offered in ENGLISH and FRENCH.

### 19. **1,2,3, CHANGE! The art of choosing JOY over guilt**

**Kim McLeod a.k.a. Grandma K**, Parent Educator and Author,  
<http://www.GrandmaK.ca>

If I was to charge you one hundred dollars for every moment of guilt you experienced how 'in the hole' of guilt would you be? Guilt touches our lives through parenting, shopping, eating and more... Change is as easy as 1, 2, 3. Imagine

Joy replacing those moments of guilt. How rich would you be then? Practical daily 1,2,3 steps can help replace the vicious routines of guilt with more joy and positive relationships with yourself, peers and children. NOTE: This workshop is offered in ENGLISH ONLY.

### 20. **Let's Talk STALKERS**

**Lisa Brogan**, Constable, Ottawa Police Service  
<http://www.ottawapolice.ca>

Let's Talk Girls! Have you or a loved one ever found yourself in a situation where you thought you were being stalked? Have you ever been approached by a stalker? Come and enjoy an informative session with Cst. Brogan to gain knowledge, experience and tactics to deal with and avoid stalkers. The session is guaranteed to teach women of all ages how to avoid, escape from and deal with stalking situations. Take this session for your daughter, sister and especially yourself! We will talk about your experience, my knowledge and the law! NOTE: This workshop is offered in ENGLISH ONLY.

### 21. **Catch your BREATH!**

**Alison Finney**, Owner and Director, PranaShanti Yoga Centre  
<http://www.pranashanti.com>

A primary function for survival that is taken for granted, breathing is an amazing overlooked tool that can regulate and stimulate our own good health, enhance concentration and the ability to learn, release tension, reduce stress, ease pain, detoxify the body and increase our energy. Learn simple yet powerful breathing exercises or pranayam, as it is called in Yoga, and become more mindful of your breathing - your body and mind will thank you for it! Handouts and a warming cup of Yogi Tea provided. NOTE: This workshop is offered in ENGLISH ONLY.

### 22. **Applying for a GOVERNMENT JOB - Understanding the Quirks**

**Marie-Alice Comeau**, Senior Human Resources Advisor - Federal Government,  
[macomeau@live.ca](mailto:macomeau@live.ca)

You want to join the ranks of the Federal Government; you've applied and never heard back; you know you can do the job that's being advertised and want to make sure you make it through the elaborate screening and hopefully to an interview. This session will help demystify the intricate hiring process and give you pointers on how to give it your best shot!! NOTE: This workshop is offered in ENGLISH and FRENCH.

### 23. **TRUE HEALTH Can be Yours! Get to the Root Cause of Health Issues**

**Wendy Knight Agard DMH, DHHP**, Doctor or Medical Heilkunst and Homeopathy, True Health Holistic  
<http://www.truehealthholistic.com>

Ever wonder why you or your loved ones suffer from certain health issues and what is really behind them? Tired of constantly trying to deal with symptoms without solving the underlying issues? Discover the true root causes of everything from digestive issues to hormone problems to cancer, to name a few. You do not have to suffer from the same diseases and conditions that your parents did. Learn how inherited predispositions can be treated to address existing conditions and prevent disease. NOTE: This workshop is offered in ENGLISH ONLY.

### 24. **HEALTHCARE HARMONY: finding the joy and keeping the balance as caregiver**

**Jennifer May**, Community Relations Manager, Eastern Ontario, Bayshore Home Health  
<http://www.bayshore.ca>

Providing care to an ill or recovering loved one, can offer great joy and sense of fulfillment. It can also take a tremendous physical, emotional and financial toll. Today, women provide approximately 70% of personal support and care to parents, spouses, and loved ones. For better or for worse, caregiving is largely a women's issue. This enlightening talk acknowledges the desire to care for those we love, while offering practical tips and strategies on how to find the joy yet keep the balance as a caregiver. NOTE: This workshop is offered in ENGLISH ONLY.