

## KEY NOTES

### Inspiration and Motivation

*From Ember to Flame: Know the Joy of Igniting Your Personal Potential.* Edmonton-Millwood's Liberal Constituency Assoc. Fundraising Event, Edmonton, AB.

*Soulful Empowerment.* Women's Wellness Retreat, Girouxville, AB.

*Soulful Self-care for the Soulful Care-giver.* Registered Nurses Alumni Association Moncton, NB.

*Finding Joy in Every Moment: Even When Life is Difficult.* Passion Forward. Springbrook Officers Club. Penhold, AB.

*Empowerment Through the AIDS/HIV Journey.* First Nations AIDS/HIV Association of British Columbia. Penticton, BC.

*Living to Potential.* Art of Aging Senior's Conference. Tri Community Adult Learning Association. Holy Trinity Catholic Church, Stony Plain, AB.

*Spirit at Work: Fulfilling Our Purpose.* Employment and Immigration Northern Staff Conference. Saw Ridge Conference Centre. Slave Lake, AB.

*Exploring Dream and Art Messages.* Knowing Our Spirits First Nations Conference. Tribal Chiefs Council. Edmonton, AB.

*Exploring Meditation and Imagery for Healing and Empowerment.* Melanoma Provincial Association Annual Conference. Edmonton, AB.

*Exploring Symbols in Our Dream Life.* Knowing Our Spirits Conference, Edmonton, AB.

***Empowering Self: Empowering Others.*** Caregiver's Conference. City of Grande Prairie, Grande Prairie, AB.

***Walking a Path of Hope.*** Knowing Our Spirits Annual Aboriginal Conference. Edmonton, AB.

Simington, J. (2003). ***Leaving a Legacy.*** National Conference Pre-retirement and Estate Planners. Calgary, AB..

***Wellness in the Workplace. Body, Mind and Spirit.*** Parole Canada Wellness Conference. Edmonton, AB.

***Nurturing Soul in the Work Place.*** Family and Community Social Services Provincial Conference, Edmonton, AB.

***Empowering Self: Empowering Others.*** Catholic Social Services Staff Development Day, Edmonton, AB.

***Living to Our Potential.*** Power of One Conference, East End Health Region, Camrose, AB.

***From Embers to Flame, Women Wellness Weekend.*** Continuing Adult Learning and Family and Community Social Services, Falher, AB.

***Recognizing the Sacred: In self - In Those We Work With .*** Annual Retreat. Government of Alberta: Service Providers Council of Calgary (Persons With Developmental Disabilities). Kaninaskis, AB.

***Believing In Ourselves.*** Annual Retreat, Therapeutic Touch and Wholistic Modalities Professional Association, Edmonton, AB.

***Boundaries and Boundary Issues.*** Professional Development Retreat. Corrections Canada Healing Lodge, Maple Creek, SK.

***Reclaiming The Spirit of Ancient Wisdom.*** Women Wellness. Family and Community Social Services, Falher, AB.

***In Search of Spirit.*** Women Wellness Weekend. Family and Community Social Services, Falher, AB.

***Living to Potential.*** Catholic Teachers' Professional Development Day. Archbishop Macdonald High School, Edmonton, AB.

***Boundaries and Boundary Issues.*** Teacher's Education Day. Boyle Street Co-op. Edmonton, AB.

***Being The Best We Can Be.*** Two Thousand and Beyond, Prairie Region Integrated Services Conference, Corrections Canada, Mayfield Inn, Edmonton, AB.

***Emotions: Dealing With Feelings in a Positive Way.*** Epilepsy the Puzzle. Edmonton Epilepsy Association, 1st Annual Conference, Edmonton, AB.

***Living Life to the Fullest.*** Living Life to the Fullest Senior Conference. Sturgeon Senior Advisory Council, Morinville, AB.

***Renewing Your Spirit.*** Renewal Day, Westview Health Region, Edmonton, AB.

***Your Personal Sacred Journey.*** 18th Annual Conference, Nurse Healers-Professional Association. Vancouver, BC.

***Success Begins With You: Welcome to the Winners Circle.*** Kinette Club of Canada, Annual Provincial Fall Council. Shellbrook, SK.