

Young Adult Summit



Friday, November 15, 2024

4:00pm	Registration Location: Level 4 foyer
7:00pm – 9:00pm	Welcome and Bracelet Making Evening snack to be served Speaker: Sarah Govan-Sisk – Chair of the Board Location: Governor General Ballroom – Level 4

Saturday, November 16, 2024

7:00am - 8:45am	Breakfast Location: Governor General Ballroom – Level 4
9:00am – 9:15am	Chair's opening remarks Presented by: Miranda Sciberras, ON Youth Forum Coordinator Location: Governor General Ballroom – Level 4
9:15am – 10:15am	Talk Title: Finding Your Why: A story of youth entrepreneurship with Nadia Ladak, Founder of Marlow [Keynote Presentation] Presented by: Nadia Ladak Location: Governor General Ballroom – Level 4
10:15am – 10:45am	Break/Snack Location: Governor General Ballroom – Level 4
10:45am – 12:00pm	Talk Title: Cringe-free Self Promotion [Keynote Presentation] Presented by: Anthea Rowe Location: Governor General Ballroom – Level 4
12:00pm – 1:00pm	Lunch break Location: Governor General Ballroom – Level 4

1:00pm Breakout Rooms Open

	Self-Care	GGC Skill Sharpening		Empowerment and Inclusivity		
1:15pm – 2:00pm	Topic: Cooking on a Budget Presenter: Natalie Quinton	Topic: Yoga and Meditation Presenter: Erica Gittens, AURA BODY+HOME	Topic: How to make the most of TikTok Presenter: Akanksha Agarwal and Zahra Austin	Topic: NSP – Low waste crafts Presenter: Kate Leuschen Millar Room: Alberta – Level 4	Topic: 45 Service Projects in 45 Minutes Presenter: Lizzie Knowles	Topic: Personal Brands & Storytelling: Lessons from a TV Producer

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	Room: New Brunswick – Level 4	Room: British Columbia – Level 2	Room: Newfoundland – Level 4		Room: Manitoba – Level 2	Presenter: Paula Sanderson Room: Nova Scotia – Level 4
	Self-Care		GGC Skill Sharpening		Empowerment and Inclusivity	
2:15pm – 3:00pm	Topic: Levelling Up Your Cover Letter and Resume Presenter: Local Expert Room: New Brunswick – Level 4	Topic: Yoga and Meditation Presenter: Erica Gittens, AURA Room: British Columbia – Level 2	Topic: AI For Good: Supercharge Your Unit with the Power of Artificial Intelligence Presenter: Rachel Collins Room: Nova Scotia – Level 4	Topic: NSP – Low waste crafts Presenter: Kate Leuschen Millar Room: Alberta – Level 4	Topic: 45 Service Projects in 45 Minutes Presenter: Lizzie Knowles Room: Manitoba – Level 2	Topic: Building Belonging Through Birding Presenter: Shontal Cargill Room: Newfoundland – Level 4
3:00pm – 3:30pm	Snack & Share Location: Governor General Ballroom – Level 4					
3:30pm – 4:15pm	Topic: Cooking on a Budget Presenter: Natalie Quinton Room: Manitoba – Level 2	Topic: Levelling Up Your Cover Letter and Resume Presenter: Local Expert Room: New Brunswick – Level 4	Topic: How to make the most of TikTok Presenter: Akanksha Agarwal and Zahra Austin Room: Alberta – Level 4	Topic: AI For Good: Supercharge Your Unit with the Power of Artificial Intelligence Presenter: Rachel Collins Room: Nova Scotia – Level 4	Topic: Personal Brands & Storytelling: Lessons from a TV Producer Presenter: Paula Sanderson Room: British Columbia – Level 2	Topic: Building Belonging Through Birding Presenter: Shontal Cargill Room: Newfoundland – Level 4
4:15pm – 6:15pm	Networking/Attendee Downtime Headshots – Location: Quebec – level 4 Marketplace – Location: Governor General Foyer – level 4					
6:30pm – 7:45pm	Dinner Location: Governor General Ballroom – Level 4					
8:30pm – 11:00pm	Evening Activity Description: Dance Party with DJ Meetaballs Evening snack to be served Location: Twenty-Two – Level 22					

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Sunday, November 17, 2024

7:00am - 8:45am	Breakfast Location: Governor General Ballroom – Level 4
9:00am – 9:15am	Reminders and Updates Presented by: Miranda Sciberras Location: Governor General Ballroom
9:15am – 10:30am	Talk Title: Making the Most of Your Time Lead: Andrea Chakma, National Youth Forum Coordinator Location: Governor General Ballroom – Level 4
10:30am – 10:45am	Break/Snack Location: Governor General Ballroom – Level 4
10:45am – 12:00pm	Sisterhood Shuffle Networking event with senior volunteers Location: Governor General Ballroom – Level 4
12:00pm – 1:00pm	Lunch to go Location: Governor General Ballroom – Level 4