



Conference of Independent Schools of Ontario

CIS Residence Life Conference
August 26-28, 2009
Lakefield College School

“Healthy Minds for Healthy Futures”



A conference for all CIS school personnel dealing with student life.

Featuring:

Don't Let Popular Culture Raise Your Kids with Debbie Gordon, Managing Director of Mediacs
Fighting the Dragon & Beyond with Karen Liberman, Executive Director, Mood Disorders Association of Ontario

Mental Illness: The Personal, The Professional, The Political with Cheryl Peever, Addiction & Mental Health – Survivor and Social Worker

Lost in Translation with Dr. Karyn Gordon - A Youth / Generation Y expert, corporate / family consultant, motivational speaker, and author.

- Training sessions for new Residence Supervisory Staff.
- Health Services Personnel networking sessions.
- Risk Management for Off-Site Excursions – session for experienced school life personnel.
- *Dynamix* team-building exercise.
- School team planning sessions.

CIS Member schools - \$550 per person. Non-member schools - \$600 per person.

Register now at <https://survey.finalsite.com/viewform.cfm?id=41dvo01nh69rsnm>

Wednesday, August 26th

11:00 am	Registration
12:00 – 1:00 pm	Lunch
1:00 - 1:30 pm	Introduction and Welcome
1:30 – 3:00 pm	Don't Let Popular Culture Raise Your Kids with Debbie Gordon, Managing Director of Mediacs Debbie Gordon is the Director of Mediacs, an organization dedicated to advancing the cause of media literacy in our schools. She works with kids, teachers and parents to sort out our media saturated world. She is the online safety expert for MSN and provides answers through her "Just Ask Debbie" column. Debbie's media credentials include 20 years in the advertising industry. She writes about kids and the media for CBC Radio, Today's Parent, Owl and Microsoft Online and is a speaker at conferences.
3:00 – 4:00 pm	Break Out Groups <i>Delegates will form smaller breakout groups to discuss Kim Martyn's presentation and strategies for dealing with the material presented in their schools.</i>
4:00 – 5:30 pm	Dynamix Team-building exercise.
6:00 – 7:00 pm	Dinner
7:00 – 9:00 pm	School Team Session <i>School teams will meet to process the results of the day's programme and begin to develop action plans to implement during the school year. Delegates who are the sole representatives from their schools will be assigned to a school team session.</i>
	Residential Don Orientation – Part 1 <i>A session designed to provide introductory training to new residence staff conducted by Melissa Giesler, Assistant Housemaster, Trinity College School.</i>
9:00 – 11:00 pm	Host social.

Thursday, August 27th

7:30 – 8:15 am	Breakfast
8:30 – 9:45 am	Residential Don Orientation – Part 2 <i>A continuation of Part 1 above.</i>
	Health Services Personnel <i>A breakout session for school health services personnel.</i>
	Risk Assessment for Off-site Excursions For experienced Res. Staff – with Louise Melville, Canadian International Expeditions.
9:45 – 10:00 am	Break

10:00 – 11:30 am

Fighting the Dragon & Beyond

with Karen Liberman, Executive Director, Mood Disorders Association of Ontario

Karen Liberman is the Executive Director of the Mood Disorders Association of Ontario. She is a shining example of hope and recovery, having recovered, herself, from a decade long battle with severe clinical depression. As a much sought after key-note speaker, she has appeared frequently on radio and television and spoken before 250 groups. In 1999 she was featured on the televised documentary “Fighting the Dragon” and she has received the Courage to Come Back Award from the Centre for Addiction and Mental Health.

12:00 – 1:00 pm

Lunch

1:00 – 2:30 pm

Mental Illness: The Personal, The Professional, The Political

with Cheryl Peever, Addiction & Mental Health – Survivor and Social Worker

Cheryl Peever obtained her Master of Social Work degree from the University of Toronto and is currently the manager of the Women’s Mental Health Program at CAMH. Cheryl received The Courage to Come Back Award after disclosing her own struggle with cocaine addiction, alcoholism and depression. She frequently speaks on the stigma attached to mental illness and addiction and is able to speak from the perspective of a survivor and a mental health professional who often works with employees struggling with disclosure in the workplace.

2:30 – 3:00 pm

School Team Session.

School teams meet to process speaker sessions.

3:00 – 5:45 pm

Free time

5:45 – 6:30 pm

Dinner

6:30

A Night at The Races!

Friday, August 28th

7:30 – 9:00 am

Breakfast, Checkout.

9:00 – 11:00 am

“Lost in Translation”

With Dr. Karyn Gordon - A Youth / Generation Y expert, corporate / family consultant, motivational speaker, and author, Dr. Karyn's style is dynamic and inspiring. Her gift is communicating playfully, passionately and pragmatically; her mission is to truly understand what makes Generation Y 'tick' (deciphering their thoughts, feelings, and actions) so she can help them and those who work with them understand and motivate them to reach their greatest leadership potential.

Learning how to communicate is an art that needs to be learned especially when it comes to maintaining healthy adult / youth relationships. In this workshop, Dr. Karyn explains many practical, relevant and solution-focused techniques to help you open up the dialogue more effectively with youth.

Specifically in this 75 minute workshop, Dr. Karyn will address:

- The different kinds of communication styles.
- The positive and negative impacts of your communication style.
- How communication is connected to self-esteem.
- How to communicate effectively during a conflict.
- 5 practical strategies to get youth to open up to you.

Conference Details:

This year's conference is a blend of presentations and activities facilitated by CIS staff and professionals from LifeSpeak Inc. Please see the attached LifeSpeak postcard for details on their presenters.

The conference is residential and delegates are expected to attend for the full conference. No partial registrations will be permitted.

Receipt of a registration form will result in your school being invoiced. No refund will be issued. Only 70 spaces are available – register now.

Delegates will be asked to provide an emergency contact name and number upon registration. This information will be destroyed at the end of the conference.

This conference should prove to be a top notch event for CIS staff who have responsibilities for Health and Wellness in their schools. Looking forward to seeing you in Lakefield.

Conference Venue

The conference will be held at Lakefield College School, Lakefield, Ontario. Accommodations will be in single rooms, with shared bath. All meals from Wednesday lunch to Friday breakfast are included in the registration fee.

CIS member schools - \$550 per person. Non-member schools - \$600 per person. Schools will be billed.

George Briggs, CIS Executive Director director@cisontario.ca

LIFESPEAK

WORK • LEARN • THRIVE

The Conference of Independent Schools of Ontario: Residence Life Conference

Lakefield College School
Aug. 26 – 28, 2009

The Conference of Independent Schools and LifeSpeak™ are excited to bring you three valuable workshops as part of this year's conference.

LifeSpeak works with acclaimed Canadian experts to deliver a wide variety of workshops aimed at helping people manage the demands of both their personal and professional lives.

LifeSpeak's Vitality At Work™, Parents At Work™ and Generations At Work™ workshops provide valuable information, tips and strategies to enhance work-life quality.

For more information on LifeSpeak visit:
www.lifespeak.ca

Enjoy!



PARENTS AT WORK

AUGUST 26, 2009

Time: 1:30 to 3:00pm

Don't Let Popular Culture Raise Your Kids

with Debbie Gordon, Managing Director of Mediacs



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parents to sort out our media saturated world. She is the online safety expert for MSN and provides answers through her "Just Ask Debbie" column. Debbie's media credentials include 20 years in the advertising industry. She writes about kids and the media for CBC Radio, Today's Parent, Owl and Microsoft Online and is a speaker at conferences.

VITALITY AT WORK

AUGUST 27, 2009

Time: 10:00 to 11:30am

Fighting the Dragon & Beyond

with Karen Liberman, Executive Director, Mood Disorders Association of Ontario



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herself, from a decade long battle with severe clinical depression. As a much sought after key-note speaker, she has appeared frequently on radio and television and spoken before 250 groups. In 1999 she was featured on the televised documentary "Fighting the Dragon" and she has received the Courage to Come Back Award from the Centre for Addiction and Mental Health.

VITALITY AT WORK

AUGUST 27, 2009

Time: 1:00 to 2:30pm

Mental Illness: The Personal, The Professional, The Political

with Cheryl Peever, Addiction & Mental Health – Survivor and Social Worker

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Dr. Karyn Gordon – “Lost in Translation”



Dr. Karyn is frequently interviewed by national media to share her expert opinions on understanding Generation Y. For 3 years she hosted and executive produced her own music talk-show, “Spill Your Guts” in which she interviewed rock stars (i.e. Everclear, Sum 41, Our Lady Peace, Matchbox 20 and many others) about the lessons they learned as teenagers (Global TV Canwest). For 2 years she hosted her own radio talk show, ‘Bridging the Gap’ (Newstalk 1010, CFRB) and for the last 4 years she has been the expert on the TV show, “The Mom Show” (Slice Network).

She is also a frequent expert contributor to many national media including.

TV: Entertainment Tonight Canada, Global TV, CTV Canada AM, CBC, Chum’s Breakfast Television

Print: Globe & Mail, National Post, Today’s Parent, Chatelaine, Maclean’s, Readers Digest

Louise Melville – Risk Management

Louise has been a teacher for the past 16 years teaching in the UK, in London and Glasgow, and currently teaches at St. Clement’s School, in Toronto. Louise has an undergraduate degree in Geography, her teaching degree and an MSc in Risk, Crisis and Disaster Management. She is a Fellow of the Royal Geographical Society and the co-author of “A World of Opportunity: Going Places with Geography” published by the Royal Scottish Geographical Society.

In addition to her teaching she has been involved in outdoor education since the start of her career organizing field trips and off-site-activities, notably running the Duke of Edinburgh’s Award programme in both UK and Canadian schools. Her field experience covers 5 continents and over 20 countries, she has participated in 8 international youth expeditions, leading 3 of them. In 2007 she organized an expedition on behalf of the Duke of Edinburgh’s Award to Kenya, where the Canadian team worked with Gold Award participants in a village, near the slopes of Mt Kenya, in building a community library.

Louise is co-founder of a small company ‘Canadian International Expeditions’ which specializes in training courses in risk management, first aid and wilderness first aid.