



SOROPTIMIST®  
Investing in Dreams

SOROPTIMIST INTERNATIONAL  
OF VICTORIA WESTSHORE

# *It All Begins With a Dream*

2025 Conference  
Workshops & Exhibits

*Presentations to  
Inspire & Enlighten*

A unique opportunity for girls and young women, transgender, and non-binary youth aged 15 – 25 to explore their dreams and discover their potential.

**Date:** Tuesday, March 4th, 2025  
**Time:** 9:00am - 2:00pm  
**Venue:** Chiefs and Petty Officers Mess  
**Address:** 1575 Lyall Street in Esquimalt

**Register now at:**  
<https://forms.gle/9SjJFekFqzpBbR5C6>

Please note: Registration will close on Friday, February 28th at 5pm.

*A Special Thank You to Our Event Sponsors!*



Choose One Morning (AM) & One Afternoon (PM) Workshop. Limited space, first come basis.

## Schedule

9:00-11:00 am	Registration
9:00-10:45 am	Walk of Life
11:00-12:00 pm	Workshops
12:00-12:45 pm	Lunch
1:00-2:00 pm	Workshops

## Keynote Speaker Topic: The Value of Courage

We will explore how courage is a mindset that enables the pursuit of dreams, confrontation of adversity and challenges of injustice. The value of courage creates lasting change in the world.

### Beatrice Sharpe

Student - Grade 12  
 Sustainability Council Leader  
 Environmental Advocate  
 SIVW Intern

## Notable Mentions

- Complimentary food and beverages provided by Poncho's Cafe & Catering.
- Join us for the Walk of Life where you will learn about women in the community who have successfully followed their chosen career path.
- In appreciation of the students' attendance, each will receive a swag bag.

### Looking Forward: Exploring Your Career Path with Ease

Laureen Nowlan-Card,  
 Lawyer and Coach

Planning for the future can feel stressful. This workshop offers a fun, low-pressure way to uncover what excites you and start building a career path that feels right for you.

AM & PM

### Interview Skills

Yasmin Prince, Workshop Facilitator and Indigenous Outreach Worker

During this workshop you will find out the most common types of interviews as well as tips, suggestions and knowing that self research and reflection is key to a great interview.

AM Only

### Drugs, Mental Health & YOU

Julia Harrison,  
 Mental Health Program Manager  
 Volunteer Victoria

In this workshop you will explore the intersectionality of mental health and substance use through the hands on demonstrations, games and relatable memes. This session will explore how to stay safe mentally and physically!

AM & PM

### Real Talk: Building Strong & Healthy Relationships

Susana Guardado (she/her),  
 Project Respect and Violence is Preventable Program

Explore what makes connections strong, respectful and healthy. Through fun activities and real conversations, gain tools for navigating trust, boundaries and communication.

AM & PM

### Adulting 101: The Money Edition

Alexandra Valdal,  
 CFP and Money Coach

Join Alexandra Valdal to play a financial game of life. Can you make it to age 25 without any debt? Learn about credit cards, credit scores, car loans, and more!

AM & PM

### Career Planning

Yasmin Prince, Workshop Facilitator and Indigenous Outreach Worker

Take the time to know what is important to you and what motivates you. This will help you know what kind of industry, job, work environment or culture best suited to you and will help you thrive.

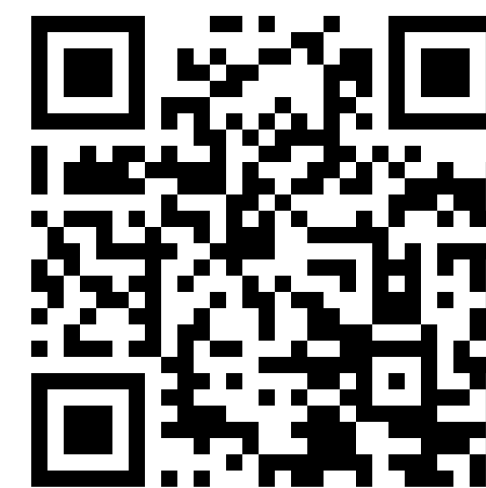
PM Only

### Empowering 1st Time Renters

Claire Flewelling-Wyatt,  
 CEO, Pemberton Holmes Ltd.

Learn how to navigate your first rental like a pro. Review what a tenancy agreement is, discuss how to talk to landlords, plus gain tools to help you understand your rights as a tenant.

AM & PM



**REGISTER HERE**

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