



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

Cost of registration: FREE



SOROPTIMIST INTERNATIONAL
OF VICTORIA WESTSHORE

It All Begins With a Dream

**2026 Conference
Workshops & Exhibits**

*Presentations to
Inspire & Enlighten*

Date: Tuesday, March 3rd, 2026
Time: 9:00am - 2:00pm
Venue: Chiefs and Petty Officers Mess
Address: 1575 Lyall Street in Esquimalt

Register now at:
<https://forms.gle/2qpiq9Cut17ezvWm7>

Please note: Registration will close on Friday, February 27th at 5pm.

A Special Thank You to Our Event Sponsors!



SOROPTIMIST
FOUNDATION
OF CANADA

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: Walking My Talk

This presentation will highlight how activism in high school can empower female students to create positive change in their schools and communities.

By Bee

Student - Grade 12
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.
- A big thank you to the team at Chief and Petty Officers Mess (Jim and Ruth)!

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

Confidence over Pressure

Rebecca Wakefield,
Addiction Outreach worker, Recovery Educator - The Umbrella Society

Making Choices About Drugs, Alcohol & You: explore values, boundaries, and triggers to help you make confident, informed choices — without guilt or shame.

AM & PM

Explore, Create, Innovate with AI

Jessica Kaczmer,
Deloitte Partner in AI & Data

Go beyond the basics with interactive AI minichallenges and demos. Build real skills, smart prompts, and safe habits to make AI work for you today—and in the future.

AM Only

Empowering 1st Time Renters

Claire Flewelling- Wyatt (she/her),
CEO & Managing Broker Pemberton Holmes Property Management Division.

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 in order to make your first rental experience a success

AM & PM

Skills in Focus: Recognize, Reflect, and Reframe

Susana Oleas,
WorkBC Centre Westshore & Sooke Employment Advisor

Discover skills from work, volunteering, and life. Learn to explain them confidently to employers and use them in resumes and interviews.

Perfect for job seekers, career changers, or anyone wanting to boost confidence.

AM Only

Real Talk: Building Strong & Healthy Relationships

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

Explore trust, communication, and boundaries through fun activities and open discussion, building skills for healthy relationships and feeling more confident navigating friendships, family, dating, and challenges.

AM & PM

Explore, Create, Innovate with AI

Leonie Mulholland,
Deloitte Partner in OperateNext

Go beyond the basics with interactive AI minichallenges and demos. Build real skills, smart prompts, and safe habits to make AI work for you today—and in the future.

PM Only

Job Search Strategies

Susana Oleas,
WorkBC Centre Westshore & Sooke Employment Advisor

Boost your job search! Learn tips for resumes, cover letters, interviews, LinkedIn, and employer research. Gain practical tools, templates, and strategies while connecting with others to stay motivated and confident.

PM Only



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To learn more about Soroptimist International of Victoria Westshore visit: www.sivw.ca