

NEWSLETTER - January 2019



CIPH WOMEN'S NETWORK

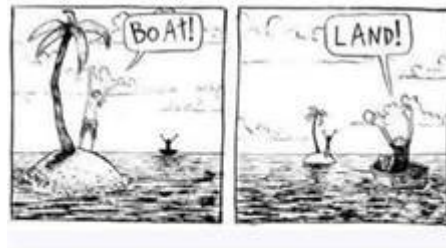
Changing Perspectives

Also, in this issue...

- [Communicate with Confidence Webinar March 20, 2019](#)
- [Our Stories - profiles of Network members](#)

Changing Perspectives

This newsletter is filled with Ted Talks and short videos that focus on changing ourselves. When we change our perspective on something, we change the way we think, act and react. A key theme running through all of this is the distinct need for continuous learning. It is only through constant learning will we achieve the growth needed to reach our potential.



Perspective...



Are you really hearing the message?

Before you react to a message or comment, put yourself in the other person's

shoes.



All our behaviors change our brain.

We can learn a new way of doing things but we have to be purposeful in what we learn and who we learn from.



What if conflict isn't good or bad?

The #1 source of pain on a team, or in any relationship, is conflict. What if conflict

isn't good or bad? What if conflict is an energy source your team can harness to produce innovative, creative, and transformational results? Invest just 18



Train your mind to do what you want it to.

Collaboration with your mind is crucial; the pictures you make in your head and the words that you say to yourself influence how you feel.

minutes to learn the two magic ingredients and how you can put them to work with any team you care about.

Sources and Resources

Quick links to organizations and programs and events

[MCA Canada Women in Construction](#)

[CIPH Young Executive Society \(YES\)](#)

[Toastmasters](#)

[20 Inspiring Ted Talks Every Women Should Watch](#)

[CIPH Women's Network Resource Library](#)

Coming Events



WEBINAR - Communicate with Confidence!

Wednesday, March 20, 2019

1:30 pm - 2:30 pm (ET)

Tune in to this 60-minute webinar to learn techniques you can use to speak and make

presentations with confidence from presenter Claire Carver-Dias. Topics will include:

How to prepare

How to manage your nerves

How to improve your body language

How to engage your audience

Claire will also address how these skills can be employed and rehearsed in regular communication so that you will feel and convey greater confidence. Greater confidence leads to greater results! Registration is only \$35 PER LOCATION, so you can have multiple people listening to the webinar.

Presenter: Claire Carver-Dias, PhD, MA

Claire's professional life has straddled the worlds of sport, business and academia. A PhD specializing in English and Communications, Claire has won medals in synchronized swimming at the Olympic, Pan American, World Championship and Commonwealth Games. In 2003, she launched Clearday, her own executive coaching consultancy, combining her appreciation of effective business coaching techniques, and keen understanding of teaming, goal-setting, performance management, and communications, to help corporate leaders achieve their full potential.

Since 2007, Claire has run presentation skills group coaching sessions for Olympians and corporate teams. In the past, she worked as the Practice Leader for Impact-Coaches, a top-tier executive coaching firm. Formerly, Claire was a Director on the board of the Coaching Association of Canada, and President of AthletesCAN. Currently, she is a Director on the board of Commonwealth Games Canada and served as Chef de Mission for Team Canada at the 2018

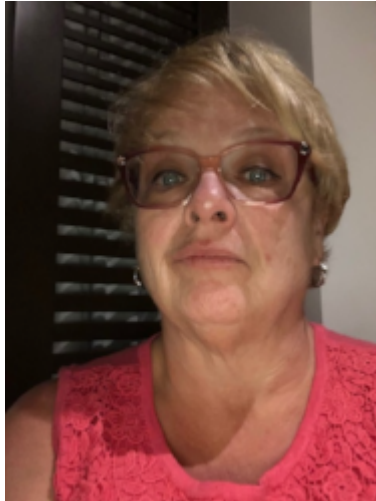
[*Register Now*](#)

Commonwealth Games. Claire holds a coaching certification from the International Coaching.

Upcoming CIPH Events

Our Stories

Spotlighting women working for CIPH members across, in a variety of roles.



Louise Charron-Goodall (Trustek Sales Inc.)
President
[Read story here...](#)



Joanna Woo (McKeough Supply)
Profit Centre Supervisor
[Read story here...](#)

More "Our Stories" of Network Members



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