

# LIFE AND LEARNING STAGE



THE  
NATIONAL  
WOMEN'S  
SHOW

## FRIDAY

## SATURDAY

## SUNDAY

**10:30 AM**

Financial Tips for Women  
Ashten Marcoux  
Rapport Credit Union

**11:15 AM**

How to evaluate and sell your Gold & Silver Jewelry, Silverware & Coins  
Jen & Aicha  
Au Jewelry Exchange Lab

**12:00 PM**

Finding Time for You: Self-Care Tips for Every Woman  
Maria Locker  
RevolutionHER

**12:45 PM**

A Miraculous Journey of Healing to Wholeness  
Angela MacDonald  
The Center To Really Live Inc.

**1:30 PM**

How to access funding for a fulfilling career in the Fashion and Beauty Industry  
Maha Syed and the team at GLOW College



**2:15 PM**

Your Life, Your Legacy  
Pam Gerber  
Dignity Memorial

**3:00 PM**

The Art of Embracing Your Curls  
Caroline Muir  
The Curl Ambassadors

**3:45 PM**

Understating the connection between the Mind, Body and Spirit on our health  
Joseph Kehoe  
Sun Kyeong

**4:30 PM**

You Can Choose To Stay Home Forever, Let Us Show You How!  
Sharmila Pirerra  
Stay Home Forever

**5:15 PM**

Leaking when you cough, sneeze or jump?  
Lauren Barker  
Uresta

**6:00 PM**

Post pandemic product opportunities  
Sanaz Hooman  
Opulence Global

**10:30 AM**

Do you Believe in Magic - Exploring our Intuitive Gifts  
Gaisheda Kheawok  
Whispering Song School of Energy Medicine

**11:15 AM**

Be Your Own Boss  
Nazia Surti  
Beauty First Spa

**12:00 PM**

Manifesting Miracles  
Edith Rajna  
Miss Edie Inc.

**12:45 PM**

How to look your best in 20 minutes: Day to Day Makeup Tutorial  
Shafau Yusuf  
Ashhhh Beauty

**1:30 PM**

Tackling Limiting Beliefs  
Michael Challenger  
Optimal Living Summit

**2:15 PM**

How to access funding for a fulfilling career in the Fashion and Beauty Industry  
Maha Syed and the team at GLOW College



**3:00 PM**

Come, Sit, Stay: Training Basics  
Beverley McKee ACDBC CPDT-KA  
Toronto Humane Society

**3:45 PM**

Weak Pelvic Floor - No More!  
Discover the New Way to Kegel  
Wanda Cotie  
Femme flexor Inc.

**4:30 PM**

Lose weight without losing your menopausal mind  
Irene Hogan  
Bona Dea Wellness Inc

**5:15 PM**

CBD: Breaking Down the Barriers to Beauty  
Samantha Marchione  
Nuveev Wellness

**10:30 AM**

Let's Smile from the Inside Out with Dale Audrey RDH  
Dale Audrey RDH

**11:15 AM**

Choosing an Authentic Career Path.  
Terri Mitchell  
Millport Success Coaching

**12:00 PM**

Life and Learning food in the 21st Century- Healthy Snacking  
Doreen Pennell - Andrea Sinclair - Susan Patterson  
Isagenix

**12:45 PM**

8 Steps to Wellness Online Retreat  
Michael Challenger - Paulette Challenger - Alice Granvosky  
Optimal Living Summit

**1:30 PM**

How to access funding for a fulfilling career in the Fashion and Beauty Industry  
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**2:15 PM**

Are Kegels Actually Good For Us?  
Rachel Bartholomew  
Hyivy Health

**3:00 PM**

The Hidden Flower  
Angel Bati  
Opulence Botanicals Inc

**3:45 PM**

PITCHFEST - Female Entrepreneurs Pitch Their Business Ideas to the She Did It! Judges  
Karen Aristide and Guests  
She Did It! / Elle a osé!