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# PARTNER/ +ONE PROGRAM

## WEDNESDAY - JANUARY 18, 2023

**1:00 - 4:00 pm**      **Concurrent Professional Development Workshops** (open to all)  
 1.      **Board Member Skill Builder**  
 2.      **Leadership Skill Builder**  
*Refer to main agenda for details*

**4:00 - 7:30 pm**      **Registration Desk**      *Sponsored by NFP Brokers*      *Ballroom Foyer*  
**7:30 pm - 12:00 am**      **Ice Breaker Event:**      *Hosted by: Managers Association*  
 Entertainment, Door Prizes, Light snacks, Refreshments, No Host Bar.

## THURSDAY - JANUARY 19, 2023

*Sponsored by Seed Check Technologies*

**7:00 - 8:00 am**      **Breakfast**      *Ballroom area: Room TBA*

**8:00- 9:00**      Partners are invited to join the main meeting for the opening.

**9:00- 9:30**      **Partner Program: Coffee, Introductions.**      *Silverbirch Conference Centre Room #5*

**9:30- noon**      **Rethinking Our Thoughts**  
 What’s more important, thinking or feeling? Both! How we think and what we think can often make us feel better or worse. This course will help you learn about yourself and how your thoughts can affect how you feel and act. We will explore ways you can use your thoughts to help you deal with challenges and skills you can implement to help keep you grounded during these uncertain times.  
 Attendees will develop an understanding of mutual and reciprocal relationship between thoughts, emotions (moods), physical responses and behaviours. Attendees learn skills to track, identify and challenge unhelpful thoughts. They will also gain knowledge on how to create individual routines that facilitate positive behavioural activation, facilitating wellness and personal recovery. Attendees will work to deal with their thoughts and emotions in a healthier, more balanced way.

**12:00 pm**      **Awards Luncheon**      *Sponsored by Bayer CropScience*      *Ball room area: Room TBA*  
**OUTSTANDING SERVICE AWARD & GOLDEN KERNEL AWARDS.**

**1:30-4:00 pm**      **Ultimate Bartending:** A fun & interactive hands-on workshop on how to make upscale cocktails and mocktails.

**Evening Entertainment:** *Sponsored by Syngenta*

**Mayfield Dinner Theatre Presents:** *Vegas Live* *Refer to Main Agenda for details*

**5:30 pm**      Doors Open  
**5:30 -7:30 pm**      Buffet Dinner Served  
**7:30 pm**      Show Commences

## FRIDAY – JANUARY 20, 2023

**7:00 - 8:00 am**      **Breakfast**  
**9:45 am**      **Refreshment Break & Trade Show**  
**11:00 am**      **KEYNOTE SPEAKER: Jon Cornish**  
                          Please refer to main agenda for further details

**Noon**      **Closing Long Service Recognition Luncheon** *Sponsored by BASF*