



Richmond Centre for Disability



EMPOWERED WELLNESS VIRTUAL CONFERENCE

Restart & Renewal

Program

June 22 - 26, 2020

11:00 am - 2:30 pm



Jun 22, Mon	What has changed and how will you?
Jun 23, Tue	Self-care does not mean Selfish!
Jun 24, Wed	People Skills and Social Distance
Jun 25, Thu	Virtual Enrichment
Jun 26, Fri	Support and Resilience for the Future



zoom ID: 3028415008

604.232.2404 / www.rcdrichmond.org

EMPOWERED WELLNESS VIRTUAL CONFERENCE

Restart & Renewal

June 22, Monday

What has changed and how will you?



11-11:30 AM

Daily Kickstart with Stretching and Warm-up

By Nina G & Dave Thomson (RCD)

11:30 AM-12:30 PM **Returning to the New Normal: A Guided Discussion**

A presentation and facilitated discussion on disability and COVID-19, RCD's Re-Starting Plan, Personal Protective Equipment and Your Disability, & more
Hosted by Ella Huang & Eileen Kalshoven (RCD), and special guests

12:30-1 PM

Inspiration at 12:30 - Music and Video for Motivation

Lunch Time Leisure Enjoyment

1-1:30 PM

Travel and Transport

What has changed with travelling and transport? What to anticipate?

Guest Speakers: Matt Pregant & Kyle Matheson, Envision Travel

1:30-2 PM

Do you ZOOM well?

Tips for impressive zoom interactions

By Ian Yeung RCD ZOOM MASTER

2-2:30 PM

Afternoon Renewal – Relaxation & Mindfulness Practice

By Dave Thomson (RCD) with special guests



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June 23, Tuesday

Self-care does not mean Selfish!



11-11:30 AM

Daily Kickstart with Stretching and Warm-up

By Pam Audley, Personal Trainer

11:30 AM-12:30 PM **Self-Care does not mean Selfish: A Guided Discussion**

A facilitated discussion on giving yourself permission for self-care: self talk simple luxuries, music, humour & more

Hosted by Dave Thomson (RCD) with Tracey Morgan, Physical Therapist, & Keisha Greaves, Entrepreneur/Disability Advocate

12:30 -1:30 PM

Inspiration at 12:30 – AIM Production Mind-Set-Go Season 3: Episode 6 “Dave” (replay)

Lunch Time Leisure Enjoyment, followed by post viewing discussion

Hosted by Dave Thomson & Jhun Ramos (RCD)

1:30-2 PM

Finding Your Happy Place

Tips on creating and finding those special places for stress management

By Dave Thomson (RCD)

2-2:30 PM

Afternoon Renewal – Relaxation & Mindfulness Practice

By Dave Thomson (RCD) with special guests



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June 24, Wednesday

People Skills and Social Distance



11-11:30 AM

Daily Kickstart with Stretching and Warm-up

By Lisa Austin, Personal Fitness and Nutrition Coach

11:30 AM-12 PM

Upper Body's Body Language

Tips on reading non-verbal communication through virtual or a social distance

By Dave Thomson (RCD)

12-12:30 PM

Reading the Face

A quick lesson and quiz on guessing people's facial expression

By Dave Thomson (RCD)

12:30 -1 PM

Inspiration at 12:30 – Music and Video for Motivation

Lunch Time Leisure Enjoyment

1-2 PM

So You're Saying?

Building on the morning sessions to get participants thinking and practising all the ways we can communicate

By Dina McInnes, Toastmaster (RCD)

2-2:30 PM

Afternoon Renewal – Relaxation & Mindfulness Practice

By Dave Thomson (RCD) with special guests



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June 25, Thursday

Virtual Enrichment



11-11:30 AM

Daily Kickstart with Stretching and Warm-up

By Stephanie Dixon, Paralympian, Health and Fitness Coach

11:30 AM-12 PM

Virtual Volunteering

Discover a new way to give back to your community and beyond

By Richmond Cares Richmond Gives

12-12:30 PM

Online Job Searching Tips

Tips on searching for jobs online

By Louise Gaudry (RCD)

12:30-1 PM

Inspiration at 12:30 – Music and Video for Motivation

Lunch Time Leisure Enjoyment

1-1:30 PM

Support for Education

Sharing the BC government resources for students

*Guest Speaker: Miles Stratholt, Senior Policy Analyst,
Ministry of Advanced Education, Skills and Training*

1:30-2 PM

Virtual Interview Skills

Tips for online job interview success

By Arlo Technologies

2-2:30 PM

Afternoon Renewal – Relaxation & Mindfulness Practice

By Dave Thomson with special guests



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June 26, Friday

Support and Resilience for the Future



11-11:30 AM

Daily Kickstart with Stretching and Warm-up

*By Stephanie Dixon, Paralympian, Health and Fitness Coach (Video)
& Dave Thomson (RCD)*

11:30 AM-12:30 PM **Moving Forward with RCD**

How Has RCD Responded? And explanation of how our programs have and will be changing in the future

Hosted by Angela Tsai, Kathie Shih & Louise Gaudry (RCD)

12:30-1 PM

Inspiration at 12:30 – Music and Video for Motivation

Lunch Time Leisure Enjoyment

1-2 PM

What are our Community Partners Doing?

A collection of community partners will be coming on and letting people know how their programs have changed with discussion to follow

– Accessible Media Inc., CNIB, Disability Foundation, Neil Squire Society, Soap Box Radio & Work BC

Hosted by Dina McInnes & Ian Yeung (RCD)

2-2:30 PM

Conference Wrap-Up – Time for Networking and Connecting

By RCD Staff



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Thank You to Our Supporters

- ♻ Accessible Media Inc.
- ♻ Amy Amantea, Artist, Performer and Radio Host, Soap Box Radio
- ♻ Arlo Technologies, Inc.
- ♻ BC Transit Police
- ♻ CNIB
- ♻ Disability Foundation
- ♻ Envision Travel, Matt Pregant & Kyle Matheson,
- ♻ Keisha Greaves, Girls Chronically Rock Fashion
- ♻ Lisa Austin, Personal Fitness and Nutrition Coach
- ♻ Miles Stratholt, Ministry of Advanced Education, Skills and Training
- ♻ Neil Squire Society, Assistive Technology Services
- ♻ Nina G, Comedian
- ♻ Pam Audley, Personal Trainer
- ♻ Richmond Care Richmond Gives
- ♻ Stephanie Dixon, Paralympian, Health and Fitness Coach
- ♻ Tetra Society
- ♻ Tracy Lynn Morgan, Physical Therapist
- ♻ Work BC



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