

## Keynote speaker Savoy “KAPOW” Howe



**Savoy “KAPOW!” Howe** is the Head Coach and owner of the Toronto Newsgirls, Canada’s first female and trans positive Boxing Club. In 1993 Savoy fought one of Toronto’s first sanctioned boxing bouts for women. Aside from a recreational boxing program and an amateur program, Savoy runs a “Outside the Ring”, a free boxing program for the LGBTQ and the Indigenous communities, new Canadians, and people with mobility issues. Savoy schooled with a B.A. in Theatre and says, “I believe theatre and boxing are the same thing”. The thing I like to impress upon students is, “Not to worry that I don’t know what I want to be when I leave high school, invent a career based on all your passions combined”.

## 2020 EMPOW HER speakers career panel



**Nurse Practitioner**, Joan Hidalgo is a full-time practicing Registered Nurse working at The Hospital for Sick Children in the Hemodialysis Apheresis Unit, located in the heart of downtown Toronto. She earned her Bachelor of Science in Nursing Degree from McMaster University in Hamilton and was part of the 2009 graduating class. After graduation she worked for one year at The Sunbeam Lodge, a home for special needs children. During her time at Sunbeam Lodge Joan was able to develop a strong foundation of clinical skills by working with children with complex medical needs. Joan developed an interest in pediatric hemodialysis and apheresis while working in the solid-organ transplantation unit at SickKids. She has been part of the Hemodialysis Apheresis Unit for five years now and has since had the opportunity to be part of innovative health care changes, mentoring nursing students, and being involved with the training and orientation of new nursing staff. Joan considers it one of her greatest accomplishments to be part of this award winning specialized pediatric team. Currently, Joan has taken a big leap and is back in school pursuing her Master of Arts in Education Degree with Central Michigan University, her research interests as part of her graduate work include organizational culture and continuing education for nursing staff. Aside from her nursing career, Joan is an avid reader, enjoys being outdoors, travelling and spending time with her family.



**USW Local 8782**, Kim Nanticoke Crane Operator Trades person  
 Occupation: material handler in steel plant. I run a fork lift, and overhead crane. I previously worked as a heavy equipment operator!  
 Employer: Stelco  
 Previous employer: golf course (wait staff), construction worker  
 Education high school, and some college (instrumentation course).  
 What would I tell my younger self: you will make mistakes, learn from them and move on, learn to save money, volunteer, and don’t be Afraid to speak up for yourself.”  
 What does EMPOW HER mean to you? “Having the courage, to make your own path we don’t necessarily have to do the same thing everyone else does.” “Focus on your strengths”, “your capable of so much more then you can imagine”.  
 What I want you to know: you can be anything you want to be! Don’t let where you come from, peer pressure, social media- don’t let anything like that hold you back!  
 Take a lot of pride in who you are and where you come from.



Jamie McMillan is a Journeyman Ironworker/Boilermaker and founder of **KickAss Careers**. She became an ironworker in 2002 when women only represented 2% of the workforce across Canada and the United States. She thoroughly understands the stereotypes and struggles that women face in male-dominated occupations, and she is determined to equal the playing field. When Jamie was young she struggled academically. In high school she did well in shop classes but was not made aware of skilled trades apprenticeship pathways. She had no interest in post-secondary education and dropped out in grade 12. After leaving home she started part time job and struggled to make ends meet. In 2002 with an empty bank account, no investments, pension, or benefits she felt like she was self-destructing and spiraled into a depression. One day she set out to purchase a few groceries when she bumped into an old high school class mate who spoke to her about skilled labour opportunities. That conversation changed everything. Over the next few years Jamie completed an apprenticeship and became extremely passionate about educating others about earn while you learn pathways in building and construction apprenticeship programs.

## 2020 EMPOW HER Certificate session-choose one:



Samantha Fisher is an Online Learning Recruitment Officer with Contact North | Contact Nord since 2018. She has a Diploma in Recreation & Leisure Services from Mohawk College and a Volunteer Management Certificate from Humber College. Samantha is passionate about bringing new learning opportunities that will educate, overcome barriers, build positive relationships, and empower students across Ontario.



Food Handling certificate session with Lambton College - run by 34-year Soroptimist (Peterborough) Eileen Stanbury

## 2020 EMPOW HER Workshop with Community partners



Elaina Tkaczuk spent the last 25+ years of my working life hiring, training, managing and working on the 'front lines' in many different Customer Driven industries. I worked for Loblaws for 13 years and for the majority of those years I worked as a Department Manager as well as a Corporate Trainer on behalf of the "Training & Development" Department at Corporate Head Office. I hired and trained for 25 of our 52 stores for many years. I also went on and worked for PepsiCo for 10 years as a Territory Sales Manager. I serviced 52 stores with popular brands such as Quaker, Tropicana and Gatorade.



Sola Oluwole is a woman on a mission. She holds a life-long vision of supporting women and young ladies to thrive and live a life of impact. She is passionate about developing capacity in women and believes that women can contribute positively to socio-economic development of their communities by increasing their own value through knowledge acquisition and enhancement of skills. She is the founder of 3Gs, a capacity development organization dedicated to helping women to **Grow Gorgeously into Greatness**. Since its inception in 2012, 3Gs has contributed to the personal growth of several women across countries such as the UK, US, Nigeria, Qatar, Canada, to name a few. Sola has a unique interest in helping young girls which led to her volunteer in various leadership roles in a Qatar-based not-for-profit youth empowerment group for six years. Sola is an experienced business advisor having worked in Africa, the Middle East and now North America. She currently works with BDC, supporting entrepreneurs to achieve their goals.



Brooke loves to cook. In fact, she is passionate about food and good nutrition. If you love eating delicious meals and want to live your best life, you will get along fabulously! Her full-time day job is working for at nationwide "purposeful" bank in Canada supporting women entrepreneurs (possibly the best job ever!), and she teaches at McMaster University. Brooke has volunteered with Soroptimist International of Dundas Ancaster Flamborough for over 12 years to support women and girls achieve their education and career goals. She is also a certified Health Coach and Strategic Life Coach with a private coaching practice that serves to raise funds for the Soroptimist Dream programs through the sale of workshops and self-study programs, such as My Best Self: How to empower Your life and Looking Back: How to succeed in a busy world. Brooke holds a Bachelor of Engineering Physics and a Master of Applied Sciences in Engineering Physics, where she was granted a patent in field of semi-conductor manufacturing. She later returned to get a Master of Engineering, Entrepreneurship and Innovation (MEEi), a joint program offered by the Faculties of Business and Engineering at McMaster University.

# 2020 EMPOW HER Workshop with Community partners



My name is Nakita Rees, and I am a certified Athletic Therapist and dance instructor. My mission as both an Athletic Therapist and dance teacher is to help individuals reach goals, prevent injury, build confidence, and ultimately feel their absolute best! My ultimate priority as a therapist is to help individuals reach their goals and return to their activities of daily living as soon as possible!

EMPOW HER - to me this means owning the skin you are in & living your life to your max potential My name is Nakita Rees, and I am a certified Athletic Therapist and dance instructor. My mission as both an Athletic Therapist and dance teacher is to help individuals reach goals, prevent injury, build confidence, and ultimately feel their absolute best! My ultimate priority as a therapist is to help individuals reach their goals and return to their activities of daily living as soon as possible!



*Spicy Jan - owner operator of Tasty Road Trips Food Tours, Social Media Coach with Create your Virtual Influence, Food Writer for Live Small-Town Magazine & College Educator*

The past 14.5 years have been incredibly exciting from the moment I said YES, to attending an 'in-home taste-testing evening' thanks to my neighbour. I didn't know then what one YES would cascade into. I said YES to the home party then said YES to starting a business. After 10.5 successful years as a National Direct Sales Leader with two Canadian gourmet food companies, I flipped into the corporate training side into the position of National Consultant Success Specialist for 2 years. Loving the work yet feeling the yearning to become an entrepreneur, I left corporate training and started my own business, with great success right from the word 'go.' My business Tasty Road Trips Food Tours still remains and this past year I was nominated and awarded Community Influencer of the Year. The opportunity to build community through food, with guests from all over the world has been an incredible experience as an entrepreneur focusing on supporting local food through working with farmers, chefs and makers. You never know what can happen from having a professional and concise Social Media presence focused on business. A few years ago, a Instagram message arrived from a lifestyle magazine, indicating interest in my 'brand' writing an ongoing food/dining experience article for their magazine. Again, I said YES, and still enjoy writing for them today. Another query from a highly visible global brand requesting access onto my Instagram Stories, as a paid contracted opportunity. I did say YES and enjoyed this influencer experience. If I didn't say YES to taking one small step outside of my comfortable zone in 2006, I wouldn't be where I am today. *As women, we CAN build anything we want.* Build a business Build a family Build an education Build respect Build integrity Build a travel itinerary Build a home Build safety Build community Build with our hands Build and share love Be who we want to be. *Empow Her - yourself to be anything you want. Have you started to build your future?* I wish someone would have shared these words with me much earlier in life, although you can build at any age ... and begin building new!



**Abbey Girard** has a BA of Performing Arts, Advanced Musical Theatre Diploma, numerous fitness & dance certifications. I started my own Performing Arts Academy & Brantford's Cheerleading Club! My business started with 15 students and now just three years later we have over 180 students! We have also managed to raise over \$1,500.00 for Help A Child Smile, with our dancing for a cause recital! It was my dream to have a studio that was welcoming, inviting and fun, but most importantly, a family. Even though we are non-competitive, we still work hard! We support each other collectively to help our students, children and friends reach their personal goals. We are the small studio with the big heart."

**Interesting Fact:** I was a successful recipient of Ontario's Starter Company Grant Program

**What would I tell my younger self:** Let life be organically messy, you do not have to be perfect, but you do have to embrace your individuality?

**I would like to tell you:** Don't be afraid to ask- apply for that job / program you aren't totally "qualified" for, the worst thing they can say is no.

When you receive the answer "no" flip it to a positive and hear "no, not right now". If you are truly passionate about it you will find a way. Keep trying different things, the more you put out into the universe the more you get back. If you have an idea ask people how to do it, most people will tell you anything if you buy them a coffee.

Empow her- When I hear "Empow her" I think of community. We are all in this together and we are stronger when we work together to support each other. We need to show each other compassion and kindness, to help uplift those who haven't found their voice yet. Be patient with those who are learning to advocate for themselves. Support those who have found their voice and respect their personal journey.