

'GLOW AND GROW at PARO'

June 2021

Time listed in Eastern Standard Time

Embracing Innovation, Productivity, & Profitability for Business and Social Entrepreneurship

<p>Wednesday June 2nd 11:00am-12:00pm EST</p>	<p>Your Design Graphics Design for Small Business 102 - My First Design Project Presented by, Maddy Daigle, Pens & Paws Design</p> <p>Are you a small business struggling to brand yourself on social media? Can't afford a full-time graphics designer? This second part of the "Graphics Design for Small Business" series will walk you through a practical, real-world demo, such as how to create a social media post using the free Canva design application. We will cover choosing file dimensions, using templates, adding a background, adding design elements, and fonts. We will also cover other useful tools for creating design assets.</p>
<p>Wednesday June 2nd 12:15pm-1:15pm EST</p>	<p>Your Safety & Supports 12 Lessons in 12 Years Presented by Sandi Boucher, Speaker, Author, Facilitator, Consultant</p> <p><i>Business can be THE biggest test of your self-confidence EVER! But if you learn the lessons, you win ALL the marbles!</i></p> <p>Join Sandi Boucher, an award-winning motivational speaker and best-selling author, as she reveals 12 business lessons she has learned (often the hard way) in her 12 years in business. BONUS - Participants will receive a checklist to ensure they never forget these lessons again!</p>
<p>Wednesday June 9th 11:00am-12:00pm EST</p>	<p>Asking for the Money Re-shaping our money mindset: Presented by David Cohen, The David Cohen Group</p> <p>We all have thoughts, beliefs about money. Questions like, what do I charge my customers? What beliefs about money do I have and need to let go of? What are new beliefs about money that empower me? In this webinar, we will explore how to adjust our money mindset so that it works for us and we can live in trust and abundance.</p> <p>This will be an interactive session, with video, breakout rooms and more!</p>
<p>Wednesday June 9th 12:15pm-1:15pm EST</p>	<p>Finding the Support Circle Discovery Webinar Presented by, PARO Centre For Women's Enterprise</p> <p>Ever wonder how PARO Circles are formed and what the benefits are in being a part of one? Join PARO's Circle Co-Ordinator where you will learn all the details about forming, joining, belonging and how to access loans and grants through the PARO circles.</p>
<p>Wednesday June 16th 11:00am-12:00pm EST</p>	<p>Keeping the Money How to Take the Fear Out of Finance Presented by Tara Tennant, Financial Empowerment Coach and Business Consultant</p> <p>Join Tara as she will talk about what stresses us out about money, why that happens and what we can do about it. Also, Tara will provide tips for the best money management practices to help set you on the right track.</p>
<p>Wednesday June 16th **12:30pm-1:30pm EST <u>** (please note time change)</u></p>	<p>Keeping the Money Self-love and self-compassion for Entrepreneurs Presented by Michelle Jacob, M.Sc, O.T., Certified HeartMath Practitioner, Rewiring Minds</p> <p>Learn tools for practising self love and self compassion in your entrepreneur journey. Also learn an easy to use mirror work technique that you can use every morning before you start your day.</p>

<p style="text-align: center;">Wednesday June 23rd 11:00am-12:00pm EST</p>	<p>Inclusion & Support Reading the Rainbow: LGBTQ+ Stories & Representation in Books Presented by Loud Women Collective</p> <p>The Loud Women Collective will be discussing the importance of reading LGBTQ books and why representations in media matter; we will also provide a LGBTQ+ primer on identities, terms and engaging with community.</p> <ul style="list-style-type: none"> ✓ LGBTQ Community <ul style="list-style-type: none"> - history of community - pronouns & terms(unpacking the acronym) - Gingerbread Man – identity, expression, sexuality, assigned sex ✓ Loud Women Collective Books – why we read LGBTQ stories <ul style="list-style-type: none"> - Importance of representation and inclusivity in stories - Stories as building empathy - List of books/media that tells stories
<p style="text-align: center;">Wednesday June 23rd 12:15pm-1:15pm EST</p>	<p>Making the Money Confidently 10 Second Intros Presented by, Holly-Marie Conway, Strength through Speaking</p> <p>You hear those dreaded words ... Let's go around and introduce ourselves. It should be easy, but what do you say? This interactive webinar will equip you to introduce you and your business in a variety of situations and give you the confidence to do so every time.</p>

*To register for any of the workshops, register by emailing makingadifference@paro.ca
No fee to participate!*

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