Bonnie L Silver, a member of the human race and a world citizen servant. She serves to help others

An author, speaker and consultant

n helping bridge the veteran community to embracing and healing with spiritual principles.

She regularly speaks and writes about wellness, self-care and mindfulness. She also works with lawyers and law firms on stress management, work-life

She facilitates group experiences that create authenticity, vitality, and deeper connection for participants of conferences, communities, and teams.

Her super power is helping people uncover relational blind spots that are damaging their professional and personal relationships, and engage in new, dynamic ways of being with people that lead to creative collaborations and easeful connections.

At the foundation of her work is the belief that our relationships reveal where we are being asked to grow, develop, and evolve. When we develop relational skills our personal and business relationships are more dynamic, conflict becomes easier, and energy is freed

lead, collaborate and negotiate with confidence so that they can create a bigger impact – and thrive. Leveraging research on neuroscience, mindfulness and emotional intelligence, Jeanine provides frameworks and practices that empower her clients to engage authentically, compassionately and creatively – even in the midst of conflict.

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At the foundation of her work is the belief that our relationships reveal where we are being asked to grow, develop, and evolve. When we develop relational skills our personal and business relationships are more dynamic, conflict becomes easier, and energy is freed.

Although she’s trained with some of the best coaches and teachers alive today, her greatest learnings have come from living on the edges, both on purpose and not. Her mission is to pass on that wisdom and get people connected to their own infinite reserves of power, tremendous capacity for love, and to help them wildly succeed in their businesses, and prosper along the way.

single teenage mom who refused to be another statistic, Varian Brandon has spent the last 20+ years as a corporate sales leader for a Fortune 25 company selling to and managing multi-million dollar clients and bringing consciousness and spirituality back to the corporate environment, one client at a time.

Varian is a leadership coach,  highly skilled group leader, inspirational speaker and gifted communicator. She works with leaders, high-achievers and ambitious entrepreneurs who are no longer content with just success, but desire significance and meaning as well.

She combines traditional and non-traditional approaches to human development — integrating psychological modalities, subtle energy practices and spiritual philosophies.

She has lectured for over 15 years on the benefits of mindfulness and self-awareness. She has also created and facilitated several workshops dedicated to deep inquiry and investigation of the inner life and how this translates into our daily work and relationships. With a dedication to diversity issues, she has designed cultural shifts in various organizations. She both values and teaches that knowing ourselves deeply gives us the ability to experience more authenticity, integrity, connection, and courage.

balance, career transition, increasing productivity and overall wellness.

Christina Berkley is a coach and speaker living in New York City. Her clients are extraordinary beings and leaders in their lives. Whether she’s working with moms, politicians, celebrities, musicians, activists, entrepreneurs, coaches etc., she is madly interested in each person’s unique expression and capacity to change themselves and the world.

The search and evolution of Power has been central to her life. Although she’s trained with some of the best coaches and teachers alive today, her greatest learnings have come from living on the edges, both on purpose and not. Her mission is to pass on that wisdom and get people connected to their own infinite reserves of power, tremendous capacity for love, and to help them wildly succeed in their businesses, and prosper along the way.

From single teenage mom who refused to be another statistic, Varian Brandon has spent the last 20+ years as a corporate sales leader for a Fortune 25 company selling to and managing multi-million dollar clients and bringing consciousness and spirituality back to the corporate environment, one client at a time.

Varian is a leadership coach,  highly skilled group leader, inspirational speaker and gifted communicator. She works with leaders, high-achievers and ambitious entrepreneurs who are no longer content with just success, but desire significance and meaning as well. They are craving their next level and in many cases know they’re the only one standing in their way. She partners with them to understand what it really means for them to Lead Bravely™ and access the courage to do the next brave thing.

Her expertise is communication, supported by her M.A.in Corporate Communication  & Technology and her B.A. in Organizational Communication. However her superpower is being a very loving and intentional “truth teller” and teaching others that their ultimate power lies in their allowing the world to be as it is without demanding that it change, but showing up in a way that change and transformation is inspired by their presence and contribution.

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balance, career transition, increasing productivity and overall wellness. Jamie Greenwood is the founder of JamieLiving.com, where badass women come for real talk and deep love to compassionately reconnect with themselves.

Her passion is coaching driven, creative, socially conscious women through the disconnects between who they truly are, who they’re currently being and how they want to live, work and love.

Jamie is the in-house coach for Clif Bar & Co and has work with companies and organizations such as Whole Foods, East West Bank, AAA, The Leukemia and Lymphoma Society, and Team Luna Chix.

Jamie’s writing has been featured on MindBodyGreen, Tiny Buddha and The Huffington Post and she’s the creator of the course Just F\*cking Journal and Get Present, a 10 day digital experience to reconnect with YOU.

When she’s not writing, coaching or running her mouth on stage, you can find Jamie cooking, laughing and dancing in front of her bedroom mirror.

Sarah Waldin is an experienced integrative therapist, maternal mental health practitioner, women’s group facilitator and human resources performance coach.

She helps women remember how to feel, go within, hear their voices, stand in their power, reconnect with Self and emerge in valued, meaningful ways.

After 12 years in the corporate world, Sarah noted the theme in the work she loves: working with people, their potential, their dreams, and the things that get in the way. Sarah left the corporate arena to pursue a Masters in counseling for the skills that further enable her to do her intuitive work with others.

Charmaine Hammond helps business owners and leaders enhance their abilities to lead through change and difficult times, transform people, and build resilient productive workplaces. For more than two decades, Charmaine has worked with thousands of clients from the gas and energy sector, to government, non-profit organizations and everything in between. She has presented to thousands of audiences worldwide teaching business owners and leaders how to effectively deal with everyday challenges including building a respectful workplace, leading multi-generational teams, leading through change/challenge and conflict, and helping leaders inspire the best performance from their team to improve results.

In her first career she was a Correctional Officer, and the pursued a career in dispute resolution as a corporate mediator, facilitating resolution for some of the most complex workplace conflicts. She has a MA Conflict Analysis & Management, and has owned her business for 18 years. Her professional background also includes being a contract negotiation specialist for the provincial government, a community development specialist for municipal government and director of several non-profit organizations. She has won several business awards and is the author of Bounce Forward: Building Inspired Resilient Teams, Building a Respectful Workplace, GPS Your Best Life (co-author), and several other books.

Surviving a near death sailboat accident taught Charmaine a lot about personal leadership and resilience. Charmaine is proud pet parent of a dog named Toby who is on a mission to make the world a kinder place, through Charmaine’s philanthropy project A Million Acts of Kindness.

As a speaker, consultant, bestselling author and radio host Charmaine has shared the stage with global leaders like Lisa Nichols, and Janet Attwood, and has been featured in books with Deepak Chopra, Jack Canfield and Dr. Ken Blanchard. Painfully shy as a child, her nursery school teacher told her mother “don’t worry Mrs. Hammond, when Charmaine has a message to share, she’ll share it with the world.” Now Charmaine shares her message globally, having spoken to more than 100,000 people around the world.

If you could have no-fluff motivation, rich content, high energy humour, stories the audience talks about years later, and a presentation that inspires people to step into action, what value would that bring to your next event? Charmaine’s presentations are full of content that attendees can implement immediately following her presentation.

Speaker’s Story

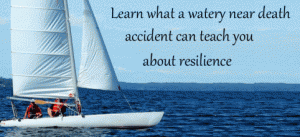


An inspiring speech about a sailboat catastrophe, that truly shows the power of resilience.This keynote weaves a true personal near death trauma into an engaging learning experience for the audience. The Lessons From the Lake help leaders, teams and business owners discover how to bounce forward and embrace resilience.

Many teams are experiencing having to do more with less… cope with a steady stream of workplace change, and find that somewhere along the way stress increases and morale goes down. Leaders, business owners and employees are often wearing many hats and juggling multiple priorities… and at some point, someone drops the ball. Sound familiar?

Teams that are resilient bounce forward…they manage priorities, move through change and challenge, and work as a team.*“In times of change we need positive solutions to help our teams become more resilient… to Bounce Forward™ and remain focused, inspired and engaged!” Charmaine Hammond*

Charmaine Hammond helps individuals, teams, businesses, government departments, and corporations improve resilience, and inspired performance. An expert in team relations, communication, and conflict resolution, Charmaine helps identify and resolve what gets in the way of success and bouncing forward!



Resolving conflicts and building teams behind bars and in boardrooms, former Correctional Officer and Mediator, Charmaine helps you overcome the three most challenging workplace issues: conflict, communication and team relationships. She has a Master’s Degree in Conflict Analysis & Management and has presented to more than 75, 000 people in five countries. Twice #1 best selling author, the recipient of the 2012 Business Matchmaker of the Year Award, and has motion picture being made from her book, On Toby’s Terms. Surviving a near death sailing accident and working in the Correctional System and Conflict Management field for more than 20 years, Charmaine Hammond is the Bounce Forward™ expert. Transformational international speaker, and bestselling author, Charmaine presents on three areas to solve workplace challenges: team relations, communication and conflict management. You will leave her presentations feeling energized, armed with new solutions, and ready to take action!

Resilience is more than simply bouncing back after change, challenge crisis and adversity. It’s a process of choosing a new course, setting the sails, and being the captain in your life (and business). After surviving a near death sailing accident, Charmaine discovered the secrets to resilience and surviving life and business challenges.

Now, more than ever, the skill and character of resilience is an essential quality for workplaces, teams and business success.



Many professionals are experiencing more to do, in less time and with fewer resources and with more changes…. And the expectation of better results! The current economic situation has created challenges and change, and in some cases, uncertainty and even immobility. Resilience is a critical skill for individuals and businesses to “Bounce Forward” during change. Additional demands and adversity require “Resilience”. Discover why Charmaine refers to this as Bouncing Forward, Charting Your Course to Resilience As a compelling keynote address, Chamaine will weave in five key lessons from the lake through the day that almost took her life….and gave her “new life”. These key lessons can transform a life, and a business. Bounce Forward: Charting Your Course to Resilience can also be delivered in of a dynamic workshop.

To gain more specific and practical tips, strategies and tools, an interactive workshop would provide participants the opportunity to:

* Explore the seven essentials to the resilient business and team
* Engage in several resilience building, stress management and lifestyle management activities
* Complete a Resilience Action Plan Learn practical strategies to deal with procrastination, workplace fatigue, juggling priorities, managing time and energy

Explore strategies to ignite resilience both at work and in their personal lives. Both presentations are great stand-alone speaking engagements that will truly transform your audience members, compel them to do things differently, challenge them to reach beyond their current grasp and to excel beyond everyone’s expectations.

She is actively involved in community volunteerism and mentoring.