

A SPECIAL EVENING FOR MOTHERS & DAUGHTERS

  
**DYNAMIC**  
women of  
**FAITH**



DON'T MISS  
THE EARLY BIRD  
**\$25**  
PER PERSON

For Female  
High School  
& University  
Students and  
their mothers

# CALLING all GIRLS

FRIDAY MARCH 27, 2020  
**7:00 PM-10:00 PM**

**LE TRÉPORT BANQUET HALL**  
1075 QUEENSWAY EAST  
MISSISSAUGA, ON 416.907.1042

AN EVENING OF SHORT HIGH POWERED TALKS • MEET NEW PEOPLE • LEARN THE TRUTH  
TALK ABOUT IT • DISCOVER WHO YOU ARE • AVOID MISTAKES • IMPROVE YOUR RELATIONSHIPS



**COLLEEN CARROLL  
CAMPBELL**  
Book signing with  
award winning author



**DR. SANDRA SAGRATI**  
*Get Uncomfortable!*  
How to Experience Less  
Anxiety and Stress



**ADEODATA CZINK**  
*What Makes a Lady  
a Lady?*



**STEPHANIE BENEDETTI**  
*How to Work with the Holy  
Spirit to Energize Your Vision*



**DOROTHY  
PILARSKI**  
*The Power of Prayer*

**SPEAKERS:**

**EARLY BIRD \$25 (before Feb. 14<sup>th</sup>) REGULAR REGISTRATION \$30 Register at [www.dynamicwomenfaith.com](http://www.dynamicwomenfaith.com)**

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**eventbrite**

[cag2020.eventbrite.ca](http://cag2020.eventbrite.ca)



## **ADEODATA CZINK** | *What Makes a Lady a Lady?*

This thought-provoking talk promises to be inspiring and delightful! Find out what makes a lady a lady. Learn the difference between a woman and a lady. Topics include: your presence on social media (Instagram, Facebook and Twitter), attitude, deportment, posture, behaviour, gentleness, inner beauty and Christian values.

Adeodata Czink was cradled into etiquette. Raised in the diplomatic community in Stockholm, Sweden, she established Business of Manners thirty years ago. She has trained debutantes for the annual Helicon Ball, and taught deportment in private schools, scouts, as well as youth groups. She is a guest lecturer at Canadian and American universities, and fine-tunes business owners and executives in the art of social graces. She is a favourite with the media, and a protocol consultant to the movie industry.

Visit [www.businessofmanners.com](http://www.businessofmanners.com) for more information.

## **STEPHANIE BENEDETTI** | *How to Work with the Holy Spirit to Energize Your Vision*

Stephanie is passionate about coffee, her nieces and JESUS! She currently serves as the Associate Director of Young Adult Ministry for the Archdiocese of Toronto. In her motivational talk, Stephanie will help you to think about developing a mindset that frees you from worry, helping you enter into a state of trust in God's plan for your life. Learn to be confident in embracing the mystery and contradictions of life knowing that God's got your back!

## **DR. SANDRA SAGRATI** | *Get Uncomfortable! How to Have Less Anxiety and Stress*

Dr. Sandra Sagrati is a clinical psychologist who works with children, adolescents and adults in her private practice in Etobicoke, *Toronto West Psychology*. She obtained her doctoral degree at the University of Toronto, and completed internships at the Ambulatory Day Treatment program for Eating Disorders at Toronto General Hospital as well as the Mood Disorders program, and the Anxiety Treatment and Research Centre at St. Joseph's Healthcare. For over a decade, she worked at the Centre for Addiction and Mental Health in the Cognitive Behaviour Therapy Unit as well as the Neurochemical Imaging in Mood Disorders (PET Centre) program. She has co-authored numerous publications in the area of depression, anxiety, and exercise, and completed her dissertation thesis on the effect of physical activity on the prevention of depression. Most recently she has authored the book, *Pivot-Self-Talk: Asking All the Wrong Questions*, as well as an accompanying app: *Pivot: Self-Talk* that helps individuals challenge their thinking style to obtain more positive mental health. She resides in Toronto with her husband and four children. In this presentation, *Get Uncomfortable!*, Dr. Sagrati will speak about how we desire less anxiety and stress, more confidence and achievement, more peace and purpose; while our effort and focus are actually counterproductive. Learn to pivot your thinking to improve your mental and physical health one simple question at a time.

## **DOROTHY PILARSKI** | *The Power of Prayer*

Dorothy is the founder of both the Calling ALL Girls event and the Dynamic Women of Faith Conference. Learn how to pray, when to pray and several ways to pray.

Visit [www.dorothypilarski.com](http://www.dorothypilarski.com) to learn more about Dorothy.

You can register in two ways: 1. Online at [www.dynamicwomenfaith.com](http://www.dynamicwomenfaith.com) 2. Mail your registration (name, address & cheque payable to Dynamic Women Association of Ontario) to 1077 North Service Rd. Unit 29, Box 20020, Mississauga, ON L4Y 4L2

EARLY BIRD fee is \$25 + HST = \$28.25 (before Feb. 14<sup>th</sup>) or \$30+ HST = \$33.90 per person (after Feb. 14<sup>th</sup>)

For more information visit [www.dynamicwomenfaith.com](http://www.dynamicwomenfaith.com). Speakers may change if one becomes unavailable. Registrations can be transferred but not refunded.

On **Saturday March 28, 2020** we are hosting the Dynamic Women of Faith Conference. It is a separate event with a separate fee. Come join us!



**DYNAMIC**  
women of  
**FAITH**



@dynamicwomenfaith