



**Unboxing Type 1**  
Saturday, November 30, 2019

## **SCHEDULE**

<b>TIME</b>	<b>SESSION / SPEAKER</b>	<b>DETAILS</b>
9:30 AM	Arrivals & Networking	Registration & Breakfast in the “Creators’ Lounge”
10:00 AM	Opening Remarks & Icebreaker Activity	Hosts (Pinch Social) to welcome attendees and set the stage for the day
10:20 AM	Opening Talk: Becoming <b>Kenzie Brenna</b>	Kenzie will share her story around her personal health struggles and how she came to be an advocate, creator and influencer
10:30 AM	Panel: <i>Confidence &amp; Advocacy - for All Types</i>   Speakers: <b>Kenzie Brenna, Evie Riddell &amp; Erika Arff</b>	Three influencers and advocates – both online and in real life – will discuss confidence, body positivity and navigating online influence while balancing their personal health struggles.
11:15 AM	Panel: <i>Find Your Tribe – T1D Communities, IRL &amp; Online</i>   Speakers: <b>Jen Hanson, Jacob Gosk, Elliot Gatt, Krishana Sankar</b>	Three influential and powerful T1D advocates will share their experiences as “IRL” (in real life) community-builders and change agents, the role that online channels play in reaching and connecting with the (sometimes elusive) T1D community, and the challenges of navigating today’s digital age.
12:15 PM	Lunch & Screenings: Connected In Motion Short Videos; <i>Bike Beyond</i> (excerpt)	Enjoy a catered gourmet lunch, networking and exploring in our <i>Creator’s Lounge</i> ! We will also screen an excerpt of <i>Bike Beyond</i> - a documentary that follows a team of 20 individuals living with Type 1 Diabetes, who came together for an epic ride across the USA.
1:00 PM	Panel: <i>Creator’s Corner – Tips from the Pros</i>   Speakers: <b>Sadie Aldis, Michelle Lord, Meghan Yuri Young, Ari Sooriya</b>	2 prominent Social Media Influencers living with Type 1 Diabetes will join a University of Guelph-Humber Digital Communications expert for a practical conversation about what works – and what doesn’t – when it comes to social media content.
1:45 PM	Keynote: <i>The Power of Vulnerability</i> by <b>Eva Redpath</b>	Wellness Leader, Life Coach and Founding Trainer Barry’s Canada and Canada’s first Nike Master Trainer will share her powerful and inspiring talk following by a moderated fireside chat & audience Q&A
2:15 PM	Roundtables: “Unbox” Your Story!	Participants will form groups at our “conversation stations” and share their stories with each other, along with their Social Media questions and concerns
2:45 PM	<i>Networking / Break</i>	
3:00 PM	Workshop: <i>10 Tips to Elevate Your Social Game</i> by <b>Pinch Social</b>	Toronto’s premiere boutique social media agency – and the team behind <i>Social Media Week Toronto</i> – Pinch Social’s Elle Bulger & Michelle Pinchev will deliver some practical tips for aspiring, emerging and established social media mavens alike. Q&A and group discussion to follow presentation.
3:45 PM	Networking & Wrap	