



2022-2023 Fireside Chats Topics & Descriptions



Episode #	Topic	Short Description/Teaser	3:00 to 4:30 pm EST (includes Q&A's) Note: Lighting & Audio Check starts at 2:30 pm EST 15 minute-debriefing after the Episode	Moderator/ Host	Tech Support + Dauna (2nd name is a backup)
1	Fundraising in a Non-Profit environment	Discussion on what it takes to raise funds as a non-profit organization and identify where funding is available.	Sunday, October 16, 2022	Tanika	Malcolm/Dauren
2	At My Age Technology is Too Tough	Is technology too tough or is it the mindset? Honourees provide tips that will provide some confidence to tackle your technology challenges.	Sunday, October 23, 2022	Jennifer	Nicole/Sombo
3	Coping with Ageism	Some women struggle with growing old and having gray hairs - how does one deal with life-cycle changes in our youth-oriented society?	Sunday, October 30, 2022	Jacqueline	Michelle/Daniella
4	30-Seconds Elevator pitches	Some 30-second elevator pitches - How do you stay calm as you present your value?	Sunday, November 6, 2022	Floydeen	Sombo/Nicole
5	Tips to Building Your Child's Confidence	What to do when you notice that your child suffers from low self-esteem? How do you rebuild self-confidence?	Sunday, November 13, 2022	Sarah	Dauren/Daniella
6	The Educators' Journey	Educators describe the changes they have experienced and seen through the education system. They discuss the impact - the good, the bad and the recent curriculum changes!	Sunday, November 20, 2022	Yvette	Daniella/Malcolm
7	Responding to Stress in the Workplace	Are you stressed at work? How best do you evaluate your situation? Does the vision and values of the organization intersect with yours?	Sunday, November 27, 2022	Nicole	Malcolm/Dauren
8	"Was I just scammed?" Cybersecurity & Scamming	Cybersecurity experts provide advice on how to detect when you are being scammed and how to protect yourself.	Sunday, December 4, 2022	Denise	Nicole/Sombo
9	Creating Your Will	Do you have a Will? Legal experts share how to build and update your Will and the importance of Powers of Attorney.	Sunday, December 11, 2022	Sarah	Michelle/Daniella
10	Pre-Planning for Retirement – Am I really ready to Retire?	When is the best time to retire? How do you know you have saved enough to retire?	Sunday, December 18, 2022	Jennifer	Sombo/Nicole
11	Minding My Financial Business	Building your monthly budget so that you don't have to live 'pay cheque to pay cheque'	Sunday, January 8, 2023	Jennifer	Dauren/Daniella
12	Rebuilding my Business After COVID-19	Many have lost their businesses as a results of the on and off 'lock downs' during COVID. How do you build back?	Sunday, January 15, 2023	Jacqueline	Daniella/Malcolm
13	Women in Business / Entrepreneurs	Women Entrepreneurs share how they started their businesses and secure Financial backing.	Sunday, January 22, 2023	Tanika	Malcolm/Dauren
14	Human Rights is A Woman's Rights' says Hillary Clinton	Do you recognize when your human rights are being violated?	Sunday, January 29, 2023	Denise	Nicole/Sombo
15	Black History Month Conversations	Black artists share their talent and history.	Sunday, February 5, 2023	Floydeen	Michelle/Daniella
16	Conversations with Historic Figures	Interviews with Historic figures and where are they now?	Sunday, February 12, 2023	Sarah	Sombo/Nicole
17	Story Tellers	A time to relax while Story tellers tell their stories.	Sunday, February 19, 2023	Jacqueline	Dauren/Daniella



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18	Diversity, Equity, Belonging & Inclusion "I feel Excluded"	What are organizations doing to ensure employees feel included especially when many have opted to work from home? How do we create an inclusive	Sunday, February 26, 2023	Denise	Daniella/Malcolm
19	Financial Literacy Part 2	Financial Literacy experts share what they have learned about securing their financial assets	Sunday, March 5, 2023	Jennifer	Malcolm/Dauren
20	Has the Media Changed?	A Look back at how the media has evolved.	Sunday, March 12, 2023	Nicole	Dauren/Sombo
21	Dealing with Family Crises	When a family crisis arises, how do you maintain good mental health while keeping the family together?	Sunday, March 19, 2023	Floydeen	Michelle/Daniella
22	Decluttering – Who Will Take Care of All this Stuff I've	A Declutter expert shares her expertise with being bogged down with too much stuff.	Sunday, March 26, 2023	Yvette	Sombo/Nicole
23	My Beautiful Garden – I did it my way!	Gardeners share tips and tricks about creating, maintaining and enjoying their beautiful gardens.	Sunday, April 2, 2023	Jennifer	Dauren/Daniella
24	Medical School Experiences	Medical school is tough - students and doctors share how they cope.	Sunday, April 16, 2023	Sarah	Daniella/Malcolm
25	Mothers in the Workforce	Parenting and juggling the demands of career mobility.	Sunday, April 23, 2023	Denise	Malcolm/Dauren
26	Women in Politics / Diplomats	Women who ventured into public office share their experiences.	Sunday, April 30, 2023	Yvette	Nicole/Sombo
27	Competing in the Sports World	Athletes share their stories about being in competition.	Sunday, May 7, 2023	Yvette	Michelle/Daniella
28	Taking care of my Personal Health	An ounce of Prevention is better than a Pound of cure.	Sunday, May 14, 2023	Jacqueline	Sombo/Nicole
29	Beauty is my Business	Cosmetics, skin care - what you need to know about the products?	Sunday, May 28, 2023	Floydeen	Dauren/Daniella
30	Vacation Planning	Vacation planners provide helpful hints to save costs and disappointments.	Sunday, June 4, 2023	Sarah	Daniella/Malcolm
32	Aches & Pains – where did they come from?	Learning how to manage aches and pains as you mature.	Sunday, June 11, 2023	Nicole	Malcolm/Dauren
33	Benefits of a Hobby	What is a hobby? Helpful hints on selecting the best hobby for you.	Sunday, June 18, 2023	Tanika	Nicole/Sombo
34	Eating Healthy – New Healthy Beginnings	Wellness experts share 'eating healthy' advice.	Sunday, June 25, 2023	Yvette	Michelle/Daniella
35	Living with Diabetes, Obesity & Hypertension	Health experts share advice on controlling health issues that are prevalent within Black Communities.	Sunday, July 2, 2023	Jacqueline	Sombo/Nicole