



2022-2023 Fireside Chats Topics & Descriptions



Episode #	Topic	Short Description/Teaser	Webinar Registration Link	3:00 to 4:30 pm EST (includes Q&A's) <small>Note: Lighting & Audio Check starts at 2:30 pm EST 15 minute-debriefing after the Episode</small>	Panelists (maximum 4)	Moderator/Host
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.	https://us02web.zoom.us/j/98051287593	Sunday, October 16, 2022	TBD	Tanika
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.	https://us02web.zoom.us/j/98051287593	Sunday, October 23, 2022	TBD	Jennifer
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?	https://us02web.zoom.us/j/98051287593	Sunday, October 30, 2022	TBD	Jacqueline
4	30-Seconds Elevator pitches	Some 30-second elevator pitches - How do you stay calm as you present your value?	https://us02web.zoom.us/j/98051287593	Sunday, November 6, 2022	TBD	Floydeen
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?	https://us02web.zoom.us/j/98051287593	Sunday, November 13, 2022	TBD	Sarah
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!	https://us02web.zoom.us/j/98051287593	Sunday, November 20, 2022	TBD	Yvette
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?	https://us02web.zoom.us/j/98051287593	Sunday, November 27, 2022	TBD	Nicole
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.	https://us02web.zoom.us/j/98051287593	Sunday, December 4, 2022	TBD	Denise
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.	https://us02web.zoom.us/j/98051287593	Sunday, December 11, 2022	TBD	Sarah
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?	https://us02web.zoom.us/j/98051287593	Sunday, December 18, 2022	TBD	Jennifer
11	Minding My Financial Business	Building your monthly budget so that you don't have to live 'pay cheque to pay cheque'	https://us02web.zoom.us/j/98051287593	Sunday, January 8, 2023	TBD	Jennifer
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?	https://us02web.zoom.us/j/98051287593	Sunday, January 15, 2023	TBD	Jacqueline
13	Women in Business / Entrepreneurs	Women Entrepreneurs share how they started their businesses and secure Financial backing.	https://us02web.zoom.us/j/98051287593	Sunday, January 22, 2023	TBD	Tanika
14	Human Rights is A Woman's Rights' says Hillary Clinton	Do you recognize when your human rights are being violated?	https://us02web.zoom.us/j/98051287593	Sunday, January 29, 2023	TBD	Denise
15	Black History Month Conversations	Black artists share their talent and history.	https://us02web.zoom.us/j/98051287593	Sunday, February 5, 2023	TBD	Floydeen + Sarah
16	Conversations with Historic Figures	Interviews with Historic figures and where are they now?	https://us02web.zoom.us/j/98051287593	Sunday, February 12, 2023	TBD	Sarah

17	Story Tellers	A time to relax while Story tellers tell their stories.	https://us02web.zoom.us/j/2X84QoWRVrzHbI205w	Sunday, February 19, 2023	TBD	Jacqueline
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 workplace?	https://us02web.zoom.us/j/cwjf0Tde27tk1ljp1CQ	Sunday, February 26, 2023	TBD	Denise + Another Host
19	Financial Literacy Part 2	Financial Literacy experts share what they have learned about securing their financial assets	https://us02web.zoom.us/j/MWwv_Rjgm5RX0LhHYEg	Sunday, March 5, 2023	TBD	Jennifer
20	Has the Media Changed?	A Look back at how the media has evolved.	https://us02web.zoom.us/j/j3LAHQ_2C05FllSyOqQ	Sunday, March 12, 2023	TBD	Nicole
21	Dealing with Family Crises	When a family crisis arises, how do you maintain good mental health while keeping the family together?	https://us02web.zoom.us/j/v4_HQemqj4yiktULQ	Sunday, March 19, 2023	TBD	Floydeen
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.	https://us02web.zoom.us/j/R0DZRTQ6fAC2GrMhIA	Sunday, March 26, 2023	TBD	Yvette
23	My Beautiful Garden – I did it my way!	Gardeners share tips and tricks about creating, maintaining and enjoying their beautiful gardens.	https://us02web.zoom.us/j/zm12QY-AFBI4zvBQ_Q	Sunday, April 2, 2023	TBD	Jennifer
24	Medical School Experiences	Medical school is tough - students and doctors share how they cope.	https://us02web.zoom.us/j/80TSRH2Rkqh58BvrAQ	Sunday, April 16, 2023	TBD	Sarah
25	Mothers in the Workforce	Parenting and juggling the demands of career mobility.	https://us02web.zoom.us/j/4Y9GIQU6gG2hf0yMbw	Sunday, April 23, 2023	TBD	Denise
26	Women in Politics / Diplomats	Women who ventured into public office share their experiences.	https://us02web.zoom.us/j/LnSxHRLrTuzvNX1paQ	Sunday, April 30, 2023	TBD	Yvette
27	Competing in the Sports World	Athletes share their stories about being in competition.	https://us02web.zoom.us/j/unspmTPes1SgFtX26uQ	Sunday, May 7, 2023	TBD	Yvette
28	Taking care of my Personal Health	An ounce of Prevention is better than a Pound of cure.	https://us02web.zoom.us/j/P8F71Q5iVhJgQzaYK9w	Sunday, May 14, 2023	TBD	Jacqueline
29	Beauty is my Business	Cosmetics, skin care - what you need to know about the products?	https://us02web.zoom.us/j/dt2mNS-WynqRU8rBQ6w	Sunday, May 28, 2023	TBD	Floydeen
30	Vacation Planning	Vacation planners provide helpful hints to save costs and disappointments.	https://us02web.zoom.us/j/ljhSva2M1Q68wroaQ	Sunday, June 4, 2023	TBD	Sarah
32	Violence Against Women	Learning how to manage aches and pains as you mature.	https://us02web.zoom.us/j/UpeGQ52GfUqY3Z55SQ	Sunday, June 11, 2023	TBD	Nicole
33	Benefits of a Hobby	What is a hobby? Helpful hints on selecting the best hobby for you.	https://us02web.zoom.us/j/wKdrfRlnk4ka0Mh0isNe	Sunday, June 18, 2023	TBD	Tanika
34	Eating Healthy – New Healthy Beginnings	Wellness experts share 'eating healthy' advice.	https://us02web.zoom.us/j/OhBu_SRuFhCzwqiHqG	Sunday, June 25, 2023	TBD	Yvette
35	Living with Diabetes, Obesity & Hypertension	Health experts share advice on controlling health issues that are prevalent within Black Communities.	https://us02web.zoom.us/j/GcHkvTBGu8_dA_XqBCg	Sunday, July 2, 2023	TBD	Jacqueline