

2ND ANNUAL GRATITUDE & APPRECIATION SUMMIT

OCTOBER 2021



gratitude & appreciation
Summit

Make the world a better place through
Gratitude and Appreciation

[GASUMMIT.CA](https://gasummit.ca)

The Story of G.A.S.



What are the Gratitude & Appreciation International Summits all about? Where in your life do you need to step on the 'G.A.S.'? Come take a 'BRAKE!!' connecting with inspirational speakers and business owners who use gratitude and appreciation in their lives.

Come spend some time and make the 'SHIFT' in your gratitude & appreciation practice with yourself, business and others in your life.

What is Gratitude and Appreciation?

Gratitude is a feeling that is seated in yourself and only you can define it. Appreciation is the action to show others that we love, care and want goodness for their well-being. In general terms it is the increase of an asset over time.

It's a holistic approach to shifting energy to show kindness and change the world.

VISION STATEMENT

To raise the level of Gratitude and Appreciation in the world.

MISSION STATEMENT

Bringing people together in a common space to share ideas, skills and tools/resources at an authentic level of gratitude and appreciation with business, one another and self – to 'L.I.F.T.' one another up by attending 'G.A.S.'

SERVICES AND VALUES

One way that you may fulfill our mission in the world is by attending a 'G.A.S.' event. What does this mean to you and benefit you?

In a world of a chaotic communication, we need to make a change and bring the human connection back into our lives. As we move faster and faster in business and life, the necessity to make authentic connection with one another is more vital now than ever. Through the act of Gratitude and Appreciation, this world may become a better one person at a time.



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October 1 - Program

- 9:30 am (PDT) Grab your coffee, tea, or beverage of choice
Have the workbook ready to go so you can take notes
- 9:45 am Log onto Zoom
- 9:55 am 5 Minute countdown – get comfortable and be ready to be wowed!
- 10:00 am Indigenous Blessing – Karen Moraes
Building Relationships in the Workplace – Kathy Fester
The W 5's of Gratitude on Social Media – Jeanette Y. Martin
- 10:40 am Grace is Fueled by Gratitude – Dave Sanderson
- 11:25 am Authentic Self & Mindset – Jaris Tucker
- 12:10 pm Lunch Break & Heart Wall Activity
- 1:00 pm Gratitude Journalling w/ the Captain – Bruce Kirk
- 1:50 pm Human Centered Business – Kalina Donald
- 2:40 pm The Power of Kindness – Randy McNeely
- 3:25 pm Profit of Kindness – Jill Lublin
- 4:10pm Q&A, prize draws



Note: Check out the photo booth and take a picture of yourself and post with #GASUMMIT2021 – let's share some heart together. Link will be posted during the event.

Make Gratitude & Appreciation a Habit



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October 2 - Program

9:30 am (PDT)	Grab your coffee, tea, or beverage of choice Have the workbook ready to go so you can take notes
9:45 am	Log onto Zoom
9:55 am	5 Minute countdown – get comfortable and be ready to be wowed!
10:00 am	Indigenous Blessing – Karen Moraes Promptings to Live By – Kathy Fester Modalities of Gratefulness – Jeanette Y. Martin
10:40 am	Healing Through Gratitude & Appreciation – Dawna Campbell
11:20 am	How to Practice Being a Teenager in Today's World – Panel Discussion with Teens
11:45 am	How to Practice Gratitude Beyond Thanks Giving – Julie Boyer
12:30pm.	Lunch & Heart Wall Activity
1:00 pm	Gratitude & Health (Indigenous Content)– Karen Moraes
1:15 pm	Human Connecting – Open Discussion
1:30 pm	Raising Children in Today's World – Panel Discussion with Parents
2:00pm	Finding Happiness Through Adversity – Michael Ray
2:45pm	Q&A, prize draws and thank you message



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#GASUMMIT2021 – let's share some heart together. Link will be posted during the event.

Gratitude Turns What We Have Into Enough & More

KATHY FESTER-ENTREPRENEUR | AUTHOR

Visit www.kitcommunications.ca

THE W5'S OF GRATITUDE & APPRECIATION
JEANETTE Y. MARTIN | ENTREPRENEUR

Jeanette's company, MYBC Consulting, lives by three core values: connection, collaboration, and community.

Jeanette is energetic about helping others share their true authentic story with the world and in helping them make true, authentic connections on social media and in their communities. She shows people how to take their “in-real-life” business skills and apply them to today’s online, social media world.

Visit www.mybccconsulting.com

Notes:

GRACE IS FUELED BY GRATITUDE
DAVE SANDERSON- AUTHOR | SPEAKER

Dave Sanderson is an Inspirational TEDx Speaker & Author who channeled his life-changing experience on US Airways Flight 1549, the Miracle on the Hudson, into a mission to provide insight on the important facets of faith, conviction and leadership; attributes that he credits with saving his life, and those of fellow passengers as the last passenger to leave the plane.

Visit www.davesandersonspeaks.com

Notes:

AUTHENTIC SELF AND MINDSET
JARIS TUCKER - AUTHOR | SPEAKER

CEO/Founder of Real One On One Consulting. Best selling author. #1 up & coming speaker. My favorite question is how may I be of service? The best hashtag on LinkedIn #ThinkersAtWork

Visit <https://linktr.ee/Jaristucker>

Notes:

GRATITUDE JOURNALLING
BRUCE KIRK - AUTHOR | SPEAKER

Bruce shares his journey of gratitude journaling and the positive influence this has had in business. Bruce provides tips that can transform your mindset from a stagnated 'half empty/half full' dilemma to one over-flowing with possibilities.

Visit <https://slight-edge-selling.business.site/>

Notes:

HUMAN CENTERED BUSINESS
KALINA DONALD | ENTREPRENEUR

Kalina is a thought leader, a connector and a community builder. Founder of LBR, and the EXCX Thought Leaders and HumanizeX Community with Executive Roundtables and Immersive Experiential Learning.

Visit <https://brandresult.com/>

Notes:

RANDALL D. MCNEELY - LIFE COACH

Randy is also the founder of The PEPOK Institute – helping individuals and organizations design world-class personal and professional cultures.

Notes:

PROFIT OF KINDNESS
JILL LUBLIN - CEO | AUTHOR

Jill shows her audience how to master the art of building trusting, long- lasting relationships through open, non-adversarial interchanges that result in mutually beneficial outcomes.

Visit <https://jilllublin.com/>

Notes:

KATHY FESTER - SPEAKER | EDUCATOR

Paying attention to daily promptings brings joy, love and kindness to every person you reach out. Kathy teaches how to manage and deliver responses to our daily promptings in life. It's a mindset and a habit through practice that will bring Gratitude and Appreciation around the world. **Visit www.kitcommunications.ca**

JEANNETTE Y. MARTIN - EDUCATOR

Visit www.moveyourbumchum.com

HEALING THROUGH
GRATITUDE & APPRECIATION
DAWNA CAMPBELL - MIND WHISPERER

Dawna has an international private practice where she assists her clients creating a life of happiness, prosperity, and love and is a motivational speaker sharing her techniques.

Visit <https://dawnacampbell.com/>

Notes:

Teen Panel Discussion

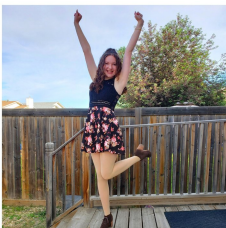
How To Practice Being A Teenager In Today's World

Welcome to our panel discussion around how we intentionally use gratitude and appreciation in our daily lives (in school/workplace & at home with friends/family).



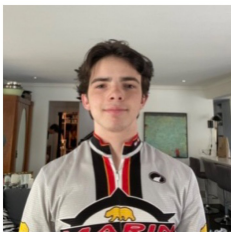
Zakary Esmail is a 17 year old who enjoys sports, school, and spending time with friends and family. Some of Zakary's morals and values include kindness, generosity, and positivity!

Zakary Esmail



Kaylynn is a social media manager, virtual assistant, and high school student from Edmonton, Alberta. She loves working and providing support to others wherever she can. Kaylynn volunteers at a horseback riding camp for kids as a junior leader in the summer & loves to be outdoors.

Kaylyn Barnard-Nobes



Alex McLennan is a 16 year old and the youngest of 4 children. He is athletic and academic. Alex is very hardworking and positive!

Alex McLennan

HOW TO PRACTICE GRATITUDE
BEYOND THANKSGIVING DAY
JULIE BOYER-AUTHOR | HEALTH COACH

Julie Boyer is the host of the Wake Up With Gratitude™ podcast, an Intuitive Biz + Health Coach and three-time Amazon Best-Selling Author. Julie has practiced gratitude for more than a decade and founded Wake Up With Gratitude™ in 2017

Visit <https://julieboyer.com/>

Notes:

GRATITUDE & HEALTH
KAREN MORAES - SPEAKER | VOLUNTEER

Karen is part Tsimshian, Haida and Yupik. She performs Indigenous Blessings from the local elders.

In 2017 she was awarded the Canada 150 Award for her volunteer work in Langley with the homeless population.

Notes:

Adult Panel Discussion

Raising Children In Today's World

Welcome to our panel discussion around how we intentionally use gratitude and appreciation in our daily lives (in school/workplace & at home with friends/family).



Faizal Esmail

He is a physiotherapist and bring kindness and gratitude into his practice to his patients.

Faizal is a dad that brings philosophy to his family - Being in a place of Being to help make decisions in life.

He is an inspiration and beautiful soul that will share some of his wisdom with us as we continue to navigate gratitude and appreciation during this journey called life.



Sheila Weir

Sheila Weir is a Certified Professional Coach (CPC), Energy Leadership Index Master Practitioner (ELI-MP) as well as being a Cor.E Dynamics Specialist. Sheila's coaching business focuses on creating clarity for her female clients who struggle with burnout to live a life that speaks to their heart and is more aligned with their core values. (www.sheilaweir.com)



Bree Barnard-Verruyt

Bree BV runs a Canadian-based Virtual Assistant Agency in Edmonton, Alberta. She uses her knowledge of running successful businesses for over twenty years to team up with business owners to slay the overwhelm in their business. Along with her team, she gets emotionally invested in their clients' businesses and receives continuing education to provide the best support possible for their clients.



Robbie Leighnibor

Leighton (Robbie) Robinson, Speaker, Leader, and the founder of Leighnibor Academy. Born and raised in Jamaica and now living in Canada. Robbie enjoys being behind a microphone, cracking jokes, and kicking it off on the soccer field

MICHAEL RAY- CHIEF SMILE OFFICER

Visit <https://smileprojectlouisville.com/about/>

Our Next MAIN EVENT



Gratitude and Appreciation Summits International | 2022 Hybrid Event | Date: TBA

Stay connected for more information to come soon!

CALL for speakers for 2022 - Contact Kathy Fester at info@gasummits.ca

Visit www.gasummit.ca for updates and to stay connected
This is an International event! All are welcome - of all ages. Share.

Charities Supported By Our Speakers

Access Youth | Kathy Fester

This event supports the charity Access Youth Outreach Services

Visit accessyouth.org to learn more

www.accessyouth.org

Charity link for donations

https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=UDWEKLN9Q57JA&source=gasummit

Night Shift Ministries | Jeanette Y Martin

Help our street friends with a meal

<https://nightshiftministries.org/donate/>

City Team Chester | Bruce Kirk

<https://cityteam.org/chester/>

Riverbend Foodbank | Randy McNeely

<https://riverbendfoodbank.org/>

ASCPA | Jill Lublin

<https://www.aspc.org/>



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ANNOUNCEMENTS



The ABC's of G.A.S.

The ABC's of G.A.S. series is an opportunity to connect with our guest speakers from our Main Summit events and learn more. Their messages of inspiration and kindness to help us all contribute to our mission of bring Gratitude and Appreciation to the world.

Coming Workshops

Saturday October 16, 2021

10:00-11:00 am PDT

Employee Benefits with Heart w/ Kalina Donald

Saturday November 20, 2021

10:00 - 11:00 am PST

Abundance w/ Randy McNeely

Saturday December 11, 2021

10:00 - 11:00 am PST

Living Life Disabled w/ Laura Ballentyne

Future workshops are regularly posted on our website, www.gasummit.ca

Complimentary registration for all workshops is on our website. Feel free to share with friends, colleagues and family as this series is inspirational.

G.A.S. Store

Check out our store on our website: www.gasummit.ca for some swag.

We have books from our past guests, T-shirts, mugs, stickers.

Let's continue our journey to learning about Gratitude and Appreciation through education and visual cues that can be shared with others.

Make Gratitude A Habit

Thank You To Our 2021 Sponsors

Thankful for your generous support



A Special Thank You



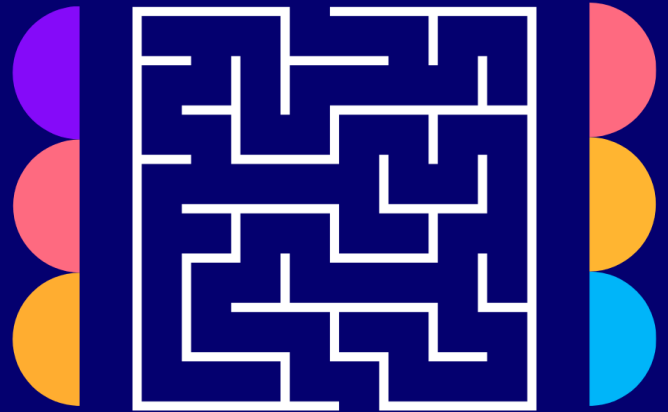
Find the Gratitude and Appreciation Words

J	H	G	I	V	E	Y	P	O
O	T	O	M	A	T	O	L	Y
Y	S	E	L	F	H	J	E	L
I	T	E	P	O	A	N	A	I
O	U	P	P	L	N	I	S	M
N	A	E	U	M	K	E	E	A
H	C	A	R	E	S	E	G	F



GRATITUDE TO ...

START HERE



TO APPRECIATION!



HOW MANY WORDS CAN YOU MAKE USING THE LETTERS IN



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STAY CONNECTED

Check us out on Facebook live; Gratitude and Appreciation Summit,
every Thursday night at 7:15 pm (PDT)
for regular interviews with our past, present & future guests.



[Gratitude and Appreciation Summit](#)



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[Gratitude and Appreciation Summits International](#)

Start Each Day With A Grateful Heart

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