

# EDGE // NEWSLETTER

National Partners



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Nancy MacKay, PhD | Founder & CEO

Greetings! Happy New Year from MacKay CEO Forums!

Please enjoy listening to our 4 new podcasts to kick-start your year of Exponential Change for 2017!

- [David Labistour](#), CEO, MEC - [Keeping up with Consumers](#)
- [Bill Tucker](#), CEO, Omicron - [Innovate by Reducing Complexity](#)
- [Mike Cordoba](#), Partner, Empresario Capital Partners - [Private Equity Brings More than just Capital](#)
- [Tom Shepansky](#), Founding Partner, Rethink - [Why Successful Companies are Thinking "Digital First"](#)

All of our podcasts, a series of 30 minute interviews with leading CEOs and top advisors on topics of interest, are available at [www.theceoedge.ca](http://www.theceoedge.ca).



## Register Now! CEO Summit: Exponential Change on October 3, 2017

*presented by MacKay CEO Forums and MEC  
in partnership with our National and Innovator Partners*

**MacKay CEO Forums** **MEC**

### 2017 CEO Summit on Exponential Change

INSPIRE. INNOVATE. COLLABORATE.

Join us for our inaugural CEO Summit on Oct 3, 2017 in Vancouver, BC. We are bringing together over 450 CEOs, top executives and influencers from across Canada to engage in a full day, high impact peer learning and networking event.

Gain full access to the minds of today's game changing thought leaders on this year's theme - Exponential Change - and explore what it takes for your organization to succeed in the next decade.

Confirmed keynote speakers include:

[Salim Ismail](#), the best-selling author of [Exponential Organizations](#), will share a global perspective on the impact of breakthrough technologies and how organizations can leverage these disruptions to grow 10x faster than their peers. [Rick Hansen](#), best known as the "Man in Motion", has dedicated his life to create a world that is accessible and inclusive to all. Rick's presentation will inspire you to believe that everyone has the ability to make a difference, and that anything is possible if you have the courage to try.

This event will sell out. We have already sold over 330 of 450+ tickets!  
Early bird tickets are available now (\$1500 + GST before March 31, 2017)  
Full priced tickets: \$2000 + GST

To register, contact [Jane Matthews, Director of Member Experience](#)



## New Forum Chair Opportunities

At MacKay CEO Forums, our vision is to populate the world with better leaders and we are currently inspiring over 700 CEOs/Executives across Canada to accelerate their performance. Our BHAG is to become the dominant player in Canada by 2017 (1000+ members) and then begin the global journey to 10,000+ members around the world.

In order to achieve our BHAG, we will continue to add new forums, but we must first identify and partner with new Forum Chairs. Please consider your network and reach out to anyone you think may be interested in this dynamic opportunity.

We are interested in partnering with Forum Chairs in: Toronto/GTA, South Western Ontario, Calgary, Edmonton, and Vancouver/Fraser Valley/Richmond/Surrey.

[Read More](#)

## CEO Leadership Tip



### Discover your Why

Listen to our [CEO Edge Podcast](#) with [Gary Breininger](#), a MacKay CEO Forums Chair leading 4 Forum groups in Toronto. Gary has been helping senior leaders accelerate performance since 1997 by helping clients achieve greater success by being clear and confident when making decisions and taking action regarding where they are now, where they want to go, and how to get there.

In this podcast, Gary explores with us the power of understanding your "why" as a CEO and as an organization. He explains how understanding your "why" gives CEOs and Executives a level of clarity which can be used to achieve the higher levels of success enjoyed by organizations such as Apple, Google, Starbucks and others who are clear about why they really exist.



## 5 Stages of Change

Are you thinking of making a lifestyle change? Making up your mind to add a healthy habit to your routine or change an unhealthy behaviour can be an easy decision, but how ready are you to make that change and ultimately succeed?

Being aware of your level of commitment to a lifestyle change is a powerful tool that can help set you on the path to lasting change. If you're unsure of your level of commitment, start by building a strong support team of family, friends and healthcare providers that have your best interests at heart.

One tool that can help you understand your readiness, is the 5 Stages of Change. Originally developed by researchers Prochaska and DiClemente, The Stages of Change Model was originally developed for smoking cessation. It has since been used in stress management, depression prevention, medication adherence, weight management, addiction treatment and exercise medicine programs.

1. **"I Won't" or "I Can't"** - you have family, friends or your physician encouraging you to make a change but you feel you don't have a problem or, for a variety of reasons, that it's not possible.
2. **"I May"** - you're thinking of making a change within the next 6 months and understand the benefits that the lifestyle change will bring.
3. **"I Will"** - your motivation is strong and you're planning to take action within the next month. You're aware of your barriers and have begun to think of strategies to deal with them.
4. **"I Am"** - you've identified the desired change and you're taking action. You may not be at your desired level, but are building toward your goal.
5. **"I Still Am"** - your desired change has now become a habit. You're doing it automatically (typically for at least a 6-month period) and are confident in your ability to maintain this change.

[Read More](#)

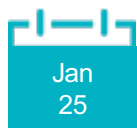
Contributed by [Copeman Healthcare](#)

MacKay CEO Forums is proud to have an Alliance Partnership with Copeman Healthcare in BC & Alberta, and Medisys Executive Health in Eastern Canada. Through this alliance, members enjoy preferred pricing. To find out more, please contact [Jane Matthews, Director of Member Experience](#).

## Events



### Breakfast Events:



Vancouver, 7am-9am  
**Exponential Change: How to be a Game Changer in your Industry**

PANELISTS:

**Rory Armes** Founder & CEO, Eight Solutions

**Geoff Chutter** President & CEO, WhiteWater West Industries Ltd.

**Michelle Grady** SVP Productions, Sony Pictures Imageworks

**Mark Omelaniec** President, Langley Concrete Group



Cambridge ON, 7am-9am  
Exponential Change: How to be a Game  
Changer in your Industry

## PANELISTS:

**Daniel Sonshine** Partner, TorQuest Partners

**Peter Turkstra** CEO, Turkstra Lumber

**John Vavitsas** CEO, CleanMark Group Inc.

**Aneela Zaib** Founder & CEO, emergiTel Inc.



Edmonton, 7am-9am  
Exponential Change: How to be a Game Changer in your Industry

## PANELISTS:

**Don Bialik** CEO, Long View Systems

**Kevin Brady** Director, NFP Canada; Founder, Advica Health

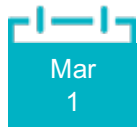
**Chris LaBossiere** CEO, Yardstick Testing & Training

**Larry Shumka** Executive Chairman, SCM Insurance Services

Email [Jane Matthews, Director of Member Experience](#) for information about any of our events.

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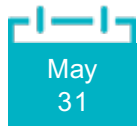
## Upcoming Breakfast Events in 2017 - Save the Dates:



Vancouver, 7am-9am



Toronto, 7am-9am



Vancouver, 7am-9am



Calgary, 7am-9am



Toronto, 7am-9am



SW Ontario, 7am-9am



Vancouver, 7am-9am

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## Upcoming CEO Summits - Save the Dates:



Toronto

Canada's Most Admired Corporate Cultures  
& Canada's Most Admired CEO Summit &  
Awards Gala

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

*Co-hosted with Waterstone Human Capital*



Toronto

Canada's Best Managed Companies  
Symposium & Gala

Visit [www.bestmanagedcompanies.ca](http://www.bestmanagedcompanies.ca) for more information.

*MacKay CEO Forums is proud to be one of the national sponsors for this event.*

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## MacKay CEO Forums' Alliance Partners

MacKay CEO Forums is proud to be a strategic Alliance Partner with each of the following programs:

- [Deloitte's Best Managed Companies program](#) is Canada's leading business awards program, recognizing excellence in private Canadian-owned companies.
- [Waterstone Human Capital's Most Admired Corporate Culture Program](#) is Canada's only program to annually recognize best-in-class Canadian organizations for having cultures that have helped them enhance performance and sustain a competitive advantage.
- [Aon Best Employers program](#) is Canada's most comprehensive and widely recognized assessment of

workplace excellence.

If our members would like any further information on these awards, your Forum Chair will be able to connect you with the correct individual at each organization.

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## CEO & Executive Forums

Mackay CEO Forums accelerates CEO performance through the highest impact, least time-intensive peer groups for results-oriented CEOs and top executives in Canada. If you would like to explore a forum opportunity, or refer someone to us, please contact [Chris Bodnar, VP Membership Growth](#).