



NATIONAL PARTNERS



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Nancy MacKay, PhD | Founder & CEO

Greetings! Happy Holidays from MacKay CEO Forums!

We now have 12 CEO Edge Podcasts available at www.theceoedge.ca, a series of 30 minute interviews with leading CEOs and top advisors on topics of interest.

The CEO Edge Podcasts: The Joy of being an Engaged CEO



This week's CEO Edge Podcast is with [Teryluz Andreu](#), US Engagement Leader for [Aon Hewitt](#).

Teryluz is a Partner in Aon Hewitt's Talent, Rewards & Performance practice based in Chicago and currently leads the Engagement service line for the United States. She has more than 15 years of consulting experience in the areas of engagement, change management, talent management, leadership development, and organizational communication. She specializes in complex, multi-country projects for large companies undergoing major business transformation and HR strategy and program implementation.



Congratulations to the following Aon Best Employers Winners!

Please join me in congratulating the following MacKay CEO Forums member companies who have recently been recognized as an Aon Best Employer!

- Brookfield Residential Properties Inc.
- BlueShore Financial
- Cossette Communications Inc.
- LGM Financial Services Inc.
- Purdy's Chocolatier

Mackay CEO Forums is proud to be a strategic Alliance Partner with Aon Hewitt. [Aon's Best Employers](#) program is Canada's most comprehensive and widely recognized assessment of workplace excellence.

If you would like any further information about this program, please contact your Forum Chair or [Jane Matthews, Director of Member Experience](#).

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*



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 300 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](#)



INNOVATOR PARTNERS



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



Mistakes CEO Make when Managing Change

Listen to our [CEO Edge Podcast](#) with [Sue Matheson](#), a MacKay CEO Forums Chair leading 6 Forum groups in Vancouver. Sue has worked for the past 20 years in the area of Managing Change through building leadership competency and changing how leaders think about the process of implementing change.

In this podcast, Sue shares her experiences around best practices, and the mistakes commonly made, during change.

CEO Health Tip



5 Strategies to Help Slow Down the Aging Process

As we age, we become increasingly vulnerable to cancer, infection and autoimmune disease.

Because of our declining ability to mount an aggressive immune response, and an increase in mistakes in our immune function towards the end of our life span, we are much more prone to dying from pneumonia or influenza over the age of 65.

So why does one person remain vigorous into his 80s and another dwindles at 70? How can we protect ourselves against premature aging? Here are some proven strategies:

1. Exercise. The immune system of habitually active adults is stronger than their sedentary counterparts.
2. Eat well and avoid obesity as it produces a state of chronic inflammation in the body.
3. Take care of your teeth to avoid chronic gum infection and associated inflammation.

4. Reduce chronic stress. Immunize yourself wisely against life-threatening infections.
5. Work with a healthcare team at Copeman Healthcare to develop a healthy lifestyle that will keep your immune system strong.

[Read More](#)

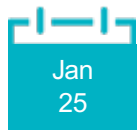
Contributed by Dr. Cathy Harvey, Family Physician, [Copeman Healthcare](#)

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:

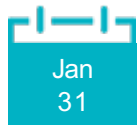


Vancouver, 7am-9am
Exponential Change: How to be a Game Changer in your Industry

PANELISTS:

Rory Armes Founder & CEO, Eight Solutions
Geoff Chutter President & CEO, WhiteWater West Industries Ltd.
Michelle Grady SVP Productions, Image Works
Mark Omelaniec President, Langley Concrete Group

[Email Nancy for details](#)



South Western 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.

[Email Nancy for details](#)

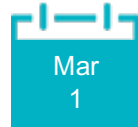


Edmonton, 7am-9am
Exponential Change: How to be a Game Changer in your Industry

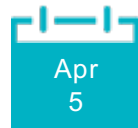
PANELISTS:

[Email Nancy for details](#)

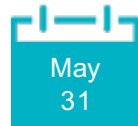
Upcoming Breakfast Events in 2017 - Save the Dates:



Vancouver, 7am-9am



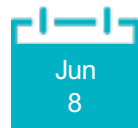
Toronto, 7am-9am



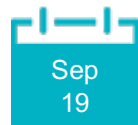
Vancouver, 7am-9am



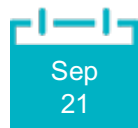
Calgary, 7am-9am



Toronto, 7am-9am



SW Ontario, 7am-9am



Vancouver, 7am-9am

Upcoming CEO Summits - Save the Dates:



Mar
2
2017

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

Visit www.canadasmostadmired.com for more information.

Co-hosted with Waterstone Human Capital



Toronto
Canada's Best Managed Companies
Symposium & Gala

Visit www.bestmanagedcompanies.ca for more information.

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

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.

Welcome to our newest Forum Chair

[Bob Langlois](#), Toronto ON - With over 25 years as an entrepreneur and leader in the professional services sector, Bob has fine-tuned an acumen for identifying and executing ideas for improvement, and increasing value for CEOs, partners and other stakeholders. Bob has participated in the acquisition and disposition of businesses as an owner and fully understands and appreciates the skills and resources required to grow, manage and profitability exit.

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 [Nancy](#).