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Nancy MacKay, PhD | Founder & CEO

Exponential Change Podcasts

November 1st is the official launch of our year on the theme of Exponential Change, with breakfast events and podcasts all centered around this topic.

In our new CEO Edge podcast series, [Nancy MacKay](#) interviews CEOs of leading companies to discuss exponential change in their industry, and how they are each leading change. We invite you to listen to the following four 30 minute podcasts:

Eric Berke, TorQuest Partners - [Exponential Growth](#)

Chris Nedelmann, Copeman Healthcare - [How to Optimize Executive Health](#)

Paul Hollands, A&W Foods Canada Inc - [Strategy](#)

John Nicola, Nicola Wealth Management - [Mistakes Wealthy People Make](#)

All of our podcasts are now available on www.theceoedge.ca

Save the Date: October 3, 2017 for our CEO Summit on Exponential Change

presented by MacKay CEO Forums and MEC

Join us for our inaugural CEO Summit on Oct 3, 2017 in Vancouver, BC. We are bringing together over 300 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 speaker is [Salim Ismail](#), the best-selling author of [Exponential Organizations](#), who 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.

This event will sell out. 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

In partnership with our National and 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 650 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



CEO Vulnerability

[Listen](#) to our podcast with [Dr. Tara Cree](#), a leadership development specialist who has extensive experience in coaching CEOs about CEO vulnerability. Tara has developed the [Vulnerability Quiz](#) to help CEOs and Executive rate their level of vulnerability. Listen to the interview with Nancy MacKay to learn how this impacts your leadership.

[Dr. Tara Cree](#) is a Forum Chair for MacKay CEO Forums in Vancouver BC .

CEO Health Tip



Natural Tips to Drive Better Quality Sleep

Melatonin is known as the sleep hormone because its key role is to initiate and maintain restful sleep. It is regulated by light which means when it's dark your body produces more melatonin - getting your body ready for sleep. When it's light, production of melatonin drops, preparing your body to wake up.

As we age, natural melatonin levels slowly drop. Some older adults make very small amounts. Exposure to blue light in the evening such as those from electronic devices, too little light during the day, jet lag and poor vision, can disrupt your body's normal melatonin cycle. Other factors that may affect melatonin production include alcohol, caffeine, stress and physical activity before bed.

Natural solutions to boost your melatonin production

1. Increase your daylight exposure, particularly in the morning. Try to take time out of your busy schedule to go for a walk. Daytime exercise and natural light exposure will promote regular and higher melatonin secretion at night time.
2. Develop a regular sleep schedule and get to bed early. Late nights can alter melatonin production making you drowsy during the day but alert in the evening. During the summer months this may be difficult due to the extended daylight. Melatonin production is increased by darkness, so you may want to consider using black out curtains or blinds in your bedroom.
3. Turn off all electronics a couple of hours prior to your targeted bedtime.

4. Find constructive ways to deal with your stress. Stress causes your cortisol levels to rise, which combats the actions of melatonin.
5. If you suspect that physical activity within 2 hours of bedtime might be affecting your sleep, try moving it to another time in the day.
6. Avoid caffeine and alcohol before bedtime and ensure you're eating a balanced diet. Nutrient deficiencies have been shown to modify your melatonin production

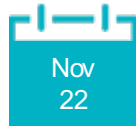
Contributed by [Copeman Healthcare](#)

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 an Industry Transformer

PANELISTS:

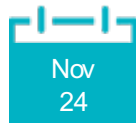
Eric Berke Co-Founder & Managing Partner, TorQuest Partners

Kathy Kinloch President, BCIT

Jean-Pierre LeBlanc Co-Founder, Saje Natural Wellness

Bill Tucker CEO, Omicron Canada Inc.

[Email Nancy for details](#)



Toronto, 7am-9am

Exponential Change: How to be an Industry Transformer

PANELISTS:

Gary McMullen President & Founder, Muskoka Brewery

Tracey Ramsay General Manager, General Medicine, Established Products and Consumer Healthcare, Sanofi Canada

David Safran Former CEO, Kissner Group

Terry Stuart Chief Innovation Officer, Deloitte Canada

[Email Nancy for details](#)

Upcoming Breakfast Events in 2017 - Save the Dates:



Jan
25

Vancouver, 7am-9am



South Western ON, 7am-9am



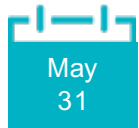
Edmonton, 7am-9am



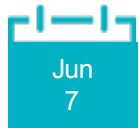
Vancouver, 7am-9am



Toronto, 7am-9am



Vancouver, 7am-9am



Calgary, 7am-9am



Toronto, 7am-9am



South Western ON, 7am-9am



Vancouver, 7am-9am

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 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

[Mike Joseph](#), Calgary AB - Mike is a big picture individual who loves connecting with people. Working with CEO's and executive teams to develop short and long-term strategy, he has a broad network of contacts in and out of multiple industries- both local and international. Over the past 20 years, Mike has built, owned and operated over 25 hospitality-related businesses. His expertise lies in mid-size entrepreneurial firms with a focus on growth, leadership and building world class cultures.

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](#).