

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

Balancing Act: Managing Focus, Time, & Capacity

Do you ever feel like you have too many tabs open... in your head? What if the way you're used to working is actually working against you?

In this engaging session, Habit Coach & Consultant Valentina Kibedi challenges commonly held assumptions about productivity and offers a compelling call to action for a better way forward.

This session invites critical self-reflection, personal growth, and will leave you with practical tips and takeaways to help you manage your time, focus, and capacity—changing the way you work for good.

YOU'LL LEARN...

- How today's "default mode" of working might be harming you (and your team)
- The most important keystone habit you need to implement
- A lesser-known tactic for staying on track and getting past mental blocks throughout the day

Presenter: Valentina Kibedi, Director of Services at Laridae, consultant, coach, and facilitator supporting purpose-driven professionals to build focus, clarity, and momentum. With an experimental mindset and a passion for habit-building, Valentina helps others find more fulfillment in their work and life.

Free for Seniors Active Living Centres and OACAO Members staff, older adult members & volunteers
Please register in advance: <https://oacao.wildapricot.org/event-6132568>

Participation can be done **Virtually (with live multilingual captioning)** or by **Telephone**



For more information, contact
OACAO 905-584-8125 or
Toll Free 1-866-835-7693 or
email info@oacao.org

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Est. 1973

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years of service