

# Ignite: Fuel Your Why 2026



PRESENTED BY

Laurie McIntosh. & Raia “Coach” Carey



SERIES SESSIONS

Date	Time
March 14, 2026	8:00 AM - 4:00 PM



LOCATION

Sandman Signature (formerly Lethbridge Lodge) - 320 Scenic Dr S

FEE

**\$250.00**

QUESTIONS?

Contact Us:

[403-381-5580](tel:403-381-5580)

REGISTER ONLINE

Visit our website to register:

[south.aplc.ca](https://south.aplc.ca)

## Learning Opportunity

AGENDA:

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## Saturday, Mar 14, 2026

8:00 AM - 9:00 AM	Doors Open, Registration, Snacks & Refreshments
9:00 AM - 9:30 AM	Opening Remarks - Land Acknowledgment & Blessing
9:30 AM - 10:30 AM	KEYNOTE - Laurie McIntosh
10:30 AM - 10:45 AM	Break & Door Prizes
10:45 AM - 11:30 AM	KEYNOTE Resumes - Laurie McIntosh
11:30 AM - 1:15 PM	Lunch Break With White Buffalo Singers & Door Prizes
1:30 PM - 3:30 PM	KEYNOTE - Raia "Coach" Carey
3:30 PM - 4:00 PM	Survey, Networking & Door Prizes

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### Presenters

#### Laurie McIntosh.

Some of the best lessons are taught in the moments between literacy and numeracy. This golden Storyteller, light bringer, and dreamer Laurie McIntosh is a Mama, teacher and author who uses her own personal trauma and triumph to forge new paths and build community connections. As a mental health warrior and advocate, a woman who has experienced loss and abuse and as well as a believer in the process of healing journeys for all, she can speak to parents (especially fellow mamas!), community members and teachers alike.

With the stories she held writing *Teachers These Days* with Dr. Jody Carrington and her two appearances on *The Ellen DeGeneres Show*, Laurie strives to bring all humans together in a community and to define and exemplify what connection and community truly mean. Golden moments based on kindness, connection, and community are the moments Laurie lives for. With compassion and thoughtfulness, Laurie has an incredible way of acknowledging the accomplishments of those around her and in her community and affirms them as they journey on their paths, cheering them on as they use connection and relationships to revolutionize their lives.

### Raia "Coach" Carey

Coach Carey is a captivating motivational speaker, inspiring corporate wellness and meditation facilitator, and the EDI lead at Canada's largest children's hospital. In every role, she is dedicated to helping her clients, from individuals to corporations, access their untapped brilliance.

Her words and work have reached boardrooms, international stages, and global brands. She has served as a corporate wellness facilitator for notable companies like Google, TD, Loyalty One, and WealthSimple. She's spoken to audiences of thousands and is one of Canada's best public speakers.

With every opportunity, positive impact is Coach Carey's greatest metric for success.

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## Registration Notes

SNACKS, LUNCH, AND REFRESHMENTS PROVIDED

VENDORS, DOOR PRIZES, AND EXCLUSIVE SWAG BAGS

\*DOORS OPEN AT 8:00, SPEAKERS COMMENCE AT 9:00



Supporting every educator  
in every classroom