



OCTOBER

MENTAL HEALTH WEEK

Oct. 7, 2024 \rightarrow Oct. 20, 2024

CYBERSECURITY MONTH

Oct. 1, 2024 \rightarrow Oct. 31, 2024

INTERNATIONAL DAY OF OLDER PERSONS

PERSONS Oct. 1, 2024

WORLD MENTAL HEALTH DAY

Oct. 10, 2024

WORLD FOOD DAY

Oct. 16, 2024



MENTAL HEALTH WEEK

Oct 7, $2024 \rightarrow 0ct 20, 2024$

Mental health is defined as a person's state of psychological balance and well-being at any given time. Being mentally healthy allows us to reach our full potential, cope with the normal stresses of life and contribute to our community. Protecting and maintaining our mental health is perhaps the greatest challenge of our modern societies.



THROUGH AN AWARENESS CONFERENCE, A TRAINING SESSION
ALLOWING YOU TO BECOME AN ALLY OF A PERSON IN
DIFFICULTY, OR THE DEVELOPMENT OF A SUPPORT PROGRAM FOR
YOUR TEAMS, OUR SPEAKERS ARE AT YOUR DISPOSAL:

CONFERENCES:



CARL HONORÉ

FINDING YOUR INNER TORTOISE AND ITS BENEFITS ON MENTAL HEALTH



JULIAN GIACOMELLI

EMBODIED LEADERSHIP - GIVE LIFE TO YOUR PERSON IN ITS GLOBALITY



KAROLINA WISNIEWSKA

REACHING BEYOND SUMMITS: DRAWING INSPIRATION FROM PARALYMPIC EXCELLENCE FOR DAILY PERFORMANCE



MÉLISSA CANSELIET

BALANCE IN THE HYPERCONNECTED ERA: MANAGING YOUR DIGITAL WELL-BEING



SARAH BRISSON-LEGAULT

THE ART OF 'TOGETHERNESS': ELEVATING PERFORMANCE



SYLVIA BRÉGER

DEALING WITH A TOXIC PERSONALITY - PSYCHOPATHS IN SUITS AND TIES



STÉPHANE GRENIER

YAN MARTIN

MENTAL HEALTH IN THE WORKPLACE - A NEW WAY TO TACKLE AN OLD PROBLEM HUMANIZATION OF CARE: EMPLOYEE WELL-BEING IS KEY WHY WE SHOULD ALL GET NAKED: THE POWER OF REVEALING YOUR TRUE SELF AND THE MAGIC OF STEPPING OUTSIDE YOUR COMFORT ZONE

EXPERIENCES:



CATH LAPORTE

EXPERIENTIAL LAB | IMMERSIVE WELLNESS EXPERIENCES



CYNDI MARTIN

CONFERENCE-EXPERIENCE | FIND BALANCE IN A CHANGING WORLD



CYBERSECURITY MONTH

Oct. 1, 2024 → Oct. 31, 2024

Cybercriminals spend their days trying to trick us into giving away our personal information, tampering with our devices and even stealing our identities.

This issue, while true for individuals, is obviously very important in our businesses.



LEARN HOW TO SPOT PHISHING MESSAGES AND TAKE SIMPLE STEPS TO PROTECT YOURSELF AT A UNIQUE CONFERENCE COMBINING MAGIC, MENTALISM AND CYBER SECURITY WITH JULIEN LABIGNE:

CONFERENCE:



MÉLISSA CANSELIET

HUMAN ERROR IN CYBERSECURITY: UNDERSTAND FOR ENHANCED PROTECTION

CONFERENCE - ILLUSIONIST SHOW:



JULIEN LABIGNE

MENTAL HACKING : ARE HACKERS 3.0 MENTALISTS ?



INTERNATIONAL DAY OF OLDER PERSONS

Oct. 1, 2024

Between 2015 and 2050, the proportion of the world's population aged 60 and over will nearly double, from 12% to 22%.

Prevalence data, based on a survey of 83,034 people in 57 countries, revealed that one in two people had moderately or strongly ageist attitudes (i.e., guided by stereotypes and prejudices).



CARL HONORÉ, AN INTERNATIONAL EXPERT ON THE SUBJECT, HELPS YOU CHANGE PERCEPTIONS.

HE EXPLAINS HOW OLDER WORKERS CAN BE A BOON IN EVERY SECTOR AND WHY THE FUTURE BELONGS TO COMPANIES THAT EMBRACE MULTI-GENERATIONAL WORK PRACTICES:

CONFERENCE:





WORLD MENTAL HEALTH DAY

Oct. 10, 2024

Through an awareness conference, a training session allowing you to become an ally of a person in difficulty, or the development of a support program for your teams.



OUR EXPERTS ARE AT YOUR DISPOSAL:

CONFERENCES:



AXEL ALLETRU

NO HARD FEELINGS LIFE: STORY OF A PARAPLEGIC CHAMPION



JULIAN GIACOMELLI

FROM WORDS TO ACTIONS: PERSONAL BALANCE AND HEALTH OF FIRE FOR AMBITIOUS LEADERS



MÉLISSA CANSELIET

BALANCE IN THE HYPERCONNECTED ERA: MANAGING YOUR DIGITAL WELL-BEING





CATH LAPORTE

IMMERSIVE WELLNESS EXPERIENCES



SYLVIA BRÉGER

IDENTIFYING HARASSERS AND MIND GAMES



STÉPHANE GRENIER

HUMANIZATION OF CARE: EMPLOYEE WELL-BEING IS KEY



YAN MARTIN

WHY WE SHOULD ALL GET NAKED: THE POWER OF REVEALING YOUR TRUE SELF AND STEPPING OUTSIDE YOUR COMFORT ZONE

CONFERENCE-EXPERIENCE:



CYNDIN MARTIN

FIND BALANCE IN A CHANGING WORLD



WORLD FOOD DAY

Oct. 16, 2024

To fight against food waste every October 16th, the Food and Agriculture Organization of the United Nations celebrates World Food Day.



ORGANIZE A CONFERENCE OR A TEAM-BUILDING ON HEALTHY EATING:

TEAM-BUILDING:



DOM COOKS

MASTERCLASS AND CULINARY TEAM-BUILDING, TO YOUR TASTE!



JESSICA HARNOIS

WINE-CHEESE TASTING / TEAM BUILDING WITH THE VIN MYSTÈRE GAME

CONFERENCE:



NIKOLAS BADMINTON

THE FUTURE OF AGRICULTURE AND AGRI-FOOD



ORGANIZE CONVERSATIONS WITH OUR EXPERTS ON THE SUBJECT, AND/OR LET OUR TALENTS ANIMATE YOUR EXCHANGES ON THIS THEME DURING A PODCAST, AN INTERVIEW OR A PANEL.



YOU WANT TO KNOW MORE AND SHARE YOUR THOUGHTS WITH US?

Book a meeting with our team who will be happy to develop a customized program designed to meet your needs.

Book a moment



www.adn-conferenciers.com