



**IAAP Ottawa West AP Day Seminar
Submitted by Melanie Moore for the May 2008 Edition of Ottawa
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The Voyageur in You: Take Your Career to a New Frontier

On April 22nd, the Ottawa West Chapter of the International Association of Administrative Professionals hosted this exciting seminar in conjunction with Administrative Professionals Week.

With approximately 30 attendees, chapter members and non-members alike had a variety of options to get involved in this *Forward Moving* event.

Bob Abrames, real life voyageur, not only spoke about snapshots from his own personal journey, but also touched on the journeys and adventures we all go through both personally and professionally, during his interesting delivery of *The Voyageur in You!* This 2005 expedition became a television series entitled *Destination Nor'Ouest*. During Bob's presentation, we were able to think about our own adventures, where we're going in life and what it's going to take to get us to our ultimate destination. Those in attendance were blown away by his fire-making demonstration and had the opportunity to be adventurous and try his "Pease & Grease", a food staple during his voyages. Here are a few examples of what participants had to say about Bob's motivational and emerging presentation in our evaluation forms: "100% more than what I was expecting", "great storyteller", "I could have listened to him all day!".

Can a Voyageur be a Couch Potato? Three business coaches shared their thoughts on the subject and took a variety of questions from the audience about career advancement, earning more and reaching their true potential, as well as learning about recognition in the workplace. Panelists included Lynne Jacob, from MLJ Coaching, Pauling Fleming from Pro-Active Possibilities, and Vicki Townson from Partners in Transition.

During the lunch break, participants had the opportunity to browse through the many trade show booths, tempting both professional and personal tastes.

Anita Caputo gave the afternoon presentation entitled *Navigating Your Career to New Frontiers*. She is the author of *Promote Yourself* and co-author of *Learn to Bounce*, as well as being a member of the Canadian Association of Professional Speakers. Participants were left considering how to move through obstacles in their careers and personal lives to get to where they want to be, and in using this knowledge during their own path to success. Attendees particularly enjoyed the interactive hands-on activities during the talk. Positive feedback from Anita's presentation included "enjoyable, well-spoken, intuitive", "great ideas to think about and action to take", "good communicator and came across as very sincere".

Throughout the day, many door prizes were distributed and included items from speakers, trade show participants, as well as sponsors and supporters of our event.

On behalf of the coordinators, I'd like to take this opportunity to thank our sponsors, volunteers, and supporters including our own chapter, speakers and coaches, whom without their dedication this event might not have been so successful. Special thanks to Danielle Graham for getting the event off the ground and seeing it through while covering every last little detail, to Lianna McQuirter and Judy Skoczylas for putting together the testimonials, and to the Heritage Institute Perth Campus – Office Administration – Executive Program for the table decorations.