



Participant Directory

September 2022 - March 2023



Allison Field

Field Communications

allison@fieldcommunications.ca

Allison provides funding proposal, business plan and feasibility study consulting services to small and medium sized businesses, typically in the transportation, agricultural and energy sectors.



Bridget Turner

Lead From Here

bridget@leadfromhere.ca

Lead from Here is a people service that inspires and transforms how leadership is understood, appreciated and actioned. They identify, develop and expand your influence to achieve your desired leadership potential. Through one- on-one consulting, workshops, on-site training, and custom leadership plans for individuals or teams, they use your unique skills, experience, and values so that you can lead from here.



Ashleigh Mattern

Vireo Creative

ashleigh@vireocreative.ca

Vireo Creative is a web design and marketing firm based in Saskatoon, Sask. They value building long-lasting relationships with their clients and celebrating their successes as their own.



Candice Woods

Red Jacket Supply Co. Inc.

candice@redjacketsupply.com

Red Jacket Supply Co. is a distributor of organically based biostimulants for soil and water treatment. Their products provide solutions to the agriculture, energy, mining, wastewater, horticulture and sports & leisure industries.



Ashley Drummond

Wow Factor Media

ashley.drummond@wowfactormedia.ca

Wow Factor Media is Saskatchewan's leading digital marketing company. Their award-winning team of marketing professionals, strategists, content creators and graphic designers help Western Canadian businesses and organizations grow and achieve industry leading brand strength online with strategic social media marketing.



Corliss Rassyle

Corliss Co Consulting Inc.

itsme@corliss.ca

Corliss Rassyle is a Canadian inspirational speaker, a certified Success Principles Coach, Dare to Lead trainer, podcast host of Conversations With Corliss, best-selling author, and the Founder and CEO of Corliss Co. Consulting Inc. Through her company, Corliss helps women break through the barriers that hold them back from leading all aspects of their lives.



Destinee Peter

Tangles Hair & Beauty Salon
dess_787@hotmail.com

Tangles Hair & Beauty Salon is a full-service salon with a talented team of experienced stylists and technicians. They serve men, women and children in their always warm, welcoming salon. Their main goal is to make their clients feel more beautiful in the skin they're in.



Katelyn Sebastian

Driftstone Consulting Inc.
katelyn@driftstoneconsulting.ca

Driftstone Consulting is a consulting firm offering structural engineering and project management for residential, commercial, agricultural, and industrial buildings. Their team includes experienced Professional Engineers and Project Management Professionals. They consult in new construction, renovations, additions, and disaster remediation. They also offer inspections, assessments, and field services.



Denise Leduc

Living Sky Yoga & Fitness, Lilac Arch Press
livingskyyoga_fitness@hotmail.com

Living Sky Yoga & Fitness is a small business bringing yoga & fitness classes for all bodies and all abilities. Both in-person and virtual classes are offered. Lilac Arch press is a new publisher focusing on books that promote health, wellbeing and joy.



Keri Schwebius

Ellevate Executive Coaching
keri.schwebius@gmail.com

As a certified executive coach, Keri supports women to gain confidence and enhance their leadership skills. Ellevate provides leadership coaching, leadership development, EQi 2.0 Assessments and facilitation.



Dr. Yvonne (Harrison) Cafik

Board Checkup, Self-Assessment Software Services Inc.
boardcheckup@comcast.net

Board Checkup, Self-Assessment Software Services Inc. helps boards of directors of all kinds increase performance and impact through the practice of performance assessment.



Lara Schroeder

Spark Solutions
lara@sparkplay.ca

Spark Solutions is a management consulting and facilitation firm that helps sport organizations to deliver better sport by strengthening governance and programming and developing strategies to respond to complex organizational needs. Spark Solutions also works with organizations outside of sport to bring play and fun to strategic planning, team building, meeting facilitation, and stakeholder engagement.



Laura Orimoloye

Laura's Delights

laura.orimoloye@gmail.com

Laura's Delights is a food, cakes and pastries business located in the city of Regina Sk.



Marg Romanow

Future Focus Mediation & Consulting

mpromanow@sasktel.net

Future Focus Mediation and Consulting provides mediation services to reduce conflict in family and workplace situations. Marg is a Qualified Mediator and Qualified Arbitrator and has been approved to be on the Minister of Justice List of Qualified Mediators.



Lisa Mumm

Mumm's Sprouting Seeds

lisa@sprouting.com

Mumm's Sprouting Seeds supplies certified organic seed for growing sprouts and microgreens.



Maureen Saretsky

Golden Eden Produce

maureensaretsky@gmail.com

Golden Eden Produce is an agricultural greenhouse that grows pesticide free tomatoes, cucumbers and peppers for distribution through several grocery chains and specialty grocers throughout Saskatchewan.



Louise Stuart

Lake & Country Realty Ltd.

louisestuart@littleloon.ca

Lake Country Realty Ltd. Is a Real Estate Company that focuses on recreational and rural properties.



Michelle Brass

Michelle Brass Wellness

michellebrass@outlook.com

Michelle is a speaker, writer, and health and wellness coach deeply committed to the health and well-being of Indigenous peoples and communities. Her work is focused on the areas of Indigenous food sovereignty, Indigenous health and wellness, personal healing and transformation, and community well-being.



Peggy Hlushko

Once Upon a Child

peggy.hlushko@gmail.com

Once Upon a Child is a children's resale store where they buy and sell from their customers. They focus on recycling and money saving for families and are a sustainable company. OUAC is a franchise, but each store is locally owned and operated.



Yvonne Slobodian

Jolly's Medical & Athletic Supplies Ltd.

yvonne@jollysmedical.ca

Jolly's Medical & Athletic Supplies has been a locally owned family business in Regina for over 100 years. They are a niche market retail supply store in the areas of home health care products and athletic bracing and supplies. They pride themselves on their knowledgeable staff and their exceptional customer service.



Shantal Allan

Shop The KAOS

shopthekaos@gmail.com

Established in 2018, KAOS is an independent online store based out of Regina Saskatchewan. They carry women's apparel and accessories from sizes XS-4XL. They are also approved to Trademark out name and brand their own pieces.



Tristina Miller

Prairie Orchid Media

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Prairie Orchid Media offers a full range of services, from website development to graphic design, to assist you in developing and refining all your company strategies in a visual form.