



CAROL RING **Integrated Life**TM

Most Requested Presentations

We are quick to imagine the worst, but slow to imagine the best

Who Should Attend?

- ◆ Women in Business
- ◆ Entrepreneurs
- ◆ Human Resource Managers
- ◆ Leaders
- ◆ Executives

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Leadership that Has a Life

Strategies to create the life you value

Today, we are frequently caught up in the minutia of life. We need to look at the big picture, understand our core values and intrinsic value, and creatively blend a meaningful life.

Learn how to:

- ◆ Fit in the big picture
- ◆ Use Boomerang ThinkTM to create a larger vision
- ◆ Use new techniques to move your career and business to another level
- ◆ Have both a career and a life

Empowering Value Alignment

How to integrate life around the things that matter most

When you make your values a priority you prioritize your life around those things that make you most happy. Working and living in alignment provides you the opportunity to add value in your life.

Learn how to:

- ◆ Find your true values
- ◆ Say “No” to the meaningless
- ◆ Use Talent ThinkTM to leverage your strengths, and those around you
- ◆ Create unstoppable energy and passion

Exterminate the Time Eaters

How to achieve the most with the time you have

Our frenetic “do all – be all” life of “shoulds” creates stress, unhappiness and overwhelm. The quest for control through “balance” too frequently focuses on choosing between two valuable alternatives, instead of integrating the valuable alternatives into a whole life.

Learn how to:

- ◆ Create overlapped solutions when no solutions are apparent
- ◆ Simultaneously pursue multiple alternatives
- ◆ Implement better solutions at lower cost
- ◆ Prick the balance bubble

Carol Ring is an Expert on **Integrated Life**TM

What is Integrated LifeTM?

It is experiencing a unified physical, mental and spiritual life formed by braiding personal talent and creative thinking around core values. It creates a life that matters.

CAROL RING

Integrated Life™

About Carol Ring

Carol Ring has more than 24 years of experience in retail, manufacturing and telecommunications, and is currently the Regional President for Rogers Cable in the Greater Toronto Area. Her strong management skills and customer service focus are the result of her past experience and of many years with Rogers, where she rose through the ranks from Controller, to her current position.

Prior to joining Rogers, Ms. Ring was the Assistant Controller for Ultramar Gas & Oil's London division and then for McKeough Sons, a wholesale plumbing firm with five divisions in Southern Ontario. She also worked as Controller for Erie and Huron Beverages, a franchise bottler for Coca-Cola.

Ms. Ring joined Rogers as the Cornwall Division Controller in 1988. In the mid 90's Rogers made several major acquisitions, promoting Carol through several progressive management positions to the position of Vice-President and General Manager, Rogers Ottawa by 1996. In 2004 she was promoted to her current position in the GTA.

Ms. Ring is a Past President of the Board of Governors for Certified Management Accountants of Ontario, and served on the National Board of CMA Canada. She is a past Chair of the Greater Ottawa Chamber of Commerce and served on the board of the Royal Ottawa Health Care Group. She currently serves on the board of Merry-Go-Round and is a member of Canadian Women in Communications. Ms. Ring was recently recognized by her peers and awarded the Fellow of the Society of Management Accountants. This prestigious national designation is awarded to CMA's for their excellency in management accounting, commitment to CMA Canada and demonstrated civic mindedness.

In her climb through the organization, Carol maintained a successful and busy community and family life. Carol has walked in the shoes that others are currently walking in and does it in a fun, daring and holistic manner. Those who come to know her continually ask, "How do you do it all?"

Through her program of Integrated Life,™ Carol integrates a high performance career with her personal values, building a life that matters.

As a speaker today, her clients include business, entrepreneur and leadership conferences. Through her presentations and seminars, she empowers audiences to integrate their values with their personal and professional lives.

Carol is a co-author of *Awakening the Workplace Volume 2*. She is also finishing her book on creativity, imagination and problem solving titled *Who Hid My Crayons?*

Testimonials

"You broke the mould. You got 1,500 accountants, academics and family members to stand up and cheer. I am still reminded about the impact your speech had on our convocation!"

David Hipgrave, President SMAO

"You challenged us to think about Chambers of Commerce in a new and exciting way, and to deliver the services our businesses expect. I knew I needed you to share that inspiration with all my Ontario peers!"

Keitha Robson, Timmins Chamber of Commerce

"Carol's information is delivered in everyday terms making it informative and enjoyable to all her audience. I do not hesitate to recommend Carol as a keynote speaker—she's great!"

Marcia Barhydt, Willowtree

Quick Facts About Carol Ring

- ◆ More than 24 years of experience in retail manufacturing and telecommunications
- ◆ President of the largest cable system in Canada
- ◆ Significant experience in operational integration
- ◆ Recognized as a Fellow of the Society of Management Accountants
- ◆ Frequent speaker at organizations, business awards functions and convocations

