

**ZONE 4 EXECUTIVE  
2019 - 2021**

**Representative to the  
Board**

*Todd Coles*

**Chair**

*Evan Read, Dipl.M.M.,  
AMP*

**Past Chair**

*Christopher Harris*

**Vice Chair**

*Tara Lajevardi*

**Secretary - Treasurer**

VACANT

**Zone Directors**

*Becky Jamieson, AMP*

*Victoria Stefaniak*

For detailed zone  
information go to

[www.amcto.com](http://www.amcto.com)

**AGENDA – Workshop & Zone 4 Spring Meeting**  
**ZOOM Virtual Meeting**

**\*Link to be sent to all registrants in advance of meeting date\***

**Friday, April 30, 2021**

9:00 – 9:05	Welcome from the Chair
9:05 – 9:10	Presenting Sponsor – Realtax Presented by: Jeff Oberman
9:10 – 9:40	AMCTO Updates
9:40 – 10:00	Zone Business <ul style="list-style-type: none"> <li>• Approval of Minutes from the Fall 2020 Meeting</li> <li>• Spring Financial Report</li> <li>• Results of the Zone Executive Election for 2021-2023 Term</li> </ul>
10:00 – 10:50	<b>WORKSHOP – Practicing Wellness and Managing Stress During the Challenging Times of COVID...and Beyond!</b> Presented by: Michael Lewis, Michael Lewis Training.  This has been a <b>very</b> stressful year. It has been hard on individuals, families, organizations, businesses, non-profits, and communities.  Numerous surveys released throughout the past year have revealed just how impactful this pandemic has been on the mental health of Canadians of all ages.  With all the ongoing uncertainty, anxiety, and work/life pressures, it can all add up to be challenging and tough on you personally, but even much harder when you juggling a busy and responsibility-laden career.  In this positive and upbeat session, we'll look at practical solutions and smart ways to minimize stress and offer lots of good tips on providing self-care and investing in wellness.
<b>10:50 – 11:00</b>	<b>Break</b>

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11:00 – 11:55

**Municipal Zoning Orders (MZOs) 101**  
Presented by: Lee English, Senior Associate, BLG

Municipal Zoning Orders have become a very familiar name lately, but what are they and why are they so controversial? This session will help to explain exactly what the purpose of an MZO is, and why they have attracted so much attention on Council agendas and in GTA media.

11:55 – 12:00

Adjournment

**Thank you to our Presenting Sponsor:**



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