

anything
is
possible

Fall Seminar



with Special Guest

Elizabeth Manley



Elizabeth Manley is a two-time Olympian and Olympic silver medalist in figure skating who has distinguished herself in a career spanning 40 years, competing in both amateur and professional circuits. She gained global prominence with her 1988 Olympic silver medal and Olympic Freestyle Champion title in Calgary, additionally participating in six World Championships and winning three National Titles.

After her sports career, Manley became a leading mental health advocate in Canada, using her experiences with anxiety and depression in her role as a Certified Life/Executive Coach. For over 30 years, she has collaborated with numerous corporations and organizations, focusing on well-being and success.

Manley's involvement with the Cancer Foundation Courage Campaign Presidents' Advisory Circle and the Canadian Mental Health Association highlights her commitment to healthcare. She has educated over 700 schools on mental health, bullying, and teen suicide.

Her contributions have earned her awards like the Builders Award from United Way and the Inspiration Award from the Royal Ottawa. Manley has also been honored with inductions into various sports halls of fame and the Order of Canada for her contributions to sport, advocacy, and Canadian society.

adult seminar -

Friday Sept 13—Greenfoot Energy Center 8—10pm

Skaters Seminar

Saturday Sept 14 —Greenfoot Energy Center 2:00—7:30pm

GROUP A *Star 1-4 skaters*

2:00 - 2:30 Meet and Greet with Liz

Skates on

2:45- 3:45 ON ICE

skates off

4:00 - 4:30 Social Media workshop

4:30 - 5:00 Off Ice Warm Up class

skates on

5:15 - 6:00 ON ICE

skates off

6:10 - 6:45 Mental Training

6:45 - 7:30 Wrap up / autographs / pictures

GROUP B *Star 5+*

2:00 - 2:30 Meet and Greet with Liz

2:30 - 3:30 Social Media Workshop

3:30 - 4:00 *Off ice warm up on own and skates on*

4:00 - 5:00 ON ICE

skates off

5:10 - 5:50 Mental Training

skates on

6:00 - 6:35 ON ICE

skates off

6:45 - 7:30 Wrap up / autographs / pictures

REGISTRATION Opens August 26th at Halifaxskatingclub.com

Please ensure 2024-2025 Skate Canada fee is paid to your home club before attending