

work. learn. play.

Vol. 01 2024



important dates

Feb 14: Valentine's Day; **Clariti turns 10!**

Feb 17: Random Act of Kindness Day

Feb 19: Family Day

Mar 29: Good Friday

Mar 31: Easter

Apr 1: Easter Monday



Celebrate Kindness Week: Feb 11th to 18th

What happens to our bodies when we're kind?

- Kindness reduces stress, increases stamina, and stabilizes our mood through the stimulation of serotonin.
- Dr. David Hamilton, a "kindness scientist", claims that practicing acts of kindness helps release a hormone known as oxytocin, which protects the heart by reducing blood pressure.
- People who are naturally kind have 23% less cortisol, the stress hormone.
- In a research study, 50% of the participants reported that they felt stronger and more energetic after helping people.
- Performing an act of kindness triggers elevated levels of dopamine in the brain producing a natural high referred to as 'helper's high'.

Simply put, being kind makes us happy!

We're 10!

We simply cannot believe that ten years has flown by since we launched Clariti! As Marc Anthony said, "When you love what you do, you'll never work a day in your life". And we're grateful that we get to do it with folks like you!

Stay tuned for 10th year anniversary celebrations coming in April!

Cheers,

Kevin & Tara

Winterlude 2024



Winterlude is the can't-miss winter event in Canada's Capital Region! From now until **February 19**, Ottawa and Gatineau will be bustling with a host of indoor and outdoor activities that showcase Indigenous culture, Canadian diversity and significant anniversaries. Whether you enjoy the outdoors or prefer to take in a show or exhibit, Winterlude has you covered with more than 200 activities. www.canada.ca

10 Best Reasons to Get

Outside this Winter

- You need fresh air
- Get a dose of Vitamin D
- Get moving
- Boost metabolism
- Reduce stress
- Improve your mood
- Sharpen your thinking
- Increase energy
- Inspire your family and friends
- Connect with your community

Looking for a fun little getaway close to Ottawa? Here are [3 easy winter hikes](#) near Ottawa with a few touristy things to do in the area.

Winter Markets

Landsdowne Indoor Market, Sundays through Apr 28, Landsdowne, ottawafarmersmarket.ca

SilknSuds Valentines Day Craft Market, Feb 4, 175 Third Ave, eventbrite.ca

613flea- Landsdowne, Feb 10, 24, Mar 9, 23, <https://www.613flea.ca/>

Metcalfe Market-Mar 30th, Greely Community Centre, <https://metcalfefm.com/>



Get Moving!

- [Diefenbunker Winter Carnival](#), Feb 17
- [Pibòn Winter Festival](#), to Feb 19
- [Beavertails Ottawa Ice Dragonboat Festival](#), Feb 9-10
- [Canadian Ski Marathon](#), Feb 9-11
- [Capital Bachata Festival](#), Feb 9-11
- [Embrace Winter Run](#), Feb 18
- [Mayor's Family Day Skating Party](#), Feb 19
- [Landsdowne Park Skating Court](#), To Mar 31
- [Rink of Dreams](#), to Mar 31
- [Forest Skate Trails](#), weather dependent
- [Sledding hill locations](#)
- [Arbraska Ziplining](#)

play

Shiverfest: Feb 2-3, Manotick, manotickca.org

F2F Tour Ottawa: Feb 9-11, Gatineau. <https://f2ftour.com/f2f-tour-weekends/>

POPX, Popular Culture Expo: Feb 10-11, Lansdowne, <https://popxhq.com>

Ottawa Multicultural Bazaar: Feb 17-18, Nepean Sportsplex, www.facebook.com

Big Bang Festival: Feb 17-18, National Arts Centre, nac-cna.ca

Salon du Livre du Outaouais: Feb 22-25, Gatineau, <https://slo.qc.ca/le-salon-du-livre/>

Ottawa Boat and Outdoor Show: Feb 22-25, EY Centre, <http://www.ottawaboatshow.ca/>

Gatineau Beerfest: Feb 29-Mar 2, festibiere.ca

Gatineau-Ottawa Bicycle Show: Mar 1-3, Palais des Congrès de Gatineau, <https://salonduvelo.com>

Seedy Saturday Ottawa: Mar 2, Emmanuel United Church, <https://justfood.ca>

Ottawa Valley Farm Show: Mar 12-14, EY Centre, <https://ottawafarmshow.com>

Ottawa Wedding Show: Mar 16-17, EY Centre, <https://ottawaweddingshow.ca/>

Ottawa Nostalgia & Collectible Show: Mar 17, Nepean Sportsplex, <http://www.antique-shows.ca>

Ottawa Home & Garden Show: Mar 21-24, EY Centre, <https://www.ottawahomeshow.com>

watch / listen



Professional Women's Hockey League (PWHL): To Apr 30, TD Place, ottawa.thepwhl.com

Ottawa StoryTellers' Signature Series: Feb 25, Arts Court, ottawastorytellers.ca

Unikkaatuarniq: Snowscreen by the Asinabka Festival: Feb 2-3, Lansdowne. asinabka

Hip Hop Theatre Festival: To Feb 10, National Arts Centre. nac-cna.ca

Undercurrents: Feb 7-17, Arts Court, undercurrentsfestival.ca

Chamberfest Concert Series: Feb 13, Carleton-Dominion Chalmers Centre

The Music of The Lord of the Rings: Feb 24-25, Carleton-Dominion Chalmers Centre

Disney On Ice presents Into The Magic: Mar 7-10, canadantirecentre.com

International Film Festival Ottawa, Mar Mar 13-24, iffo.ca

Harlem Globetrotters: Mar 19, canadantirecentre.com

Révolution en tournée, Mar 20-24, Théâtre du Casino Lac-Leamy, casinos.lotoquebec.com

HRPA (view & register for all events [here](#))

- **Appreciation, Recognition and The Employee Experience**
Feb 7, online, free
- **Transformative Recruitment Practices**
Feb 13-15, \$1,785
- **Diversity and Inclusion Certificate Program**
Feb 21-23, \$1,785
- **The Law on Human Rights-Mediation as an Intervention**
Feb 21, \$350 for Members | \$450 for Non - Members
- **Ottawa & District: IN-PERSON Legal Updates and Hot Topics in Human Resource Law**
Feb 22, HRPA Members: Free | Non-Members: \$35 + tax
- **Breaking the Silence: HR's Toolkit for Addressing Gender Based Violence**
Feb 22, Free for Members | \$35 for Non - Members
- **Mental Health Certificate for HR Professionals**
Feb 27-Mar 21, \$1,785
- **HRPA's Quarterly Legal Updates Q2**
Mar 27, \$50 Members | \$65 Non-Members

learn



mix & mingle

- **Algonquin College Career Networking Fair:** Feb 13, From \$267.58. Register [here](#).
- **Spotlight Networking Ottawa:** Feb 15, Ottawa Downtown, \$10-\$35, Register [here](#).
- **StrikeUP Watch Party for Women Entrepreneurs at ADAWE:** Feb 29, Free, Register [here](#).
- **International Conference on Education, Business, Humanities and Social Sciences:** Lord Elgin, Feb 28-29. Register [here](#).

clariti
group inc.

Clariti Group works with individuals and employers in the areas of career transition, leadership & team development, knowledge capture & transfer, workplace investigations & restoration, and general HR consulting.

Our mission is simple: to help individuals and teams achieve

clearly **great** careers.

and

clearly **great** workplaces.

www.claritigroup.ca

613.656.2010

info@claritigroup.ca