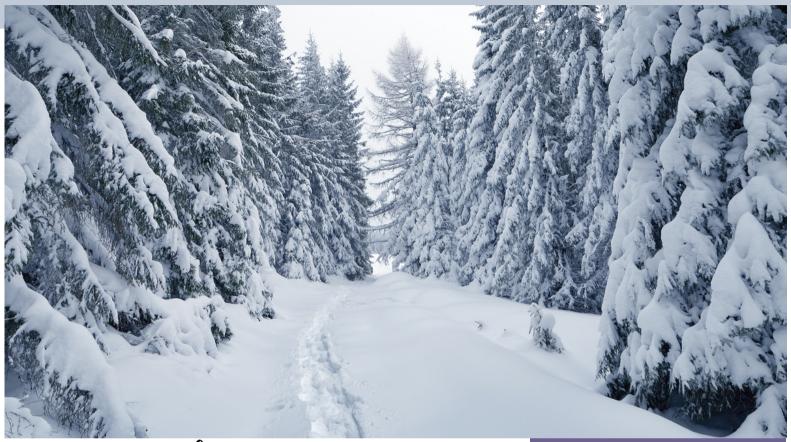
# work. learn. play.

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've 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 & Tava

#### 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 that 200 activities.

## 10 Best Reasons to Get

#### Outside this Winter

You need fresh air

www.canada.ca

- 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 <u>3 easy winter hikes</u> near Ottawa with a few touristy things to do in the area.

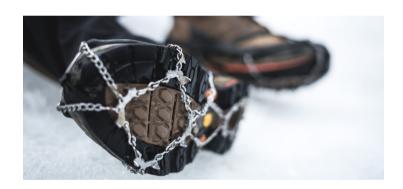
## Winter Markets

**Landsdowne Indoor Market,** Sundays through Apr 28, Landsdowne, <u>ottawafarmersmarket.ca</u>

**SilknSuds Valentines Day Craft Market,** Feb 4, 175 Third Ave, <u>eventbrite.ca</u>

**613flea-** Landsdowne, Feb 10, 24, Mar 9, 23 <a href="https://www.613flea.ca/">https://www.613flea.ca/</a>

**Metcalfe Market-**Mar 30th, Greely Community Centre <a href="https://metcalfefm.com/">https://metcalfefm.com/</a>



## Get Moving!

- Diefenbunker Winter Carnival, Feb 17
- Pibòn Winter Festival, to Feb 19
- <u>Beavertails Ottawa Ice Dragonboat Festival</u>, 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

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

**F2F Tour Ottawa:** Feb 9-11, Gatineau. <a href="https://f2ftour.com/f2f-tour-weekends/">https://f2ftour.com/f2f-tour-weekends/</a> **POPX, Popular Culture Expo:** Feb 10-11, Landsdowne, <a href="https://popxhq.com">https://popxhq.com</a>

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

**Big Bang Festival:** Feb 17-18, National Arts Centre, <u>nac-cna.ca</u>

**Salon du Livre du Outaouais:** Feb 22-25, Gatineau, <a href="https://slo.qc.ca/le-salon-du-livre/">https://slo.qc.ca/le-salon-du-livre/</a> **Ottawa Boat and Outdoor Show:** Feb 22-25, EY Centre, <a href="http://www.ottawaboatshow.ca/">https://www.ottawaboatshow.ca/</a>

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, <a href="https://justfood.ca">https://justfood.ca</a> **Ottawa Valley Farm Show:** Mar 12-14, EY Centre, <a href="https://ottawafarmshow.com">https://ottawafarmshow.com</a> **Ottawa Wedding Show:** Mar 16-17, EY Centre, <a href="https://ottawaweddingshow.ca/">https://ottawaweddingshow.ca/</a>

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

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





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. <u>asinabka</u>

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

**Undercurrents**: Feb 7-17, Arts Court, <u>undercurrentsfestival.ca</u>

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, <u>canadiantirecentre.com</u>

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

Harlem Globetrotters: Mar 19, canadiantirecentre.com

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

play

• 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



- Algonquin College Career Networking Fair: Feb 13, From \$267.58. Register <u>here</u>.
- Spotlight Networking Ottawa: Feb 15, Ottawa Downtown, \$10-\$35, Register here.
- StrikeUP Watch Party for Women
   Entrepreneurs at ADAAWE: Feb 29, Free,
   Register <u>here</u>.
- International Conference on Education, Business, Humanities and Social Sciences: Lord Elgin, Feb 28-29. Register







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.

clearly great workplaces.

www.claritigroup.ca 613.656.2010 info@claritigroup.ca