

Monday, December 2, 2024

HRC Small Business Growth Series- CRA Tax Support for Corporations

Date and Time: Monday, December 2 7:00 pm - 9:00 pm

Address: Virtual

Experience the Small Business Growth Series hosted by the Humber River Centre, where each session is guided by industry professionals committed to delivering practical and relevant content to help support your business at any stage of growth.

This two-hour webinar is led by a CRA Liaison Officer and is designed for individuals/students who are thinking of starting their own business or who are already in business as a **corporation**.

You will learn:

- Answers to your general tax-related concerns
- Explain common tax errors and demonstrate how to use financial benchmarking
- Provide information on various tools and services offered by the CRA
- Explain general bookkeeping concepts and best practices

[Register Here](#)

While these events are free, pre-registration is required, and space is limited.

Tuesday, December 3, 2024

The Orangeville and Area SBEC Presents: Intellectual Property

Date and Time: Tuesday, December 3 9:00 am - 10:30 am

Address: 200 Lakeview Court, Upper Level, Orangeville, ON

Hosted by a representative of Intellectual Property Ontario (IPON), this session will cover intellectual property (IP) supports and resources available to small business owners. IP is an intangible asset that is critical for any business owner wanting to scale and compete in today's global market. This workshop will provide an excellent opportunity to speak directly to an IPON representative and to ask any questions concerning trademarks, patents, and copyrights.

HRC Small Business Growth Series- Understanding and Preventing Burnout: A Workshop for Entrepreneurs

Date and Time: Thursday, December 5 8:30 am - 10:00 am

Address: 28 Ann Street, Bolton Ontario L7E 1B9. In the Humber River Centre (2nd floor)

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Burnout, characterized by profound mental, emotional, and physical exhaustion following prolonged work-related stress, is a significant concern, especially for entrepreneurs. This workshop hosted by Award Winning Mental Health Advocate, Burnout Survivor and Serial Entrepreneur Iman Grewal, is designed to illuminate strategies for burnout prevention tailored to the unique challenges faced by entrepreneurs.

Research indicates that entrepreneurs, driven by passion and facing constant uncertainty, are particularly vulnerable to burnout. Learning to recognize its warning signs and symptoms early is crucial, as untreated burnout not only jeopardizes business success but also impacts personal health and overall life satisfaction.

In this workshop, we will delve into the top six signs and symptoms of burnout specific to entrepreneurs. The hope is that participants will gain practical techniques to effectively manage stress, maintain work-life balance, and cultivate resilience centered on self-compassion and self-love. Don't wait until burnout takes its toll – equip yourself with the knowledge and skills to protect your well-being and optimize your entrepreneurial journey. **YOU ARE WORTH IT!**

Speaker Bio:

Iman Grewal is a multi – passionate, multi hyphenate Artist, Curator, Serial Entrepreneur, Mental Health Advocate, Educator and Yoga and Meditation Practitioner. A self-proclaimed burnout survival expert, Iman has dedicated the last decade of her career to mental health advocacy and promotion to help fight the stigma related to mental illness so more folks struggling with the most important piece of our wellness, our mental health, can reach out for help and no longer suffer alone. Before transitioning into the world of wellness and entrepreneurship, Iman pursued a successful career as a professional dancer that led to international opportunities performing on some of the world's biggest stages like the World Economic Forum in Davos, Switzerland. A passionate Curator at heart, Iman soon transitioned into the world of Event Production at the world's largest film festival, TIFF, where she was also appointed as the first South Asian Film Programmer in the history of the festival.

Along with her position as an Entrepreneurship Coach at the Canadian Mental Health Association, Iman is also a Facilitator for the Women's + Entrepreneurship Program at RISE, a national charity organization dedicated to empowering people with mental health and substance use challenges to achieve greater social and economic inclusion through entrepreneurship.

“Without mental health, there is no health.”

[Register Here](#)

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<https://calendar.caledonbusiness.ca>