

Edition No. 11 August 2021

MEMBER PROFILE

VK PRODUCTIONS



Vicky moved here from Calgary in 2004, she worked with the Chamber as the Trade show coordinator in 2007 and worked in the office assisting the Executive Director. VK Productions was opened in 2012, as an event coordinator and Vicky became a certified coach in 2015. VK Productions offers one on one business, life and mindset coaching, consulting/training on business, social media (Facebook and LinkedIn), and marketing strategy. Website hosting/domain registration, WordPress design, E-commerce shops (woo-commerce cart), monthly site maintenance, Mailchimp set-up and management.

What's New? Vicky is currently offering 60-minute group training to your team, focusing on goal setting, social media (including a profile audit to attendees) and communications, specifically reducing conflicts created with poor communication habits in person, email, and phone. These trainings will be delivered via Zoom and Chamber members will receive a 50% discount. The purpose is to give business owners an opportunity to see the positive benefits of offering this to employees. Call Vicky for more information.

What does the future hold for VK Productions? Vicky is currently working on designing a group coaching program and will be looking for beta testers to help her refine her coaching to deliver great results.

Vicky is a 1st year director of the Chamber and is excited to contribute to its continued success and growth.

Websites: Coaching site www.vickyknee.com
Consulting site www.vkproductions.com
social media: Facebook www.facebook.com/VickyKneeHelps
LinkedIn profile www.linkedin.com/in/vickyknee/

To book a call: www.calendly.com/vicky
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ParticipACTION Names Grand Falls-Windsor Newfoundland and Labrador's Most Active Community

The Honourable Steve Crocker, Minister of Tourism, Culture, Arts and Recreation, today congratulated the Town of Grand Falls-Windsor for being named Newfoundland and Labrador's Most Active Community through the ParticipACTION Community Better Challenge.



The town will receive \$15,000 towards local physical activity initiatives. The award, supported in part by the Provincial Government, is part of the ParticipACTION 'Community Better Challenge', a national physical activity initiative that encouraged Canadians to get active throughout the month of June in search of 'Canada's Most Active Community'.

The 2021 Community Better Challenge encouraged communities to get outside and get active together, even if only virtually. This year, in addition to the \$100,000 prize awarded to Canada's Most Active Community, ParticipACTION in partnership with provinces and territories, provided one community in each of the remaining 12 provinces and territories with an additional prize in support of local physical activity initiatives.

More than 2.5 million physical activity minutes were tracked by the Town of Grand Falls-Windsor, which helped it stand out amongst a crowded field of competitors to become Newfoundland and Labrador's most active community.

Quotes

"The 2021 ParticipACTION Community Better Challenge was an exciting initiative, which motivated and encouraged residents of all ages in Newfoundland and Labrador to be active throughout the month of June. The challenge reinforced the positive impact that physical activity can have in building active, healthy individuals and communities. Congratulations to the Town of Grand Falls-Windsor on being named Newfoundland and Labrador's most active community. Congratulations also to residents throughout the province who participated in this initiative and supported improving their own health by being active and engaged in their communities."

Honourable Steve Crocker
Minister of Tourism, Culture, Arts and Recreation

"Congratulations to the Town of Grand Falls-Windsor for becoming Newfoundland and Labrador's most active community in 2021. Your dedication and commitment to supporting physical activity as a community is an inspiration to Canadians across the country. We hope this year's Challenge provides motivation for all of us to make physical activity a part of our daily lives, so we can continue to enjoy the many physical and mental health benefits it provides."

Kristopher Spurrell MHA
President & Owner

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