

# REAL Xchange

## UPCOMING INNOVATION FORUM:

# BEST PRACTICES FOR ENGAGING VIRTUAL MEETINGS IN THE WORKPLACE



Join us as *Cynthia Lockrey*,  
with special guest *Jeff Elliott*,  
host a **FREE** session on navigating  
the world of remote work through  
effective virtual meetings.



WSG

Cynthia Lockrey is a university instructor, corporate trainer and conference speaker skilled at breaking down communication tasks into understandable pieces. She has authored e-books on communication skills, and both professional and personal development.



Jeff Elliott is a rising star on the Canadian comedy scene. He is also a freelance writer, a commercial actor and can be heard on XM Satellite Radio. Jeff's undeniable talent brings light and laughter to today's issues.

*Wednesday*  
*February 10, 2021*  
*1:00PM – 1:45PM EST*

COMMUNITY LIVING  
Essex County  
*Inspiring Possibilities*

**REGISTER**  
**NOW!**