

## Tuesday, August 12, 2025

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### SBEC Shelburne Satellite Office

Date and Time: Tuesday, August 12 1:00 pm - 4:00 pm

Address: Mel Lloyd Centre, 167 Centre Street, Entrance E Shelburne, ON L9V 3R8

Every second and fourth Tuesday of each month from 1 to 4 p.m., the Orangeville and Area Small Business Enterprise Centre (SBEC) is open at its satellite location at the Mel Lloyd Centre in Shelburne. Business owners are invited to drop by to get help with their start-up or expansion questions.

Walk-ins are welcome, however appointments are recommended. To book an appointment, please contact Mark Jamieson, Co-ordinator of the Orangeville and Area SBEC at [mjamieson@orangeville.ca](mailto:mjamieson@orangeville.ca), 519-941-0440 Ext. 2270 or via cell phone at 519-942-6334.

## Tuesday, August 26, 2025

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### Time on Purpose: Reclaim Your Day

Date and Time: Tuesday, August 26 12:00 pm - 1:00 pm

Address: Virtual

Time is the one resource we can't make more of. However, how we manage our time and energy can completely change how we work, lead, and feel. In this practical and engaging workshop, Tara will challenge your idea about time, identify some of the biggest time and energy wasters, and explore simple, proven strategies to help you work smarter. You'll leave with real-world tips to prioritize what matters, reduce burnout, and rediscover the energy you need to move your business forward.

**By the end of this session, participants will be able to:**

- Reflect on and challenge their current beliefs and habits around time and energy management.
- Identify key time and energy wasters that impact productivity and well-being.
- Apply simple, proven strategies to manage time more effectively and work smarter.
- Prioritize tasks and activities that align with their goals and values.
- Implement techniques to reduce burnout and increase sustained energy in their day-to-day work.

[Register Here](#)

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<https://calendar.orangeville.ca>