

FOR IMMEDIATE RELEASE

March 19, 2025

## MEDIA RELEASE



### **Fireside Chat: From the Field to the Boardroom – Leadership, Resilience & Mental Health** **An Exclusive Evening of Insight & Inspiration with Business and Sports Leaders**

Nanaimo, BC – The Canadian Home Builders' Association Vancouver Island (CHBA-VI) and the Greater Nanaimo Chamber of Commerce are proud to present an exclusive fireside chat event: **“From the Field to the Boardroom: Lessons in Leadership, Resilience & Mental Health”** on **April 2, 2025, from 5:00 PM to 8:00 PM at the Nanaimo Golf Club (2800 Highland Blvd).**

A key focus of the discussion will be **men’s mental health**, an often-overlooked but critical topic in both athletics and business leadership. The conversation will break down stigma, share personal experiences, and emphasize the importance of **mental resilience in high-performance environments**.

This thought-provoking evening will feature an engaging panel discussion with **Warren McCarty, Shawn Arabsky, and CFL Legend Andrew Harris**, as they delve into the powerful parallels between sports and business. From leadership under pressure to teamwork, resilience, and strategic thinking, attendees will gain valuable insights from the experiences of these accomplished professionals.

“This event is an incredible opportunity for our business and building communities to come together and gain insights from leaders who have excelled under pressure,” said **Kerriann Coady, CEO of the Canadian Home Builders’ Association Vancouver Island**. “Whether you’re in construction, real estate, or running a business, the lessons in leadership, resilience, and mental health from this discussion will resonate deeply.”

The fireside chat is tailored for **Nanaimo’s business leaders, entrepreneurs, builders, developers, and real estate professionals**, offering not just expert insights but also a chance to network with industry peers. The evening will also showcase the leadership behind the **VI Raiders**, a team that continues to foster community pride and development.

“We’re thrilled to partner with CHBA-VI for this important event,” said **Corry Gervais, CEO of the Greater Nanaimo Chamber of Commerce**. “By bringing together leaders from both sports and business, we’re opening up conversations that matter—conversations about success, resilience, and the often-unspoken challenges of mental health. This is an evening that will leave a lasting impact.”

**Tickets include dinner and access to this exclusive conversation.** Seating is limited, so early registration is encouraged.

**Event Details:**

**Date:** April 2, 2024

**Time:** 5:00 PM – 8:00 PM

**Location:** Nanaimo Golf Club (2800 Highland Blvd)

**Dinner included**

For more information and to register, visit <https://members.chbavi.com/eventcalendar>

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Andrew Harris is available for interview.

Please contact Kimberly Plumley at [admin@nanaimochamber.bc.ca](mailto:admin@nanaimochamber.bc.ca) / 756-1191 ext 1

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**About the Greater Nanaimo Chamber of Commerce:**

The **Greater Nanaimo Chamber of Commerce** is dedicated to supporting and advocating for local businesses by fostering **economic growth, community collaboration, and business excellence**. Through networking events, policy advocacy, and business support programs, the Chamber plays a vital role in strengthening Nanaimo’s economic landscape.