

# WORKSHOP HIGHLIGHTS

## Women in Leadership Two (2) Day Seminar Highlights:

15th & 16th May, 2019 / Facilitator: Mrs. Joel-Ann Cook-Walcott, Human Resource Generalist

*"Be courageous and take risk. Every risk that you take will not pan out as you intended, but understand, that your rise to the top will not be linear. It's not like a ladder that goes straight up to the C-Suite. The route is likely to resemble a winding road on a steep mountain."*

- Anna-Maria Garcia-Brooks, General Manager, Human Resources, Republic Bank Limited

So began IBF's first annual "Women in Leadership" Seminar held on 15th and 16th May, 2019 at the Hilton Trinidad and Conference Centre. The event opened with a panel discussion on "Personal Mastery" by powerful female leaders in the industry who shared their individual experiences and lessons learnt over the course of their successful careers. The panel included:

- **Anna-Maria Garcia-Brooks**, General Manager Human Resources, Republic Bank Limited
- **Gretchen Camacho-Mohammed**, Managing Director, RBC Royal Bank (Trinidad and Tobago) Limited
- **Nicole De Freitas**, General Manager, Operations, First Citizens
- **Lisa-Maria Alexander**, Chief Marketing Officer, JMMB Group Trinidad & Tobago Limited

Other impactful quotes from the panelists are highlighted below:

"Education is a powerful tool and it is important to support causes that empower others to realize their full potential. Through education we contribute to creating a thriving and prosperous economy, which makes our country a better place to live, work and raise our families."

- Gretchen Camacho-Mohammed

"The fastest way to learn to swim is to dive right in and try with all your might to stay afloat – never pass up an opportunity, don't be afraid, take a chance on you."

- Nicole De Freitas

Topics covered included:

- Understanding Your Leadership Role as a Woman
- Creating 'Your Lady Leader' Brand
- Developing a Winning Environment
- Understanding strategies to optimize performance
- Managing Change
- Building & maintaining a productive and engaging work environment

The workshop achieved an overall feedback with 100% of participants indicating that they would be able to effectively apply this learning to their specific workplace role and task.



Anna-Maria Garcia-Brooks,  
General Manager,  
Human Resources,  
Republic Bank Limited



Gretchen Camacho-Mohammed,  
Managing Director,  
RBC Royal Bank  
(Trinidad and Tobago) Limited



Nicole De Freitas,  
General Manager - Operations,  
First Citizens



L - R: Mrs. Joel-Ann Cook-Walcott, Facilitator, Mrs. Anna-Maria Garcia-Brooks,  
Mrs. Gretchen Camacho-Mohammed, Mrs. Nicole De Freitas, (Guest Speakers)  
and Ms. Marsha John, IBF CEO



On day two (2)  
Lisa-Maria Alexander,  
Chief Marketing Officer,  
JMMB Group (Trinidad and  
Tobago) Limited presented on  
the subject "Engaging  
Stakeholders for Success"  
and shared her success  
stories regarding engagement  
throughout her career.



Group shot of Attendees

## IBF First & Second Quarter Training Workshops:

IBF also conducted the following workshops in the 1st and 2nd quarters:

- **Debt Recovery**  
13th March, 2019  
Facilitator: Mr. Andre Falby, Credit Management Consultant
- **Anti-Money Laundering (AML)/Combating the Financing of Terrorism (CFT) Updates for 2019**  
Bank of Baroda (Trinidad and Tobago) Limited  
20th and 21st March, 2019  
Facilitator: Ms. Keshma Maharaj, Compliance Practitioner
- **Anti-Money Laundering (AML)/Combating the Financing of Terrorism (CFT) Updates for 2019**  
27th March, 2019  
Facilitator: Ms. Candice R. Huggins, Attorney-at-Law / Compliance Practitioner
- **Creating Customer Connections: 10 Skills to Perfect Service Delivery**  
25th and 26th April, 2019  
Facilitator: Mrs. Joel-Ann Cook-Walcott, Human Resource Generalist
- **Emotional Intelligence: Engaging the Generations**  
RBC Royal Bank (Trinidad and Tobago) Limited  
7th May, 2019  
Facilitator: Mrs. Joel-Ann Cook-Walcott, Human Resource Generalist
- **Presentation Skills**  
Central Bank of Trinidad and Tobago  
9th May, 2019 and 28th May, 2019  
Facilitator: Mr. Ramon Gregorio, Managing Director/Principal Consultant,  
Lucent Research Limited