



Pitch Your Vision Cohort 2026

INSIDE THIS ISSUE

- 2nd Quarter Highlights
- Meet AWEC's Learning Coaches
- Membership Program
- Pitch Your Vision Competition 2026
- Save the Date: 2026 Expo
- 3rd Quarter 2026 Upcoming Events
- Connect with Us

As we welcome the third quarter of the year, the AWEC community is filled with gratitude for the incredible momentum we continue to build. The second quarter reinforced our commitment to empowering women entrepreneurs through meaningful connections and practical learning opportunities.

A highlight of the quarter was the launch of Year 2 of the AWEC Pitch Your Vision Competition, featuring a new group of inspiring women entrepreneurs. Their passion and innovation embody the program's goal of empowering women to pursue their business ideas. We are excited to support each participant as they advance toward the Grand Finals.

And as we enter the third quarter, preparations are now underway for the Second Annual Kingston Women Entrepreneurs' Expo, where we will once again celebrate women-owned businesses through networking, education, business showcases, and community engagement. Building on the success of last year's event, this year's Expo promises even more opportunities for women entrepreneurs to connect with customers, partners, and fellow business leaders.

Thank you to our members, volunteers, partners, and supporters for believing in our mission. Your dedication inspires us and makes every milestone possible. Together, we are creating opportunities for women entrepreneurs to succeed. I encourage you to stay connected, join our upcoming events, and support each other. Great things are ahead, and we look forward to celebrating more successes together in the months ahead.



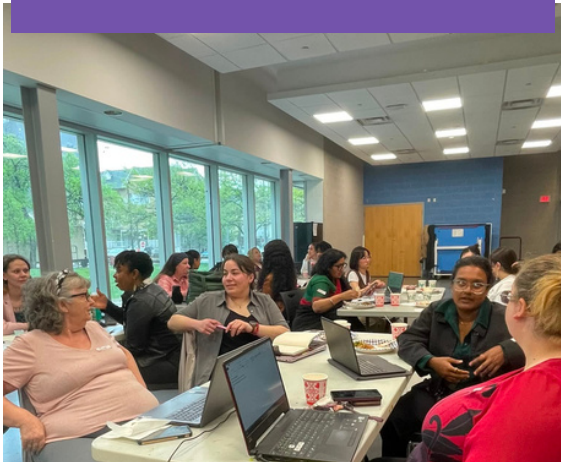
Lev 😊

Lev Eleazar Calang
Founder | Board of Directors
AWEC Canada

HIGHLIGHTS

PITCH YOUR VISION 2026 OPENING BOOTCAMP

The Pitch Your Vision Competition 2026 opening bootcamp welcomed this year's cohort of female founders from KFL&A and the GTA.



HIGHLIGHTS

LUNCH + LEARN TORONTO

Our Lunch + Learn at Toronto City Hall featured speakers, Berin Arian and Noha Fazili. This event brought together AWEC members, volunteers, and the local community to learn about healthy diet and the basics of bookkeeping.



HIGHLIGHTS

ENTERPRISE BRIDGE COMMUNITY CONNECTION

AWEC participated in the Enterprise Bridge Community Connection panel discussion at TMU's Global Migration Institute/Bridging Divides Office. AWEC's founder, Lev Calang, was one of the panel speakers.



LEARNING COACHES

Meet the AWEC Masterclass Coaches



Noha Fazili, MBA

Noha Fazili has over eight years of finance experience and currently works in Wealth Management at RBC. With a background shaped by her upbringing in a conflict-affected region, she is passionate about promoting financial literacy and empowering women entrepreneurs.

Noha specializes in financial literacy, personal and business financial management, wealth building, budgeting and cash flow management, investment fundamentals, financial planning, and building long-term financial confidence for entrepreneurs and professionals. She is committed to equipping participants with practical financial knowledge and strategies that support sustainable business growth and personal financial success.

Noha also mentors high school girls in Canada and in her hometown, guided by her belief that education is the foundation of long-term empowerment and lasting change. She holds an MBA from Queen's University, Canada, and is a Certified Chartered Accountant.

LEARNING COACHES

Meet the AWEC Masterclass Coaches



Mirey Karavetian, PhD, RD

Founder of **BiohackRD.ca, Virtual Diet Clinic**

Dr. Mirey Karavetian is a Registered Dietitian with a PhD from Maastricht University and over 20 years of experience. She began her career as a primary healthcare professional, advancing into clinical research across international and Canadian institutions—including the University of Toronto, Princess Margaret Cancer Centre, Toronto Metropolitan University, and University of Calgary, among others.

Her work blends implementation science and patient co-design to deliver evidence-based, practical, and scalable solutions.

She founded BiohackRD.ca, a science-driven lifestyle platform focused on optimizing metabolic health and supporting long-term wellness across the life stages.

Her mission is to bridge clinical science, digital health, and real-world care to extend healthspan and improve quality of life.

LEARNING COACHES

Meet the AWEC Masterclass Coaches



Berin Arikan, RD

Berin Arikan is a Registered Dietitian with over five years of experience in clinical and public-health nutrition. She holds a Master of Public Health (MPH) in Nutrition and Dietetics from the University of Toronto and a Bachelor of Applied Science (BASc) in Nutrition and Food (minor in Psychology) from Toronto Metropolitan University.

Her professional background spans research, clinical practice, and community engagement, including roles with Carespace Health + Wellness, the Ontario Dietitians in Public Health Anti-Racism Initiative, and the University of Toronto Exercise and Nutrition Laboratory. She empowers newcomer communities through holistic, weight-neutral nutrition care that honours cultural traditions, strengthens community resilience, and bridges evidence-based practice with compassion and cultural understanding.

Specialties:

- Culturally Sensitive & Faith-Inclusive Nutrition
- Holistic & Weight-Neutral Care
- Neuroaffirming Practice
- Anti-Inflammatory & Heart-Healthy Diets
- Diabetes & Metabolic Health
- Trauma-Informed & Family-Centered Counselling
- Food Literacy, Menu Planning & Community Nutrition
- Equity-Driven Public Health & Research-Based Practice

Languages: English, Turkish

LEARNING COACHES

Meet the AWEC Masterclass Coaches



Matt Hawksley

Matt Hawksley is an entrepreneur, professional coach, the co-author of *Freshly Brewed Coaching: Crafting a Bold New You*. He is an organizational reinvention strategist with over 20 years of experience building businesses, developing leaders, and creating measurable impact.

As founder of Leadogo Inc., Matt works with entrepreneurs and organizations at the intersection of leadership, innovation, and business performance - helping people move from idea to action and build something that lasts. His reinvention performance system of diagnose, develop, apply, reinforce, and demonstrate gives businesses a practical foundation for sustainable growth. Beyond Canada, he mentors African entrepreneurs through the EJobs4All program, having reached over 3,500 entrepreneurs in Ghana across four cohorts in partnership with CEDI Ghana and Queen's University.

With an MBA from the University of Missouri, a Master's in Innovation & Entrepreneurship from Queen's University, and coaching credentials from iPEC, Matt brings both the strategic tools and the human insight that entrepreneurs need to build a strong, resilient business.

LEARNING COACHES

Meet the AWEC Masterclass Coaches



Jeffrey Lund, MBA

As a Certified Life Coach, Entrepreneurial Mindset Trainer, Instructional Program Consultant, and Angelic Healing Practitioner, Jeffrey Lund empowers individuals, teams, and organizations to reach their highest potential.

With more than 20 years of experience in coaching, consulting, and program development, he specializes in cultivating entrepreneurial thinking and guiding transformative growth.

Rooted in a strong foundation in business operations and leadership, he helps others discover deeper fulfillment, strengthen collaboration, and communicate with clarity and purpose—driving sustainable growth and lasting success.

Jeffrey leads sessions on entrepreneurial mindset development, leadership and personal growth, goal setting and accountability, effective communication, sales and marketing, and business strategy. His practical, reflective approach equips entrepreneurs with the mindset and leadership skills needed to navigate challenges, embrace opportunities, and build sustainable success.



CONTEST

ANNOUNCEMENT

AWEC Pitch Your Vision Competition 2026 Cohort

We are proud to present this year's cohort for the annual AWEC Pitch Your Vision Competition, a pitch accelerator program. Congratulations to the 17 female-led brands selected to participate in an intensive 8-week entrepreneurship bootcamp. This program will culminate in a business pitch competition, where these entrepreneurs will compete for seed funding to support their ventures.

- ***Toronto Girls Sports Association - Founder, Sapna Sharma***
- ***Mater Bricks - Founder, Randi Kerr***
- ***Endless Desire - Founders, Cindy and Lillian***
- ***Family Tree Treasure and Treats - Founder, Jennifer Steele***
- ***Wyse Woman Words with Lesley - Founder, Lesley Hervey***
- ***Petal n Dust - Founders, Suri and Phung***
- ***Thethani & Co - Founder, Shathvahi Ramesh***
- ***ANKAS Creations - Founder, Khush Asif***
- ***Remix Queen - Founder, Stacey Richards***
- ***FieldNote AI - Founder, Eunice Ajayi***
- ***Vastrakala - Founder, Bhakti Bhargava***
- ***Earth & I - Founders, Joceline Joshy Kozhipatt & Claudia Paredes Núñez***
- ***Noble Alchemist Jewellery - Founder, Virginia Muralt***
- ***Vira's Store - Founder, Vira Bagarova***
- ***VW Insurance & Financial Solutions - Founder, Vicky Wosu***
- ***Santa Mia Cosmetics - Founder, Emily Green***
- ***Kingston Current - Founder, Leila Goyer***

SAVE THE DATE

2026 KINGSTON WOMEN ENTREPRENEURS' EXPO

Theme: Passion, Purpose and Possibility

A celebration of the diverse passions, goals, and
interests of women today

TETT CENTRE

OCTOBER
17, 2026

09:00 AM – 05:00 PM

PANEL SESSION
WORKSHOPS
INTERACTIVE STATIONS
POP-UP MARKET

WWW.AWECCA.COM





MEMBERSHIP PROGRAM

Become part of a vibrant community of women dedicated to business growth, personal empowerment, and holistic wellness. Enjoy exclusive access to events, resources, and support that will elevate your personal and entrepreneurial journey!

Join the AWEC community today!

WHO CAN JOIN

- Female business owner or aspiring entrepreneur, at any stage of the entrepreneurial journey
- Passionate about personal growth and committed to professional development
- Open to collaboration, learning, and shared experiences
- From any industry or business sector

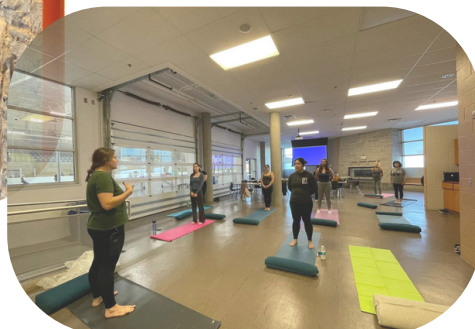
MEMBERSHIP BENEFITS

- Business exposure
- Networking and mentorship
- Business consulting
- Wellness events
- Learning events
- Exclusive discounts & MORE!

HOW TO JOIN

Check out **AWEC MEMBERSHIPS** to register online.

Join any of our upcoming Lunch and Learn or Mixer events to register in person.





3RD QUARTER - 2026

EVENTS

**JULY
4**

JULY SUMMER POP-UP MARKET

10:30 AM - 4 PM | Confederation Park, Kingston ON

**JULY
11**

MASTERCLASS - VIRTUAL

Topic: Reset your Health

10:00 AM - 12:00 PM | ****Zoom**

**JULY
12**

STARTING JULY 12: ART VIBES AT COLUMBUS CAFE KINGSTON EVERY 2ND SUNDAY OF THE MONTH

10:30 AM - 4:00 PM | 297 Princess Street, Kingston ON

**JULY
18 &
25**

JULY SUMMER POP-UP MARKET

10:30 AM - 4:00 PM | Confederation Park, Kingston ON

**AUG
02**

AUGUST SUMMER POP-UP MARKET

10:30 AM - 4:00 PM | Confederation Park, Kingston ON

**AUG
15**

AUGUST SUMMER POP-UP MARKET

10:30 AM - 4:00 PM | Confederation Park, Kingston ON

**AUG
22**

PITCH YOUR VISION 2026 SHOWCASE DAY

10:30 AM - 2:00 PM | Queen's University Goodes Hall,
Kingston ON

**AUG
29**

MASTERCLASS

Topic: Build Strength for Longevity

10:00 AM - 12:00 PM | **Location: TBA**

**SEPT
12**

MASTERCLASS

Topic: Budgeting for Business

10:00 AM - 12:00 PM | **Location: TBA**



3RD QUARTER - 2026

EVENTS

SEPT
12

AWEC ANNUAL WOMEN WELLNESS RETREAT

9:00 AM - 3:00 PM | Shibagau Creek Forest Farmstead
Tamworth, ON

SEPT
19

PITCH YOUR VISION 2026 SHOWCASE DAY + LUNCH & LEARN MIXER

10:30 AM - 2:00 PM | Toronto City Hall, Toronto ON

SEPT
22

SEPTEMBER POP-UP MARKET

9:00 AM - 3:00 PM | Queen's University Goodes Hall,
Kingston ON

SEPT
26 &
27

SEPTEMBER POP-UP MARKET

10:30 AM - 4:00 PM | Confederation Park, Kingston ON



CONNECT WITH US

VOLUNTEER WITH AWEC!

Roles are available in Marketing & Communications, Graphic and Multimedia Design, Business Consulting, and Events Coordination, all in support of women entrepreneurs and women-owned businesses.

Interested to become a volunteer?

SIGN UP HERE: [Volunteer](#)



www.awecca.com



[@Awec Canada](#)



[@AWEC Canada \(All Women Entrepreneurship Circuit\)](#)



[@awec.ca](#)

LEARN MORE ABOUT:

MEMBERSHIPS

awecmemberships@yahoo.com

POP-UP MARKET

awecbazaar@gmail.com

MEDIA/PARTNERSHIP

marcomm.awec@gmail.com

AWEC is a proud member of:

