

# What is Acceptance and Commitment Therapy (ACT)?

DATE: Sunday, August 24, 2025  
LOCATION: Victoria, British Columbia, CA

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## Event Description

What is Acceptance and Commitment Therapy (ACT)? is a premier conferences event in Victoria. This event attracts visitors from around the world and significantly impacts local hotel demand, creating opportunities for strategic revenue management and guest experience optimization.

## Key Information

**Category:** conferences

**Importance Rank:** 22/100

**Expected Attendance:** 41 people

**Event ID:** Hj32LyCzssnCdVqzKN

## Hotel Demand Indicators

**ADR Impact Index:** 3.4x baseline (varies by property tier & location)

**Occupancy Impact:** +60 percentage points over baseline

**Booking Lead Time:** Demand begins 30 days before event

**Impact Radius:** 15km from venue

**Estimated Room Nights:** 16 across all properties

*Note: Actual impact varies by property location, star rating, and local market conditions.*

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