

K1

## What Are Our Blind Spots?

Wednesday, May 12, 2021 / Mercredi le 12 mai 2021

10:10 AM to 11:10 AM | Virtually

ENGLISH

Bestselling author of *The Reality Bubble*, Ziya Tong shows how our limited human senses give us a warped perspective of reality. As a society, Tong argues, we operate with blinders on. As she notes, in the 21st century, there are cameras everywhere, except where our food comes from, our energy comes from, and where our waste goes. By examining ten of humanity's biggest blind spots Tong puts a spotlight on how our species' industrialized life support system has come to jeopardize life on earth itself.

Ziya Tong | Author of *The Reality Bubble*, Award-Winning Broadcaster and co-host of *Daily Planet*

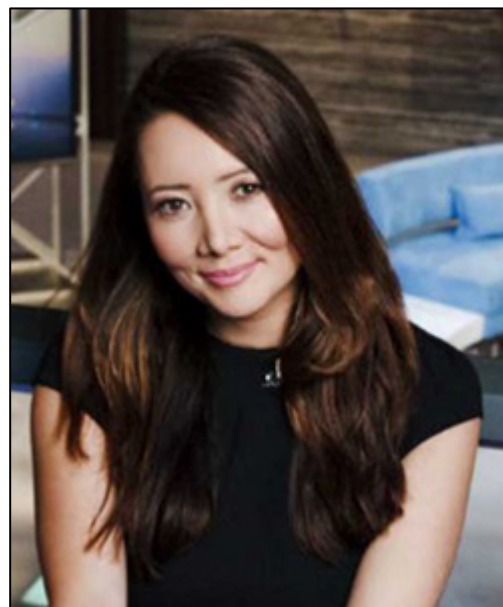


@ziyatong

Award-winning host Ziya Tong has been sharing her passion for science, nature and technology for almost two decades. Best known as the co-host of *Daily Planet*, Discovery Canada's flagship science program, she brings a wealth of knowledge, experience, and enthusiasm to the stage. Tong speaks on leadership, how to shift perspective, and the role of science and technology in society in her riveting and eye-opening talks.

Before co-hosting *Daily Planet*, Tong served as host and field producer for PBS' national primetime series, *Wired Science*, produced in conjunction with *Wired* magazine. In Canada, Tong hosted CBC's Emmy-nominated series *ZeD*, a pioneer of open source television, for which she was nominated for a Gemini Viewer's Choice Award. Tong also served as host, writer, and director for the Canadian science series, *The Leading Edge* and as a correspondent for NOVA scienceNOW alongside Neil deGrasse Tyson on PBS.

In the spring of 2019, she participated in CBC's annual "battle of the books." After a national four-day debate, she won Canada Reads.



In May 2019, Tong released her bestselling book *The Reality Bubble*. Called "ground-breaking" and "wonder-filled", the book has been compared to *The Matrix*. It takes readers on a journey through the hidden things that shape our lives in unexpected and sometimes dangerous ways.

Tong received her Masters degree in communications from McGill University, where she graduated on the Dean's Honour List. She currently serves on the Board of Directors of the World Wildlife Fund and is the founder of Black Sheep.

K2

## Navigating Opposing Realities: 21<sup>st</sup> Century Stress and Innovation

Thursday, May 13, 2021 / Jeudi le 13 mai 2021

10:10 AM to 11:10 AM | Virtually

ENGLISH

The 21st century is the era of innovation, adaptability, and diversity. At the same time, the World Health Organization (WHO) names stress the number one health epidemic of our modern world. Stress directly impedes the generation of new and creative ideas, collaboration, and achievement. Each day, we face the challenge of navigating these two opposing realities. So, how can we best develop the new skillset required for success in our rapidly changing, fast-paced, highly connected, and ultra-competitive modern world?

In this session, Harvard-trained psychiatrist, neuroscience researcher, and bestselling author, Dr. Shimi Kang illuminates the latest research-based methods for adaptability, innovation, collaboration, and lasting success. Develop a better understand of the opposing realities of modern-day lifestyle pressures and the cultivation of 21st century skills. Learn the most effective workplace culture that leads to optimal self-motivation, adaptability, communication, and teamwork. Discover effective activities that lead to future-ready innovation, leadership, and wellness!

**Dr. Shimi Kang | Award-Winning Harvard-Trained Physician | Bestselling Author | Global Social Entrepreneur**



<https://www.linkedin.com/in/drshimikang>



@drshimikang

An award-winning medical doctor, researcher, and expert on the neuroscience of innovation, leadership, and motivation, Dr. Shimi Kang provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With 20 years of clinical experience and extensive research in the science that lies behind optimizing human intelligence, Kang provides practical tools to cultivate the key 21st century skills of resilience, connection, creativity, and more.

Dr. Kang is currently a clinical associate professor at the University of British Columbia and has made promoting wellness a priority. She is also the founder of Dolphin KIDS: Future-Ready Leaders — an organization that offers positive mindset and social-emotional life skills programs to students, teachers, and parents around the world — and CEO of Spark Mindset.

A thought leader, Kang has been featured in major media outlets around the world, including BBC World News, NPR, Al Jazeera, *South China Morning Post*, CBC, and *The Washington Post*. Her featured blogs can be found in *The Huffington Post*, *Psychology Today*, *US News & World Report*, and *TIME* magazine. She is also the host of “Mental Wealth with Dr. Shimi Kang” on YouTube.

Kang is also the author of *The Self-Motivated Kid*, and the critically acclaimed *The Dolphin Parent: A Guide to Raising Healthy, Happy, and Self-Motivated Kids*, which is a #1 Canadian bestseller and won the 2015 US News International Book Award. Her latest book, *The Tech Solution*, provides neuroscience-based strategies to optimize technology’s incredible benefits while minimizing its many drawbacks.

An entertaining and experienced speaker, Kang has presented at events ranging from the world’s largest conferences to customized workshops for small groups. She has shared the stage with cutting edge scientists, movie stars, CEOs, professional athletes, and global leaders. Her TEDx presentation on the power of adaptability has been viewed more than a million times.

Kang has been honored with five national awards in mental health and the YWCA Woman of Distinction Award in Health. She is also the proud recipient of the Queen Elizabeth II Diamond Jubilee Medal for her years of outstanding community service.



Closed captioning in both English and French  
will be available for all sessions.

Les sous-titres codés en anglais et en français  
seront disponibles pour toutes les séances.