

## S1

### Automation with DevOps

Wednesday, May 11, 2022

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 205/207 (Shaw Centre)

ENGLISH

CRA is adopting a DevOps culture, an approach that automates software development and fosters collaboration between the different development (dev) and operation (ops) teams. The goal is to increase agility with DevOps, improve software quality and relationships between the different stakeholders involved in the software development lifecycle.

In order to start a successful DevOps journey, the culture must be present and innovation must be well supported. Once the culture is in place, the next logical step would be to provide a tool stack that enables the key capabilities around DevOps. Join us to discuss how DevOps is done at CRA.

In this seminar session, we will review:

- The philosophy behind DevOps
- The challenges
- Why DevOps matters for future innovation
- Continuous Integration (CI) and Continuous Delivery (CD)
- Automation and orchestration
- What the future holds for CI/CD

#### Paymaneh Kaywan | A/IT Manager, CRA

Paymaneh Kaywan is the acting IT Manager of the Innovation and Emerging Technologies Section at Canada Revenue Agency. In this role, Paymaneh is leading initiatives aimed at supporting digital transformation. She started her journey at the CRA in Jan 2014. Since then, she has assimilated the Proof of Concept structure, introduced innovation enablement to CRA ITB employees, and helped to create IT workshops to transfer the team's knowledge to other sections. She has managed projects and proof of concept in technologies such as DevOps, Robotic Process Automation (RPA), Blockchain, Machine Learning, 2 Way communication and Record Linking.

#### Michel Lamarche | IT Specialist, CRA

Michel started his career at CRA in 1994 supporting the development of tools used for the SA/T2 Redesign. He then moved to the Development Center where he provided support for the development tools used to build all enterprise applications at CRA. He is part of the team that develops the CRA Enterprise DevOps Platform (CEDP) which provides a devops tool stack for CRA's enterprise applications.

S2

## Build a Career That Provides Professional and Personal Fulfillment

Wednesday, May 11, 2022

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 206/208 (Shaw Centre)

ENGLISH

The complexity of work and the need to manage everyday demands impedes us from spending time on managing our own careers. Even if we find the time, we focus on the next job, not the arc of our career. We need actionable methods for how to build a career that is both professionally and personally fulfilling. You can improve your career by reflecting back on your experiences to gain insight into your career purpose, projecting forward by investing the time and being open to new opportunities, and establishing a cadence that enables you to actively manage and own your career.

### Christie Struckman | VP Analyst, Gartner

Christie Struckman is a Vice President in Gartner's Leadership, Culture and People research team. She helps CIOs and other C-level executives with aligning the organizational building blocks needed to succeed in the digital-era. Topics include: culture and organizational change; leadership transitions and development; management practices; diversity, equity and inclusion; and conflict management practices. She is currently working on supporting clients using agile learning as an upskilling/reskilling solution, and developing a methodology for assessing and remediating pay equity.

S3

## Better and Stronger Together, an IT journey through allyship

Wednesday, May 11, 2022

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 214 (Shaw Centre)

ENGLISH

Better and Stronger Together is about uOttawa IT's diversity and inclusion learning journey. It started with a couple people at a brown bag lunch and has grown to standing-room-only in-person events and virtual events attracting close to 200 people. It is about showcasing amazing talents among women in innovation and creating opportunities to network and share information. It is about new relationships that trigger initiatives such as allyship training. It is about a safe place where women and men who are committed to learn more, change their attitudes and behaviors as they consider their next step towards small or large concrete change in their organizations and communities.

### Martin Bernier | Chief Information Officer, University of Ottawa

He has more than 25 years in the fields of information technology and organizational transformation, having worked in the North American and European public and private sectors. Before joining the University, Martin performed similar executive functions at the Canadian Institutes of Health Research, the National Capital Commission and Brookfield Renewable Partners. He has also held executive advisory positions in the health sector.

As CIO, Martin shapes the University's technological direction, while overseeing IT initiatives and digital information security. A strong advocate of change management, he believes in taking calculated risks to yield high-impact results and seize opportunities. Martin draws on his innovative, collaborative approach to deliver organizational efficiencies.

Martin prioritizes diversity and inclusion. He's the founding male ally for uOttawa Women in Innovation and a founding champion for Better and Stronger Allies Together. Most recently, he sponsored the development of an allyship pilot training program with the Government of Canada.

Martin is active in his community. He holds board and committee memberships with the Canadian University Council of Chief Information Officers and the Canadian Research Knowledge Network. He is also a member of the Developing Professionalism in Informatics Advisory Council.

Martin holds an MBA in IT management from Université Laval, a bachelor's in computer science from the Université du Québec à Montréal, a certificate in corporate governance (ASC), and, most recently, a certificate in public sector leadership and governance from the University of Ottawa.

### Sophia Leong | Co-Chair Women in Innovation and Executive Advisor on Development and International Relations, University of Ottawa

Sophia Leong is co-chair of uOttawa Women in Innovation and most recently Executive Advisor on Development and International Relations at the University of Ottawa. She was previously Executive Director of uOttawa's Telfer Executive MBA program and successfully led the program to achieve two consecutive #1 global Executive MBA position, ranked by CEO Magazine. Prior to academia, she was co-founder and Vice President Business Development of Klocwork; and successfully exited from two technology startups. She has extensive strategic and management experience, and a recipient of numerous awards for outstanding contribution at Nortel Networks and Nortel Technology. Sophia currently serves as director / advisory board member of a few startups and a board member of the Royal College of Physicians and Surgeons of Canada (International).

### Rajesh Dawar | Application Integration Architect, University of Ottawa

Rajesh is an experienced architect with over twenty years in systems integration and application development. He has worked as a consultant delivering business process systems and integration solutions in a wide range of industries from manufacturing, retail, transportation, finance, and insurance. For the last five years he has been working at the University of Ottawa in the Enterprise Architecture Team as an integration architect, at the same time heading the ARB, and also overseeing the Enterprise Integration delivery team. He has helped build standards in development (SSDLC), formalize the change advisory board (CAB), and implement a software asset inventory.

Lately, Rajesh was involved in the Pilot project for Men as Allies, has actively taken part in the Allyship initiative lead by the CIO of uOttawa, and is part of the advisory committee for the Women in Innovation initiative.

### Astha Tiwari | Research Software Analyst, University of Ottawa

Astha is a Research Software Analyst with uOttawa's research support team at Information Technology. She is passionate about community building and has been an active contributor to many initiatives aiming to promote equity, diversity, and Inclusion. She believes that we can all make smaller contributions daily for global change and that the key to great learning lies in knowledge sharing.

She holds a master's degree in Digital Transformation and Innovation. She is one of the founding members and the former president of the Professional Development Club at uOttawa. Her interests lie in universal design for user experience, data analytics and user experience research.

### Luc Villeneuve | President, Arctiq a Benchmark Company

As president of Arctiq, Luc Villeneuve leads a customer-first software solutions provider focused on open-source technology. It offers fully integrated, multi-vendor solutions to the most respected brands in Canada. With more than 25 years of executive sales and management experience, Luc has built a reputation for turning businesses around by creating winning teams and collaborating with the partner ecosystem to solve the critical business challenges blocking success.

Before joining Arctiq, Luc served in executive roles at Red Hat Canada (where his team was honoured as the North America Region of the Year in 2018), McAfee, NCR, Sun Microsystems, Digital Equipment, GE Capital, and CNC Global. Fully bilingual in both official languages, Luc supports his community by lending his expertise to the national boards of the Information Technology Association of Canada (ITAC), the C4 Canadian Channel Chiefs Council and Ryerson's Information Technology Management Program Advisory Council (PAC). He is passionate about gender diversity and inclusion and regularly shares his insight in the Globe and Mail Leadership Lab; discusses issues with his over 7000 connections on LinkedIn; and hosts an annual Women + Leadership event for next generation leaders. His advocacy in bridging the gender gap at Red Hat Canada was profiled in the Harvard Business Review and in a case study at the Ivy Business School at the University of Western Ontario.

In 2020, Luc founded Better and Stronger Men as allies with his colleague Martin Bernier, CIO uOttawa, to offer a safe space for women & male #STEM allies in the public and private sector to lead candid and fascinating discussions. The initiative was launched in November and already boasts 300+ members. One of his proudest moments was being chosen as a finalist for the Microsoft INSPIRE2018 Women in Technology Man of WIT Award which celebrates men who champion diversity and inclusion. When he's not working, he's refining his golf handicap or doting on his granddaughter Adeline, who was born in September 2018.

## S4

### Overcoming Algorithmic Bias in AI

Wednesday, May 11, 2022

1:30 PM to 2:30 PM | Virtual (Pheedloop) & Room 205/207 (Shaw Centre)

ENGLISH

Artificial intelligence and analytics are revolutionizing decision-making environments in the public sector. As organizations realize the value of their data, they will naturally seek to leverage data to enhance operations and better serve clients.

While the benefits of AI can be tremendous, it is crucial that organizations understand that the same “human driven” biases that exist within an organization can be unconsciously replicated in the outputs of an AI solution.

What can leaders do to understand what biases exist within their organization, and how those biases affect citizens services? What steps can they take to mitigate both algorithmic and societal biases when developing and implementing artificial intelligence?

Join Accenture as they discuss Diversity, Equity and Inclusion governance and requirements best practices in AI solution development.

#### Zahra Jadavji, MBA, B.Sc. | Managing Director - Canadian Federal Technology | Inclusion & Diversity Leader, Accenture

Zahra Jadavji leads Accenture’s Canadian Federal Technology Practice. She is accountable for the Canadian go-to-market strategy as well as deploying Accenture’s technology delivery capabilities to meet client needs in a rapidly changing industry. Zahra has over 20 years of progressive experience leading large-scale, complex, business transformation engagements involving the integration, alignment and implementation of technology and information solutions.

As a life-long champion of diversity in the workplace, Zahra is also the Managing Director for Inclusion & Diversity (I&D) at Accenture in Canada. In this role, she defines the strategy and drives activities needed to achieve Accenture’s corporate objective to be Canada’s most diverse and inclusive employer by providing an inclusive, open and equitable environment for individuals with diverse backgrounds, lifestyles, needs and expectations.

#### Mike Cloutier | Head of Data Science & ML Engineering (Canada), Accenture

Mike Cloutier helps organizations unlock & accelerate their competitive edge with data, analytics & AI, responsibly. The experience includes data science, machine learning, cloud, data monetization, change management & strategic advisory. Mike cares about human beings, as well as fostering a creative & positive environment. He currently leads both practice & go-to-market activities for a team of Data Science & ML Engineering super humans at Accenture Canada; and champions the Responsible AI and Solutions.AI practices, where Solutions.AI is set of AI-powered asset, fully industrialized pre-configured modules to solve for speed to value promise. Mike is an industry-recognized thought leader, having authored a wealth of material on advanced analytics and machine learning, and led both executive and practitioner capability development programs. He has a Bachelor in Mathematics & Economics from University of Montreal, a Master in Economics from University of Montreal, and a Ph.D. in Economics from Queen’s University. Mike is father of three little ones and a motorcycle enthusiast.

S5

## Project Management in Agile and Product-Centric Organizations

Wednesday, May 11, 2022

1:30 PM to 2:30 PM | Virtual (Pheedloop) & Room 206/208 (Shaw Centre)

ENGLISH

The rise of Agile and DevOps practices has highlighted the importance of the role of product management and driven a shift from project to product centric delivery in organizations. This has left many project managers and PMOs to wonder what their role might be, or if they have one at all. This lack of clarity can quickly lead to conflict, duplication, and waste. Join Cole Cioran, the Head of Applications Research and Advisory Services at the Info-Tech Research Group to explore how the role of project management is evolving in Product-centric public sector organizations in Canada, and see:

- The evolving relationship between project and product management
- How to avoid the pitfalls that lead to conflict and waste
- Examples of successful collaborations between project and product organizations

### Cole Cioran | Practice Lead, Applications, Info-Tech Research Group

Cole Cioran leads the Applications at Info-Tech Research Group. Over the past 32 years, he has developed software; designed data, infrastructure, and software solutions; defined systems and enterprise architectures; delivered enterprise-wide programs; and managed software development, infrastructure, and business systems analysis practices. Cole has worked in the mobile, ERP, and financial services sectors. Prior to joining Info-Tech Cole was a Client Services Director at Blueprint Software Systems where he delivered enterprise software, practice development, and change management programs to over 50,000 people at over a dozen Fortune 50 companies.

S6

## Positive Stress Management

Wednesday, May 11, 2022

1:30 PM to 2:30 PM | Virtual (Pheedloop) & Room 214 (Shaw Centre)

FRENCH

We are under more and more stress. It is even more important to recognize our signals before we reach the point of exhaustion. What quick and effective way can we take to stimulate pleasure, lighten situations, improve team spirit and performance, reduce depression and regain joy and motivation at work? Laughter! Simple yet effective exercises, breathing and stretching, allow you to do this quickly! The impact of this conference/workshop is felt on all levels: physical, mental, emotional and relational. Les participants en retirent des trucs pratiques pouvant être appliqués au quotidien. Un moment « santé et positif ».

### Linda Anne Leclerc | Founder, Ecole du yoga du rire

Pioneer of the Laughter Yoga movement in Canada, Linda Leclerc's presentations motivate, inspire, and educate in a positive and memorable way. Her workshops are highly interactive and help strong teams become stronger. With her engaging speaking style, she involves the audience in a unique and unforgettable style. She works with companies and organizations mostly throughout North America. Founder of the HAHA Sisterhood, a community of women laughing intentionally, Linda is a respected member of the International LY Network. She is the author of the French book "Le Yoga du Rire", creator of the first Laughter Yoga App "RIRE+ / LET'S LAUGH". She produces a podcast series on The JOY Element / L'Élément JOIE.

S7

## Making the web accessible: why it is important for inclusion

Thursday, May 12, 2022

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 205/207 (Shaw Centre)

ENGLISH

Becoming visually impaired later in life, Tony will share his experience with accessibility (and lack thereof) as he learned to adapt his IT skill set to his new circumstances. He will also demonstrate the WCAG compliance tool that he and his team developed to test web content for compliance with international accessibility guidelines and the Accessible Canada Act.

### Tony Walby | Senior Technical Analyst, Correctional Services Canada

Tony has worked for CSC for the past 22 years. During that time he lost his sight progressively and is now blind. After retiring from able-bodied judo due to his visual impairment he competed in two Paralympic Games as a VI judoka. He is an advocate for adoption of accessibility standards both in the workplace and in everyday life.



S8

### Hit The Brakes Before They Hit The Wall - Mental Health Lessons Learned Through COVID That Every Leader Should Be Mindful Of

Thursday, May 12, 2022

ENGLISH

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 206/208 (Shaw Centre)

We need to protect the physical and psychological health of our teams during challenge and change or risk burnout and mental health issues. How do you ensure that your team is feeling safe, supported, and engaged in this new work world?

Successful leaders know that small shifts can have a major impact on mental health. Discover the key mental health lessons learned throughout the pandemic that will help you to choose the most effective strategies to help your team move forward, minimize their negative stress symptoms and reactions, and stay mentally healthy. Discover how to effectively build resiliency, accelerate performance, and thrive through continuing challenges and changes.

Participants will:

- Employ the seven key mental health lessons learned from this pandemic within their own team
- Recognize the mental health indicators and symptoms that are signaling that your team is not coping with the uncertainty and business disruption.
- Discover the 3 C's that are vital to effective leadership.
- Utilize various resiliency strategies based on the S-O-S Principle to increase and restore energy, improve productivity, and support your team in achieving their objectives.

**Beverly Beuermann-King | Mental Health and Resiliency Expert, R 'n' B Consulting Corp - Work Smart Live Smart**

For over twenty years, Beverly has used her S-O-S Principle™ with people and organizations who want to control their reactions to stress, build resiliency against life's challenges, and live healthy, engaged lives. Beverly is a sought-after media spokesperson on mental health and resiliency and has represented high-profile brands such as Expedia, TD Insurance, and P&G. She is a highly respected speaker and is one of less than seventy Canadians to have earned their Certified Speaking Professional designation as well as being a Certified Virtual Presenter.

S9

## Leveraging the Cloud to Deliver Better Citizen Service

Thursday, May 12, 2022

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 214 (Shaw Centre)

ENGLISH

In early 2020, when COVID-19 made in-person citizen service delivery impossible, cloud-based platforms quickly became a lifeline for Canadians. From benefits distribution to vaccine bookings, cloud technologies have helped ensure that public sector organizations can continue to provide crucial supports, even when face-to-face interaction isn't an option. In this session, Amazon Web Services (AWS) will share best practices and real-world case studies that highlight how public sector organizations are using the cloud to offer better, more scalable, and more cost-effective services to communities across the country—and how information professionals can join this effort.

### David Lurie | National Business Development Manager, Canada Public Sector, Amazon Web Services Canada

For over 25 years, David Lurie has helped public sector organizations across Canada accelerate their digital transformation through the adoption of relevant technologies. At Amazon Web Services, David leads a team focused on helping governments, education, healthcare and non-/not-for-profit organizations work through their cloud procurement/acquisition journey. David works directly with a broad range of public sector information professionals, from seasoned CIOs and CISOs to first-time cloud users, as well as leaders in business lines and core functions such as finance, human resources and procurement.

## S10

### Information Management Modernization: What it is and Why you Need it Now

Thursday, May 12, 2022

1:30 PM to 2:30 PM | Virtual (Pheedloop) & Room 205/207 (Shaw Centre)

ENGLISH

Information Management Modernization describes new ways of managing information to improve business processes, classification accuracy and user adoption. In this session, we will define the IM Modernization processes in abstraction of technology to then proceed to show Government of Canada implementation examples of IM Modernization with Cloud, Compliance, Data Analytics and Artificial Intelligence technologies.

#### Daniel Sanscartier | Chief Technology Officer, Orangutech

Daniel Sanscartier is the CTO at Orangutech in Ottawa. He has more than 30 years of IT/IM experience in document management, data analytics, Cloud computing, artificial intelligence, and business process automation. He has spent the last 15 years working at developing IT and IM solutions for the Government of Canada. In recent years, he has worked with many GC organizations to modernize their information and data management practice using Cloud M365 E5 Compliance and GCdocs.

## S11

### Master Class for Future Digital Leaders

Thursday, May 12, 2022

1:30 PM to 2:30 PM | Virtual (Pheedloop) & Room 206/208 (Shaw Centre)

ENGLISH

A practical session for Future IT leaders on the evolving role of the CIO and IT Leaders as an interlocuter and navigator at the intersection of business, data, and technology. Sanjay Pathak draws on decades of hands-on experience and research from the recent Harvey Nash KPMG Annual CIO Survey (October 2021). This session provides insights on how to manage the top issues facing CIOs around the globe, in the public and private sectors. The class explores the impact of the pandemic and accelerated disruption on tech leaders with tangible examples of how to accelerate innovation—especially in the areas of customer experience, operational efficiency, and cost optimization.

#### Sanjay Pathak | Partner and National Leader, Technology Strategy and Digital Transformation Services, KPMG LLP

Sanjay Pathak is the national leader of technology strategy and digital transformation services at KPMG in Canada. He has 25 years of technology and management global consulting experience in North and South America, Australia, Europe, and Japan across multiple industries, including financial services, consumer and retail, public service and telecommunications. Sanjay has worked closely with organizations that provide technology and professional skills training to underserved youth who are keen to pursue careers in science, technology, engineering, and math (STEM). A passionate believer in giving back, Sanjay believes that STEM talent is vital to propel and sustain Canada's future economic prosperity.

## S12

### Fostering a DIY Digital Culture at the CFIA

Thursday, May 12, 2022

1:30 PM to 2:30 PM | Virtual (Pheedloop) & Room 214 (Shaw Centre)

ENGLISH

The Canadian Food Inspection Agency (CFIA) has been successful in fostering a culture of innovation and experimentation that has developed into many do it yourself (DIY) innovation clusters that enable us to modernize and adapt a rapidly changing digital landscape and deliver better digital services to Canadians and beyond. Join us as we talk about our journey to support stakeholders and build this grassroots innovation and experimentation culture, through:

- Maturing CFIA's Innovation Hub;
- Creating labs and social supports;
- Fostering partnerships;
- Examining risk tolerance; and
- Building a sense of belonging and community to empower our people to "Just Do It"

#### Geoff McDiarmid | Manager, Business Implementation Support and Integration, Canadian Food inspection Agency (CFIA)

Geoff is an Innovation Manager and Co-chair of the Persons with Disabilities Grassroots Committee at the Canadian Food Inspection Agency. With 12 years of Canadian Federal Public Service experience (all with the CFIA), he brings a wealth of corporate knowledge and contacts to all of his roles. Geoff has a keen interest in innovation and all things digital. He uses his skills, interest and experience to help the CFIA modernize and adapt in a rapidly changing digital landscape with the goal of delivering better services to Canadians and beyond.

#### Julie Ouellet | Manager, Canadian Food inspection Agency (CFIA)

Julie Ouellet is a graduate of Laval University with a BSc in Microbiology. Julie has 22 years of experience of working with the CFIA. Having started as a meat inspector, Julie quickly moved into roles of greater responsibility in regulatory oversight, program design and monitoring. She currently leads our service management team and is also a key player in the adoption and integration of our digital services. Julie is ISO certified, LEAN and ProSci Change Management practitioner. She is passionate about shifting the culture of the organization, and helping colleagues to make the shift to digital.

#### Veronica Crespi | Project Manager, Canadian Food inspection Agency (CFIA)

Veronica has been working for the Canadian Food Inspection Agency for 15 years and is currently a Project Manager in the Innovation and Design Directorate. She is passionate about the Agency's work and the services they provide to Canadians. Veronica is a certified SCRUM Master, PROSCI Change Management Practitioner, and experienced facilitator who studied at Carleton University. She also has a certificate in LEAN for the Public Service from the University of Ottawa. She loves her work but she loves her family even more. When she's not busy working, she's busy having fun with her highly energetic triplet toddlers.

## S13

### Be Engaged, Be Satisfied

Friday, May 13, 2022

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 205/207 (Shaw Centre)

ENGLISH

We are often asked ‘how do you engage and mobilize employees’. However, with the daily obstacles, mental health challenges, lengthy operational processes and the inability for change to happen quickly, the question should now be ‘how do you mobilize yourself and remain engaged’.

It is inevitable that the foundation of collaboration, innovation and achieving results is employee motivation. Therefore, to become an active and key member of collective intelligence it is crucial to become a self-motivator above all.

This seminar will inform professionals, at all stages of their career, how to engage themselves to enable seamless results in the GoC.

#### Hala Migahed | Director, Enterprise Applications, Justice Canada

Hala has a diverse background and in-depth experience working in the Government of Canada. Currently working with the Department of Justice, she has previous experience with SSC, CBSA, CRA, TBS, PSPC and ESDC.

She has been involved in exciting government initiatives including the eCabinet project, Contact Centre solutions, NEXUS, SAP, PeopleSoft, GCDocs, SharePoint, Dynamics, and mission critical GCSI applications.

Hala is results driven and believes in diversifying her skills to meet set goals. She utilizes her strong leadership skills to optimize productivity while balancing empathy and a healthy work environment. It's the ability to successfully motivate employees that sees her team continuously deliver on objectives.

Hala, an MBA graduate, is a change enabler who continuously looks to challenge the status quo and find innovative solutions.

S14

## The Great Enabler: Harnessing Technology to Enable a New Operating Model for Our Hybrid Reality

Friday, May 13, 2022

ENGLISH

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 206/208 (Shaw Centre)

Over the years, technology has delivered thousands of ways to be more efficient. One big lesson of the pandemic is that efficiency alone isn't enough. The pandemic created a fully digital global workforce overnight. Perhaps more by urgent need than intentional design, we saw our jobs, offices, and workdays change as we disconnected from physical locations, and reaped the benefits, but also encountered hindrances. If nothing else, the past 24+ months have shown that the digital experience of working for a company is the employee experience. The first truly digital workforce needs technology that allows them to be “connected” all while we still expect to see many employees be “disconnected” from our traditional definitions of the workplace.

From culture to knowledge to insights, how we empower and connect across this new work paradigm, will be foundational to the experiences we create.

### Jason Brommet | Head of Modern Work & Security Business, Microsoft Canada

As Head of Modern Work for Microsoft Canada, Jason leads the team responsible for enabling organizations to amplify the ingenuity of their people with secure, collaborative platforms and tools that accelerate growth and success. Within the Microsoft 365 portfolio, he oversees productivity platforms, such as Microsoft Teams, as well as security and compliance tools. The Microsoft 365 team works with and across Microsoft's sales and delivery teams, and their market-leading ecosystem of partners.

## S15

### **Work-Life What?!? How to win at work and in life without pulling out your hair!**

Friday, May 13, 2022

11:30 AM to 12:30 PM | Virtual (Pheedloop) & Room 214 (Shaw Centre)

ENGLISH

Does work-life balance even exist? Let's find out! In this session, learn how to properly prioritize all areas of your life - so you can win at work and life while staying sane! Discover the key elements that make up the four pillars: Stress Management, Organizational Management, Relationship Management and Self Management. Explore the differences between self compassion and self care, and learn tools to employ in the moment. You will leave with powerful, actionable tools with respect to how to address the issue of work-life balance and wellness, so you feel back in control and in the driver's seat!

#### **Carol Schulte | Founder and Speaker, The Brave Institute**

As founder of The Brave Institute, Carol empowers audiences internationally - from associations to Fortune 500s - to be the bravest version of themselves. Whether speaking, training, or engaging in experiential events like indoor skydiving or climbing Kilimanjaro, her clients attribute her insights and inspiration to achieving the impossible. Having lived in 16 countries, including Ashrams in India and vans in New Zealand, shaved her head, and bungee jumped in her birthday suit, Carol walks her talk and brings a global perspective to all she does. Multi-passionate, she's also a volunteer counsellor, triathlete, and serious carpool karaoke-er!