



CANADIAN PENSION AND BENEFITS INSTITUTE
CPBI Alberta Summit

Hosted by Northern &
Southern Alberta Regions

October 20, 2021
VIRTUAL

A map of Alberta, Canada, showing major cities and mountain ranges. The map is overlaid with a blue diagonal graphic element. The text "2021 CPBI Alberta Summit Guide" is written in large, bold, blue letters, and "Moving Forward Together" is written in large, bold, teal letters below it.

2021 CPBI Alberta Summit Guide

Moving Forward Together

Welcome to the 2021 CPBI Alberta Summit Moving Forward Together

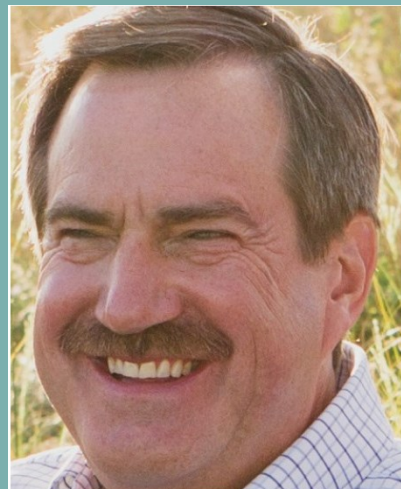
The past year has been traumatic for individuals on many levels, with numerous mental health and societal issues highlighted by the pandemic and other Canadian and world events. Join us as we look towards the future and explore how individuals and organizations can move forward together by focusing on the people.

Keynote presentations by Lionel Laroche, a leading expert on diversity in the workplace, and Stéphane Grenier, a leading advocate for changing how we approach workplace mental health, and employee and employer panel sessions, are sure to spark healthy discussion and generate new approaches and ideas.



Joanna Walewski

Chair, CPBI Southern Alberta



Don Forbes

Chair, CPBI Northern Alberta

SUMMIT AGENDA

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|-----------------|---|
| 9:30 AM | Welcoming from Alberta Regional Chairs Joanna Walewski, Chair - CPBI Southern Alberta Region Don Forbes, Chair - CPBI Northern Alberta Region |
| 9:45 AM | Keynote Preparing for the Future by Taking Stock of the Past Lionel Laroche |
| 10:45 AM | Music Break |
| 11:00 AM | Employee Panel Reflections and the Way Forward – Employee Perspective Moderator: Dr. Ryan Todd Panelists: Alex Wood - Edmonton Public School Board Sizani Maphosa - Alberta School Employee Benefit Plan Brad Miller - LifeWorks |
| 12:15 PM | Lunch Break Charcuterie Demonstration with Jade D’Costa |
| 1:00 PM | Employer Panel Reflections and the Way Forward – Employer Perspective Moderator: Danielle Smith Panelists: Barb Veder - LifeWorks Cyndil Taylor - City of Edmonton Moira Game - City of Calgary Kelli Littlechilds - Alberta School Employee Benefit Plan |
| 2:15 PM | Wellness Break Yoga with Felisha Xavier |
| 2:45 PM | Keynote Leveraging the World’s Largest Untapped Mental Health Resource: People Stéphane Grenier |
| 3:45 PM | Closing Remarks from Alberta Regional Chairs Joanna Walewski, Chair - CPBI Southern Alberta Region Don Forbes, Chair - CPBI Northern Alberta Region |

KEYNOTE SPEAKERS



Lionel Laroche

Diversity in the Workplace and Multicultural Workforce Expert

Lionel received his education in France and the United States and started his career in Canada as an engineer. He worked with technical professionals from all over the world and in Germany and Italy on expatriate assignments. The cultural adaptation process, after immigrating to Canada and working on international assignments for multinational companies, taught him so much that he decided to use the knowledge to help professionals from all over the world to achieve career success and organizations benefit from the opportunities brought by a diverse workforce and the global market.

Over the past fifteen years, Lionel has provided cross-cultural training, coaching and consulting services to over 20,000 people through a wide range of business, government, academic, professional and non-profit organizations in fourteen countries (Canada, the U.S., Bermuda, Mexico, Peru, Belgium, Switzerland, France, the UK, Turkey, UAE, Hong Kong, China and Korea).

Lionel is a thought provoking and educational speaker / facilitator who presented at over 200 conferences and venues across Canada and the United States. He is the author of two books examining the impact of cultural differences on business at the organizational and individual level entitled:

- Managing Cultural Diversity in Technical Professions
- Recruiting, Retaining and Promoting Culturally Diverse Employees

Lionel holds a Ph.D. in Chemical Engineering from the California Institute of Technology, USA and a "Diplôme d'ingénieur polytechnicien" from the École Polytechnique de Paris, France.



Stéphane Grenier

Speaker | Author | Leader

When it comes to mental health, Stéphane Grenier *walks the talk*.

He was appointed to the Order of Canada and awarded an honorary Doctor of Laws degree by the University of Guelph and Humber College for his contributions to the field of workplace mental health.

In April of 2019, Stéphane was named Honorary Patron – Youth Mental Health and Wellness for the [Natasha's Wood Foundation](#).

Stéphane's riveting [keynotes](#) are not only thought-provoking, but also lead to tangible action and sustainable change for those leaders who are prepared to rethink how they support their people.

His autobiography, [*After the War: Surviving PTSD and Changing Mental Health Culture*](#), tells his story from the day he landed in the midst of the Rwandan genocide, through his journey of changing mental health culture in the Canadian military, developing national Guidelines for Peer Support with the Mental Health Commission of Canada, all the way to creating Mental Health Innovations (MHI); a consultancy that leads innovative and sustainable change in organizations to enhance the mental health of their people.

Today, he and his business partners, along with countless associates, develop [non-clinical mental health interventions](#) as a complement to traditional clinical care for private and public sector organizations, as well as for provincial healthcare systems. Stéphane's vision is a world where people no longer face barriers to good mental health.

EMPLOYEE PANEL

MODERATOR



Dr. Ryan Todd
CEO, headversity
Psychiatrist, Alberta Health Services

Dr. Ryan Todd is a psychiatrist and technologist, founding the workplace mental health and resilience platform, headversity. His work at headversity brought together a team of psychiatrists, psychologists, and educators to build an industry-redefining platform that is setting the new standard for workplace mental health, working with some of North America's leading employers. Dr. Todd is also an award-winning documentarian, a Top 40 under 40 recipient with Avenue Magazine, a published researcher, and the host of the popular HR podcast, "Beyond the Checkbox". Through headversity, Dr. Todd

envisions getting the core training skills out of the backlogged mental health system and into employees' hands.

PANELISTS



Alex Wood
Edmonton Public School Board

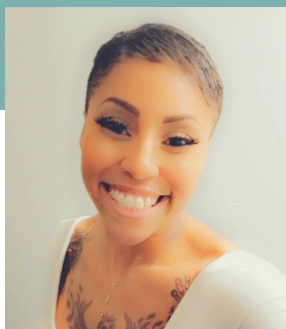


Sizani Maphosa
Alberta School Employee Benefit Plan



Brad Miller
LifeWorks

ENTERTAINMENT



Yoga/Wellness Break
Felisha Xavier



Charcuterie Demo
Jade with Johnny + Glo

EMPLOYER PANEL

MODERATOR



Danielle Smith

Danielle Smith is the President of the Alberta Enterprise Group.

As a University of Calgary graduate with degrees in Economics and English, Danielle has had a lifelong interest in Alberta public policy and finding the right balance between free enterprise and individual freedom, and the role of government.

Danielle's public policy experience began with an internship at the Fraser Institute. She was also elected as a trustee for the Calgary board of education and served as the director of the Alberta Property Rights Initiative and the Canadian Property Rights Research Institute. She was also the director of provincial affairs for Alberta with the Canadian Federation of Independent Business. She was a Member of the Legislative Assembly for Highwood, leader of the Official Opposition, and leader of the Wildrose Party.

PANELISTS



Barb Veder, MSW, RSW

**Vice President, Chief Enterprise Clinician and Integrated Health Solutions Clinical Services Lead
LifeWorks**

A globally recognized EAP professional, Barb has spent over 25 years as senior leader with Morneau Shepell with a focus on the Global expansion of the company's clinical services solutions and offerings. In her role as a clinical leader, Barb has managed field counsellors nationally and globally, ensuring consistency and a quality experience for a wide array of organizations.



Cyndil Taylor

**Branch Manager, Workforce Safety and Employee Health
City of Edmonton**

Cyndil Taylor joined Employee Services as the Branch Manager of Workforce Safety and Employee Health in 2020. For the previous five years, Cyndil practiced labour and employment litigation for the Legal Services Branch at the City Of Edmonton, serving as an occupational health and safety lawyer helping to promote the physical and psychological safety of employees.

Cyndil is a passionate champion for occupational health and safety, sitting on a number of corporate committees including the Employee Health, Safety & Wellness (EHS&W) Steering Committee and the Connected City Initiative Advisory Committee. She is also a member of the City's COVID-19 Task Team and a facilitator for The Working Mind Program.



Moira Game

**Manager, Total Rewards and Healthy Workplace
City of Calgary**

Moira Game (she/her) is the Manager, Total Rewards and Healthy Workplace for the City of Calgary and has more than 20 years total rewards experience leading teams in various industries. Her role at The City includes the total rewards areas of compensation, benefits and pension governance, employee wellbeing and ability management. Prior to her role at The City, Moira was the Vice President, Global Total Rewards at Finning International.



Kelli Littlechilds

**CEO
Alberta School Employee Benefit Plan**

Kelli Littlechilds is the chief executive officer of the Alberta School Employee Benefit Plan (ASEBP)—one of Alberta's Top 70 Employers for 2021 and winner of a 2018 Psychologically Healthy Workplace Award from the American Psychological Association. With a wealth of knowledge and more than 35 years of experience in the health and benefits industry, Kelli is committed to supporting personal and workplace well-being.

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