



AGENDA

Tuesday, April 9th, 2019

7:30 - 8:30	REGISTRATION AND NETWORKING BREAKFAST	
8:30 - 8:45	WELCOME	
08:45 - 10:00	KEYNOTE ADDRESS	Navigating the Waves of Change: the Career/Life Transitions Adventure
	Galaxy A-B	Dr. Norm Amundson
		Career / life transition can be viewed as an event or a non-event that alters a persons perception of the self and of the world, that demands a change in assumptions or behavior, and that that may lead either to growth or deterioration. Life involves a series of transitions. One can think of developmental shifts, changing contexts, and different states of employment and unemployment. All of these changes follow certain patterns and processes. Transition brings change and with it the possibility of renewed vitality and new adventure. In this presentation, Dr. Amundson will explore some of the ideas from the transition literature and use these concepts to view the work we are doing as career practitioners.
10:00 - 10:30	NUTRITION BREAK	
10:30 - 11:45	SESSION 1	How do I take care of myself while I care for other people?
	Delta	Brenda Senger, Saskatchewan Medical Association
		The demands of our work can negatively impact our wellbeing - how do I stay healthy and navigate the challenges of my career? This session will increase your awareness of the risk factors in your work and yourself, the behaviors that may derail communication with those you serve and strategies for managing these challenges more effectively. You will understand what healthy professional boundaries are in your role. Hopefully you will embrace self-care strategies that promote wellbeing despite the demands of your career.
	SESSION 2	“Ready for Work” Resource & Update on the Young Worker Readiness Certificate Course
	Concorde	Brad Compton, Saskatchewan Workers’ Compensation Board & Terry Gove, Ministry of Labour Relations and Workplace Safety
		The updated version of the Ready For Work teachers resource was launched at the end of 2018. This presentation will discuss the new resource for educators and career practitioners, along with why there is a focus on young worker safety in Saskatchewan in the first place. The new version of the Young Worker Readiness Certificate was introduced in September 2015. Since that time the course has issued over 29,000 certificates to youth across the province, as many schools now use the course to support their programs of instruction in career-work education, apprenticeship and other courses. This presentation will provide a description of recent improvements to the course, answer participants questions about how to use the course in your instruction and resolve technical issues when using the course.
	SESSION 3	Helping Bridge to a Life that Sparkles and Shines
	Hercules/Lancaster	Trina Maher, Bridging Concepts
		Everyone has the potential to lead a life that sits strong in the spirit of who they are called to be. As individuals travel through life, we each are meant to explore that gift, nurture it, and share it with humanity. Unfortunately, for some individuals that gift goes largely unopened and life becomes difficult. In this session learn some ways of how to connect with Indigenous learners/clients and use techniques that may be helpful to support them to find their career journey and lead a life of ‘Sparkle & Shine’.
	SESSION 4	Success Off The Beaten Path
	Viscount/Vanguard	Kieren Britton, The Lady Alliance; Kalli Youngstrom, KY Fitness & Nutrition Consulting and Helen Oro, Helen Oro Designs
		We often think of career success as a journey from Point A to Point B, and we may have definite ideas of what a career may look like. These three entrepreneurs have looked at careers in a different way and found success in their unique ideas and journeys. We wanted to know more about the path they chose when they didn’t follow the same trail as everyone else. Join us to meet them and find out more about the road they took!
11:45 - 1:00	LUNCH	

1:00 - 2:15	SESSION 1	Why A Almost Never Leads to B: The Realities of Modern Career Launch
	Delta	Tony Botelho, Simon Fraser University Career & Volunteer Services
		In this fun and engaging session, linear ways at looking at career planning and the perceived relationship between fields of study and career options will be questioned. The case will also be made that flexible mindsets, dynamic forms of planning, and the need to just do stuff are necessary given the nature of change that will occur in a student's university life (and beyond!). Time permitting, some humour and joviality might also be included.
	SESSION 2	Accommodating Mental Health in Small-to-Mid-Sized Enterprises
	Concorde	Y. Nichole Faller, University of Regina
		The intent of this session is to help employees within small- to mid-sized enterprises (SME) receive accommodations for mental health symptoms. Existing research has documented the benefits of receiving mental health accommodations, yet little is known about accommodations within SMEs. We are developing an online program to educate SME employees with depression and anxiety on the accommodations that are available to them, how to request an accommodation, and strategies for managing mental health concerns in the future. We will also be asking employees to describe their experiences, so we may understand how SMEs currently accommodate mental health concerns.
	SESSION 3	ColourSpectrums: Creating Colourful Career Conversations
	Hercules/Lancaster	Rob Chubb, ColourSpectrums
		Sort ColourSpectrums cards to reveal your personality as a unique combination of BLUE emotional intelligence, GREEN intellectual intelligence, RED physical intelligence and YELLOW organizational intelligence. Yup! You are more intelligent than you "think." So are your clients. Dynamic discussions and activities deliver humour (ha-ha! learning) and insights (ah-aha! learning) that reveal how the vivid language of colours empowers career development, human resources, communication skills, team building, self esteem and business leadership.
	SESSION 4	Notice, Manage, Plan, Connect: Developing Resilience as a Job Seeker
	Viscount/Vanguard	Bridget Scott, Partners in Employment, SaskAbilities
		This workshop provides an overview of the Resilience program offered by Partners in Employment. The information may be helpful for anyone working with clients who are vulnerable, new to local employment or experiencing barriers to employment. It will include audience interaction as well as tools and takeaway resources that will enhance your skills as a career practitioner. Resilient people feel more equipped to face life's difficulties in ways that foster their strength and growth. The skills needed to cope and work through challenges can be learned. Resilience can be built with awareness and practice.

2:15 - 2:45	NUTRITION BREAK	
2:45 - 4:00	SESSION 1	A Spectrum of Retirement Metaphors
	Delta	Dr. Norm Amundson
		In this presentation Dr. Amundson will be addressing the issue of transition with specific reference to the aging and retirement process. Dictionary definitions of retirement refer to leaving one's job, withdrawing and being out of circulation. Career theorists such as Donald Super have referred to this stage of life as one of decline. This may fit for some people, but there are a growing number that seem to be propelling themselves into a higher, more creative, and vital sense of consciousness. This session will address what some theorists refer to as a Third Age Transition Process and will incorporate a spectrum of metaphors to focus on this experience for clients and counsellors.
	SESSION 2	Promising Practices: Essential Skills Programs for Indigenous Learners
	Concorde	Donnalee Bell, The Canadian Career Development Foundation
		The First Nations, Inuit and Métis Essential Skills Inventory Project (FIMESIP) began profiling innovative Literacy and Essential Skills (LES) programming in Canada in 2013. Through extensive case study research, FIMESIP has delineated 12 Markers of Promising Practice. This presentation will review these markers, report on the inventory's update, talk about the expansion of the Community of Practice and profile the development of a self-assessment tool to help LES practitioners integrate the markers in their programs.
	SESSION 3	Learning Through Reflection – Using e-Portfolios to engage students with inquiry-based learning, career education, and post-graduation planning
	Hercules/Lancaster	Daphnee Morin, myBlueprint and Panel Guests - Vanessa Lewis, Lanna Abbott and Lori Carter
		Inquiry-based learning opportunities that integrate graduation planning are fundamental to preparing students for the future. This session will cover how schools are successfully implementing myBlueprint to help students in K-12 (and beyond) build SMART goals, research and compare post-secondary and job opportunities (7-12+), build interactive e-portfolios, and complete self-discovery assessments to discover potential course, post-secondary, and occupation matches. With a focus on the e-portfolio tool, this session will demonstrate how you can empower students to incorporate, showcase, and reflect on their learning as it pertains to their course work, grad and post-grad plans, and applications to post-secondary. You will also hear from passionate Saskatchewan educators who are successfully implementing the technology in their classrooms. We will be sharing lesson plans and resources that connect directly to Career Education, the Grad and Post-Grad plan, and other curricular areas so that you can best support your students K-12 (and beyond) with making the most informed decisions about their futures.
	SESSION 4	Careers Across Saskatchewan
	Viscount/Vanguard	Industry Roundtable Agriculture, Construction, Let's Talk Science, Sask Apprenticeship and Health
		Participants will have an opportunity to connect with industry associations and organizations to learn about career opportunities and employment outlook information from a number of sectors. This "speed dating" format will allow you to rotate through each sector during the session.



AGENDA

Wednesday, April 10th, 2019

7:30 - 8:30	REGISTRATION AND NETWORKING BREAKFAST	
08:30 - 08:45	WELCOME	
08:45 - 10:00	KEYNOTE ADDRESS	Addressing the Quiet Crisis: Preparing Canada's Youth for the Future World of Work Kim Ulmer, RBC Regional President with Panel Guests - Jade Koch, Heidi Carl and Greg Gingera
		In an era of unprecedented change with the latest advancements in AI and automation transforming the way we work, the need for a mobile, skilled workforce, constantly learning, training, and upgrading has never been greater. The Quiet Crisis is upon us affecting Canadian youth coast to coast. Find out the importance of a skills economy, what we all need to know about the future world of work, how young Canadians can thrive in the age of disruption...and why RBC is deeply passionate about this topic. Then join us as RBC Regional President Kim Ulmer moderates a dynamic multi-generational panel including youth, youth serving, and youth benefitting organizations as we explore the impact of disruption on industry and the new world of work and the necessity of Saskatchewan's youth having access to work-integrated-learning, 21st century skill development, and knowledge networks to best respond to a changing global workplace.
10:00 - 10:30	NUTRITION BREAK	
10:30 - 11:45	SESSION 1	Using Metaphors for Exploration, Extension and Engagement
	Delta	Dr. Norm Amundson
		Metaphors are an important part of storytelling and serve to provide both understanding and direction. In this presentation Dr. Amundson will be demonstrating a method for working with metaphors in counselling. Once a metaphor has been identified there is a need to explore details using curiosity and active listening strategies. To push beyond the metaphor you need to extend the image in terms of time frame and direction. This extension can involve dynamic active engagement counselling strategies that help to reframe perspective and suggest alternative pathways. This metaphoric counselling approach is useful when working with adolescents and adults.
	SESSION 2	Many Voices, One World: Developing Intercultural Competence with Indigenous and Newcomer Youth
	Concorde	Marc Kuly, University of Winnipeg
		This presentation will explore the dynamics of working within and across Indigenous and newcomer communities. It is based on fifteen years of work within Winnipeg's inner city schools and five years of research on preparing teachers to work within them. It will blend theoretical with practical knowledge to engage participants in looking at the necessary personal and professional steps required to welcome the positive and transformative potential of diversity.
	SESSION 3	Labour Market Information 101
	Hercules/Lancaster	Steven Tobin, Labour Market Information Council & Tanveer Islam, Ministry of Immigration & Career Training
		The session will focus on Labour Market Information (LMI) - what it is, what it isn't, where you get it (sources), how can you use it and what it tells us about Saskatchewan's labour market: - in comparison to other provinces; - by demographics (who makes up our workforce); - by industries (which ones will have strong growth and which will not); - by key occupations (which ones will be in demand). As well as a focus on global and Canadian trends.
	SESSION 4	Relevance Magazine: Their Careers, Their Adventures
	Viscount/Vanguard	Thomas Benjoe, FHQ Developments ; Jori Kirk, Treeosix Adventure Parks and Shaina Lynden, Saskatoon Police Service/Ryde YXE Cycle Studio
		Relevance Magazine, a Saskatchewan publication, has been produced for the past 13 years. Hear from people profiled in the 2019 magazine to learn about their career pathway and lessons learned. The Relevance team will share their facilitator guide.

11:45 - 1:00	LUNCH	
1:00 - 2:15	SESSION 1	Indian Residential School Trauma Informed Practice in the Workplace
	Delta	Brenda Reynolds
		Understanding how to work with historical trauma and how to minimize vicarious trauma was imperative in the training of health support workers during the Indian Residential School Settlement Agreement process. Brenda will present her experience developing and implementing an Alberta pilot project for health support workers which was eventually used across Canada. The collaborative team model focussed on emotional safety for both the workers and the people that were provided support. Brenda's depth of knowledge on historical trauma applied in many different contexts will be a valuable opportunity for all practitioners.
	SESSION 2	How is Bartending like Building the New Career Development Professional Competency Framework?
	Concorde	Donnalee Bell, The Canadian Career Development Foundation
		Canadian Standards & Guidelines celebrated their 20th anniversary and, despite valiant volunteer efforts, needed a significant update to: <ul style="list-style-type: none"> • reflect the evolving nature of our work • be inclusive of the diversity of career development practitioners • underpin targeted training/professional development • promote clarity of role and scope of practice • promote awareness and professional recognition Since 2004, volunteers have been working to revitalize the S&Gs. The Supporting Canadians to Navigate Learning and Work project will provide resources for stakeholders to collaborate in bringing the standards to current day and beyond.
	SESSION 3	Be, Belong, Become: How to be the best you in the workforce
	Hercules/Lancaster	Angela Strelloff, Partners in Employment
		In today's busy workforce, career practitioners often give so much to their clients, with little left for themselves. In this highly interactive presentation, Angela Strelloff provides tips, tricks and strategies to enhance one's quality of life as it relates to employment. Angela's research focuses on how to be our best selves in the workforce. This presentation focuses on concepts related to self-care, mindfulness (including a 'chocolate meditation'), engaging in community, and how to create a work-life balance, something which is crucial in order to serve others. Angela shares a variety of modalities to increase our quality of life to be a better worker. This presentation includes relaxation techniques, how to implement strategies for mindfulness and relaxation, and addresses how to incorporate strategies that can help manage deadlines free from panic and stress. Angela will provide techniques on how to perform self-assessments, how to meet the clientele we serve where they are at, and how to best support people to discover themselves. Her presentation will provide insight as to how best to connect with ourselves and with other people so that we can be our most authentic selves at work. Angela believes that we should show others who we are, and that we can be anything when we belong to something!
	SESSION 4	Careers Across Saskatchewan
	Viscount/Vanguard	Industry Roundtable Supply Chain Management, Tourism, Mining, Information and Communications Technology, Hospitality and the Arts
		Participants will have an opportunity to connect with industry associations and organizations to learn about career opportunities and employment outlook information from a number of sectors. This "speed dating" format will allow you to rotate through each sector during the session.
2:15 - 2:45	NUTRITION BREAK	
2:45 - 4:00	KEYNOTE ADDRESS	Correcting the Narrative
	Galaxy A-B	Susan Aglukark
		We have all been told one story. Susan believed her immediate ancestors were a helpless wandering lot and so she lived as if institutions had been her savior. With the implications of what this type of relationship might be, the most emotionally pervasive dependency on institutions and its' systems, this presentation tells her story of unraveling this dependency and re-investing in the true stories of her ancestors in order to fundamentally change the relationship and participation in our northern communities and (re) writing that narrative.
4:00-4:30		Closing Remarks, Evaluation & Door Prizes