



**alumni**  
UNIVERSITY OF CALGARY

# Grow Your Career Conference

**WELCOME**



# The UCalgary Alumni Association is excited to welcome you to the sixth annual Grow Your Career Conference.

Each year, we gather inspiring professionals and thought leaders who have forged unique careers, demonstrated resilience and made an impact in their communities to share their experiences and expertise with the alumni community.

This year, we have put together a conference program featuring a variety of topics, speakers and career development professionals so that, no matter who you are or where you are in your professional journey, you'll learn something to help you to launch, advance or reimagine your career.

We hope you enjoy yourselves and that this conference gives you the tools to define or redefine your professional path and help grow your career.

Sincerely,

**UCalgary Alumni**

## Today's Speakers



**Ken Lima-Coelho**, BA'94

*President and CEO, Big Brothers Big Sisters of Calgary and Area*



**Gemma Stone**, BA'04

*Registered Psychologist*



**Dr. Charlotte Anyango Ong'ang'a**, PhD

*Career Development Specialist, Career Services, University of Calgary*



**Andrea Christensen**, BEd'99

*Alumni Career Development Specialist, Alumni Engagement, University of Calgary*



**Dr. Thomas O'Neill**, BA'05, PhD

*Psychology Professor, University of Calgary*



**Bindu Cudjoe**, BComm'96

*Chief Legal Officer, Chief Inclusion and Equity Officer, and Corporate Secretary, Laurentian Bank of Canada*



**DJ Kelly**, BFA'01

*Acting Director, Community Engagement, University of Calgary*

## Follow Online

Don't forget to follow and tag us in your favourite moments from the conference! Be sure to include **#UCalgaryGYCC23**

Instagram @ucalgaryalumni

Twitter @ucalgaryalumni

For more information on the conference program, please visit [alumni.ucalgary.ca/gycc](http://alumni.ucalgary.ca/gycc)

# Conference Schedule

## Saturday, March 18, 2023

### MORNING

<b>Arrival and Registration</b> 8:00–9:15 a.m.      Atrium	Please join us in the atrium to register and enjoy a continental breakfast.
<b>Welcome and Housekeeping</b> 9:15–9:30 a.m.      Main Floor Event Centre	
<b>Keynote</b> <b><i>Mentorship Magic: How to Build Relationships at Work</i></b> 9:30–10:30 a.m.      Main Floor Event Centre	<i>Ken Lima-Coelho</i>  Join educator and connector Ken Lima-Coelho in an exploration of the importance of mentorship in the workplace.
<b>Break</b> 10:30–10:45 a.m.	
<b>Concurrent Morning Sessions</b> 10:45 a.m.–Noon Attend one of the following:	
<b>A: <i>Overcoming Overwhelm at Work</i></b> 10:45 a.m.–Noon      DTC 416	<i>Gemma Stone</i>  In this workshop, we'll explore practical tools for dismantling stress and reducing overwhelm to become laser-focused on your career goals.
<b>B: <i>Don't Resign...Redesign!</i></b> 10:45 a.m.–Noon      DTC 430	<i>Dr. Charlotte Anyango Ong'ang'a and Andrea Christensen</i>  In this workshop, you will learn how to make your work inspire you, challenge you and fit you like your favourite pair of jeans again.
<b>C: <i>Happy, Healthy and Hybrid</i></b> 10:45 a.m.–Noon      Main Floor Event Centre	<i>Dr. Thomas O'Neill</i>  Join Dr. Thomas O'Neill in a hands-on exploration of personal and leader effectiveness in hybrid and remote work.

### AFTERNOON

<b>Lunch and Networking</b> Noon–1:00 p.m.      Atrium	
<b>Keynote</b> <b><i>Becoming an Ally in the Workplace</i></b> 1:00–2:00 p.m.      Main Floor Event Centre	<i>Bindu Cudjoe and DJ Kelly</i>  Join us for a conversation to explore the necessity of equity, diversity, inclusion and accessibility in the workplace.
<b>Break</b> 2:00–2:15 p.m.	
<b>Choose Your Own Career Adventure</b> 2:15–3:30 p.m. Choose from a number of adventures (or complete all three!).	Be sure to check out our info booths featuring alumni benefits and more career services.
<b><i>Ask a Career Expert Anything</i></b> 2:15–3:30 p.m.      Main Floor Event Centre	This interactive session is your opportunity to ask experienced UCalgary alumni career professionals anything!
<b><i>Resumé Revamp</i></b> 2:15–3:30 p.m.      Main Floor Event Centre	Bring your resumé to be reviewed by an industry recruiter so you can make the tweaks that will set you apart the next time you submit an application.
<b><i>Best Face Forward: Professional Headshots</i></b> 2:15–3:30 p.m.      DTC 222	Get your professional headshot so you can refresh your LinkedIn profile.
<b>Closing Remarks and Door Prizes</b> 3:30–3:45 p.m.      Main Floor Event Centre	
<b>Best Face Forward: Professional Headshots</b> 8:00–9:15 a.m.      DTC 222 Noon–1:00 p.m. 2:15–5:00 p.m.	Too busy taking in all the other great sessions today? Not to worry, there are session times throughout the day to get your professional headshot taken.

## Thank You!

Thank you for attending the 2023 Grow Your Career Conference. For more information on alumni benefits, programs, alumni-built businesses and ways to get involved with the UCalgary Alumni Association, please visit **[alumni.ucalgary.ca](https://alumni.ucalgary.ca)**.

## Stay Connected

The best way to learn about our programs is to stay in touch.

Sign up to receive our newsletters and emails at **[alumni.ucalgary.ca/stay-connected](https://alumni.ucalgary.ca/stay-connected)**

Alumni programs are made possible through the generous support of UCalgary Alumni Association partners TD Insurance and Manulife.



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