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

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For more information on the conference program, please visit alumni.ucalgary.ca/gycc
### Conference Schedule
**Saturday, March 18, 2023**

#### MORNING

- **Arrival and Registration**
  8:00–9:15 a.m.  Atrium
  Please join us in the atrium to register and enjoy a continental breakfast.

- **Welcome and Housekeeping**
  9:15–9:30 a.m.  Main Floor Event Centre

- **Keynote**
  **Mentorship Magic: How to Build Relationships at Work**
  9:30–10:30 a.m.  Main Floor Event Centre
  Join educator and connector Ken Lima-Coelho in an exploration of the importance of mentorship in the workplace.

- **Break**
  10:30–10:45 a.m.

- **Concurrent Morning Sessions**
  10:45 a.m.–Noon
  Choose one of the following:

  - **A: Overcoming Overwhelm at Work**
    10:45 a.m.–Noon  DTC 416
    In this workshop, we’ll explore practical tools for dismantling stress and reducing overwhelm to become laser-focused on your career goals.

  - **B: Don’t Resign...Redesign!**
    10:45 a.m.–Noon  DTC 430
    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.

  - **C: Happy, Healthy and Hybrid**
    10:45 a.m.–Noon  Main Floor Event Centre
    Join Dr. Thomas O’Neill in a hands-on exploration of personal and leader effectiveness in hybrid and remote work.

#### AFTERNOON

- **Lunch and Networking**
  Noon–1:00 p.m.  Atrium

- **Keynote**
  **Becoming an Ally in the Workplace**
  1:00–2:00 p.m.  Main Floor Event Centre
  Join us for a conversation to explore the necessity of equity, diversity, inclusion and accessibility in the workplace.

- **Break**
  2:00–2:15 p.m.

- **Choose Your Own Career Adventure**
  2:15-3:30 p.m.
  Choose from a number of adventures (or complete all three!).

  - **Ask a Career Expert Anything**
    2:15-3:30 p.m.  Main Floor Event Centre
    Be sure to check out our info booths featuring alumni benefits and more career services.

  - **Resumé Revamp**
    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.

  - **Best Face Forward: Professional Headshots**
    2:15-3:30 p.m.  DTC 222
    Get your professional headshot so you can refresh your LinkedIn profile.

- **Closing Remarks and Door Prizes**
  3:30–3:45 p.m.  Main Floor Event Centre

- **Best Face Forward: Professional Headshots**
  8:00–9:15 a.m.  DTC 222
  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.

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

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