



## Speaker Bios

### Jessica Antony (She/Her)

Trainer

ACHIEVE Centre for Leadership

Jessica is a communications specialist with over a decade of experience helping others share their stories, with a focus on collaborative communication, editorial development, and content creation. She has a bachelor's degree in Rhetoric and Communications and a master's degree in Media Studies. Jessica facilitates workshops on leadership, communication skills, and content creation, and has been teaching in the Department of Rhetoric, Writing, and Communications at the University of Winnipeg since 2009. In all her work, she is committed to developing and maintaining trusting relationships, with an attention to cultural differences, working styles, and mutual goals. Jessica is enthusiastic about helping people strengthen their ability to communicate clearly, respectfully, and with ease. She is a dynamic and engaging facilitator who is enthusiastic about understanding people's communication styles and approaches to help them improve their capacity to effectively and respectfully communicate with those around them.

---

### Josh Bileski

Strategy, Talent & Business Development  
HumanWise

Josh is deeply committed to his mission to be a catalyst, activating and inspiring people to flourish, so that together we can change our world for the better. Over his 20+ year career, he has been

focused on Corporate Culture & Engagement, Diversity & Inclusion, Instructional Design and Wellness. His experience comes from public, private and non-profit sectors working with diverse clients including; Disney, IG Wealth Management, Bermuda Department of Tourism, Verizon and Manitoba Public Insurance. He earned a Bachelor of Education from the University of Winnipeg, completed the Advanced Program in Management, Leadership & Strategy from the Asper School of Business, and gained formal Certification in Intercultural Studies through UBC. He is also a certified Facilitator and Career & Employment Coach. In June 2021, he realized one of his life's dreams joining HumanWise (a startup by The Johnston Group) as a founding team member responsible for Strategy, Talent & Business Development. HumanWise is committed to democratizing high-quality certified coaching, personal and professional development services designed for small to medium-sized businesses. One of their first clients is Payworks where Josh led the implementation of their Diversity, Equity, Inclusion and Belonging program.

---

### Katharine Cherewyk

Certified Executive Coach, ACC  
Padraig Coaching & Consulting Inc.

Katharine Cherewyk is certified executive coach and member of the Padraig Coaching & Consulting Inc. team. By exploring hidden or ignored ambitions, Katharine helps individual and team clients by getting at the heart of what is holding them back so that they can define their success and move forward

with a strong commitment and a solid plan. As a former small business owner, Katharine can relate to clients who show up every day, committed to becoming better leaders, better partners and better performers for their customers. Katharine has experience working with and in Indigenous communities in Canada, has worked as a researcher in various scientific institutions, and has spent time living and working overseas. As a professional photographer, Katharine loved capturing her subjects *'as they were'* in that sometimes imperfect moment in time and was rewarded for her abilities by having a photo appear twice on the cover of Time Magazine. Katharine has a Graduate Certificate in Executive Coaching from Royal Roads University and is a member of the International Coach Federation. In addition, she holds a BSc in Agroecology and an MSc in Agriculture from the University of Manitoba.

---

### Fontana Coy, B. Comm. (Hons.)

CI Transformation Coach  
Duha Center of Excellence

Fontana Coy has been a Master Black Belt team member of the Duha Group for over 7 years and works in the Duha Center of Excellence as a Continuous Improvement Transformation Coach. She is a certified PROSCI Change Practitioner, holds a Bachelor of Commerce degree from the Asper School of Business majoring in International Business and Logistics/Supply chain, and has Business Administration Diploma from Red River College. She brings over 15 years' experience in customer service and 5 years' experience in Distribution/Marketing/Sales. She is a strong proponent of the importance of continuous improvement in every industry and every aspect of our environment and lives. As a nationally certified fitness instructor, personal trainer and yoga instructor she brings her passion for total preventative maintenance and applies it to health and wellness. In her spare time she shares this knowledge with both charitable and non-charitable organizations. Fontana has earned her Master Black belt certification and has lead over 40 external companies on the start of their continuous improvement journey with opportunity identification exercises (Value Stream Maps, SWOT's, and Kaizen's) as well as visual management systems, transformation champion programs and visual standard operating procedures.

---

### Scott Donald

Sales & Leadership Coach  
SBD Growth Strategies

SBD Growth Strategies was founded back in 2015 with the goal to help organizations and people Grow and Achieve more. Scott is an accomplished senior business development professional leader with over 30 years of experience in a variety of industry sectors. This diverse experience has provided him with challenging yet rewarding lessons, and a unique perspective that allows him to better support clients across a variety of industries and experience levels. He has assisted and advised clients in oil and gas, renewable energy, technology start-ups, telecommunications and various non-profits. In 2018 Scott joined forces with The Envision Group, to provide Business Development and Leadership Development training and coaching to clients across North America. The fall of 2021 saw Scott join North Forge Technology Exchange as an Entrepreneur-in-Residence where he works with technology start ups and provides sales advisory services. Scott has come to genuinely appreciate the value and pride that comes with helping others on their professional journey. Whether training a group of people or coaching an individual one on one, Scott takes seriously the responsibility to help someone evolve their skills and take that next step. That said, he also makes sure they have some fun along the way.

---

### Jessica Floresco

General Manager  
Mother Earth Recycling (MER)

Jessica Floresco is the General Manager of Mother Earth Recycling (MER), an Indigenous For-Profit Social Enterprise in Winnipeg. At MER, Jessica and her team create meaningful change in the community by providing work based on empathy, compassion, and innovation, for people, the environment, and the local economy. Jessica currently sits on the Board of the Winnipeg Chamber of Commerce and the Indigenous Chamber of Commerce. She is also a founding member of the We Want to Work Coalition of Social Enterprises, she is an advisor to the Winnipeg Boldness Project, and she is a member of the Winnipeg Indigenous Executive Circle.

---

## Jordan Friesen, O.T. Reg. (MB)

President  
Mindset Mental Health Strategy Inc.

Jordan Friesen is the Founder and President of Mindset Mental Health Strategy. He brings many years of experience as a leader in Canada's non-profit sector spearheading national initiatives focused on corporate mental health. As a consultant, Jordan uses his skills to assist organizations who want to take progressive action to support the mental health of their workforce as a competitive advantage and business imperative for the future of work. In addition to consulting and leadership, Jordan has experience in training, education, mentorship, and public speaking. He prides himself on being able to distill complex ideas into actionable insights for a wide range of audiences, from executives to students. He is a sought-after subject matter expert on workplace mental health. Jordan is a registered occupational therapist and holds a Master of Occupational Therapy from the University of Manitoba.

---

## Nicola Garrett

Marketing Manager  
MLT Aikins LLP

Nicola Garrett is the Marketing Manager for MLT Aikins LLP, a full-service law firm with over 270 lawyers and six offices across Western Canada. Nicola leads a marketing team, with employees located in Vancouver to Toronto. Her team excels at remote and on-ground support of events, sponsorships, digital content creation, strategic support and brand asset management. Prior to over ten years with the firm, Nicola cut her teeth at a Winnipeg marketing agency, as an agriculture writer and then progressing to an account manager. Outside work, Nicola enjoys kitchen dance parties with her four and seven year old and spending time outside.

---

## Catherine Gordon, CPHR SHRM-SCP

Director, People & Culture  
Canuck Place Children's Hospice

Originally, from Northern Ireland, Catherine worked in London, UK for eight years before immigrating to Vancouver, BC in 2005. She has experience in the recruitment, legal, technology, regulatory,

environmental, healthcare and non-profit sectors, the latter being her passion. Since 2018, she has been the Director, People and Culture at internationally recognized Canuck Place Children's Hospice; she supports all aspects of HR for 200 staff across BC. A life-long learner Catherine holds the following certifications: Strategic HR Practices, Employer Brand Strategist, Advanced Employment Supports Specialty, Leadership and Inclusion and Antiracism. In addition to "Leading a Mentally Healthy Workplace", CPHR Workplace Mental Health, Mental Health First Aid Certificate and a proud in-house Champion of Mindful Employer. She is currently enrolled in the following programs: Disability Management Practitioner, Maslow Executive Leadership Coaching and Mindful Leader. She is a proud member of Hacking HR having participated in the first cohort of their GROW program

---

## Jamie Hall

Vice President, SAFE Work Manitoba  
Workers Compensation Board of Manitoba

Jamie Hall has served as Vice President of the WCB's SAFE Work Manitoba Division for the past eight years. He leads a team of people who are passionate about making our world a better place through significant improvements in safety performance in Manitoba. He is also thrilled to be a part of the community of safety leaders in our province that is actively working to prevent workplace injury and illness. Prior to his work at the WCB, Jamie brings 26 years of experience from Manitoba Hydro. Jamie is also a sessional instructor in the University of Manitoba's Asper MBA program, delivering a course on executive responsibility and ethics. He has served on the United Way Cabinet for the past 6 years, is a Board Member of the Better Business Bureau Education Foundation, and represents Manitoba on the Council of Governors for the Canadian Centre for Occupational Health and Safety. Jamie holds a B.Sc. in Electrical Engineering and an MBA with a specialty in Human Resources.

---

## Sharon Inkster

Consultant, HeartMath® Certified Trainer  
Practical Safety, Health & Environmental Solutions

Sharon Inkster is a health & safety consultant specializing in helping leaders create thriving cultural environments by sharing the neuroscience behind stress and sustainable behavioral change. Her qualifications include being a Board-Certified Safety Professional and a HeartMath® Certified Trainer. Throughout the last 20 years, Sharon served in various roles working to improve health & safety in mining & exploration and the public sector as an RCMP officer. Sharon is a strong motivational leader and has been recognized for her camaraderie and citizenship. Drawing on these strengths and her 'boots on the ground experience' have helped her facilitate the creation of award-winning safety cultures and influence positive change at all organizational levels.

---

## Ardele Karaganis, CPHR (she/her)

Senior Consultant, Strategic Human Resource Consulting  
People First HR Services

Ardele is a senior human resources professional with over 19 years' leadership experience in multiple industries. She has provided support in a broad range of HR areas for smaller family-owned organizations, as well as larger national corporate environments. Ardele is known to be extremely passionate about all things HR. Recently, she specialized in employee and leadership development through her senior roles in learning and development. Prior to joining People First, Ardele designed and facilitated engaging, impactful and strategic training programs while building relationships with business leaders through collaboration and effective communications. She and her team were awarded the 2016 Employee Development, Relations & Total Rewards Award (Large Business Category) for the Management Development Program that was created and implemented at Richardson International Limited. Ardele consults in the areas of leadership development, HR strategy development, performance and succession management, career management and transitions, respectful workplace, team building, harassment prevention and

investigations, and organizational design and effectiveness.

---

## Jennifer Kilimnik

Director of Culture & Compassion  
Réseau Compassion Network

Jennifer Kilimnik is interested in creating compassionate organizations. She has held diverse senior roles over her 15+ years in health and social services, including Director roles in Human Resources and Corporate Services. Jennifer has recently joined the Réseau Compassion Network as Director of Culture and Compassion. She draws on her roots in organizational development to create an engaging session where you can have had fun and feel successful!

---

## Kimberley Levasseur Puhach (Ikwe/she/her/hers)

Vice President People, Culture and Growth  
The Canadian Museum for Human Rights

Kimberley Levasseur Puhach is a strategic leader with expertise in human resource management and organizational development, with specialization in inclusion, diversity and equity. She has worked in the private, public and non-profit sectors, and in a variety of industries. She is passionate about Indigenous social justice efforts and committed to making a difference. Serving her community as chair of the Mayor's Indigenous Advisory Circle, Kimberley also sits on the board of directors for End Homelessness Winnipeg, co-chairs the Winnipeg Poverty Reduction Council, member of the Provincial Heart and Stroke board for Manitoba and a member of the United Way Winnipeg's Circle of Indigenous Relations. She is a past chair of an Indigenous community human services organization, Ka Ni Kanichihk Inc. ("Those Who Lead") and past chair for the National Day of Healing and Reconciliation. Levasseur Puhach (Bezhik Binese Ikwe or "Lone Thunderbird Woman"), is a proud First Nations woman. She is a member of the Sandy Bay Anishinaabe Nation. Her mother and several other family members are Indian residential school survivors. Before joining the Museum, Kimberley worked as Associate Vice-President, People & Culture – West Region for Gallagher, and prior to that, she was with MITT as the Director of People Services and Indigenous Inclusion.

---

## Sylvia Marusyk B.A., OT (reg) MB

Activational Speaker, Founder/Owner  
MindBody Works

Sylvia Marusyk is everything you never knew you wanted in a public speaker. The owner and innovative mind behind MindBody Works, a Canadian company focusing on creating and maintaining health and wellness in the workplace, Sylvia is fun, sassy and passionate about safety & health. As an Occupational Therapist with almost 30 years of experience and expertise in the field of health and safety, she emphasizes that prevention is the key to creating happy, healthy individuals, employees and businesses. The former host of the 'Happy Hour with Sylvia!' radio show, international keynote speaker, "activational" mentor and industry expert has proven that the way we look at corporate health, safety and wellness is due for a change of perspective; and Sylvia is leading the charge. Her entertaining presentations focus on a proactive approach to building healthy lives and workplaces. Through the use of humour and her incredibly dynamic presentation style, Sylvia leaves audiences laughing, learning and going home with the tools and confidence to change their lives for the better.

---

## Patrick O'Reilly

Certified Executive Coach and President  
Padraig Coaching & Consulting Inc.

Patrick O'Reilly is Founder and President of Padraig Coaching & Consulting Inc., a growing coaching and leadership development company based in Winnipeg, with certified executive coaches in eight cities in Canada and the U.S. He is certified in executive coaching and specialized in helping leaders of people excel in their roles and dive into new roles. A sought-after Executive Coach and TEDx speaker, Patrick has risen to prominence helping leaders of people to better lead their teams to greatness. As a former CEO who rose through the executive ranks learning on the fly to lead people, Patrick has lived the life of his clients. Patrick has spoken to diverse audiences ranging from a small mastermind group of executives to packed convention centres, from hard working front-line service people, to heads of government and even royalty. Patrick holds a Bachelor of Commerce (Honours) from Carleton University in Ottawa and a Graduate Certificate in Executive Coaching from Royal Roads University in Victoria. He is a certified coach (PCC) through the

International Coach Federation and is certified to administer the EQi and EQ360 assessments, to administer and debrief 360 feedback under LEADS in a Caring Environment (a Canadian healthcare leadership program) and to administer and facilitate DiSC profile assessments and workshops

---

## Shreeraj Patel, B.Comm (Hons.), MBA

Vice President – Commercial Financial Services  
RBC Royal Bank of Canada

Mr. Raj Patel has an extensive background and involvement in the financial industry both in Commercial and Corporate banking for the last 18 years. Mr. Patel joined RBC in 2014 and was appointed to the role of Vice President, Commercial Financial Services in 2017. He is responsible for a diversified team that covers the industry sectors of Real Estate Development/Private and Public REITS, Construction Services, Public Sector, Supply Chain and Transportation. Outside of RBC, Raj currently serves on the Board of Directors of the Winnipeg Chamber of Commerce and is the past Chamber Chair for 2020/21 operating year. He is also a member of the United Way Winnipeg Board of Trustees. He is a passionate member of the Asper School of Business Equity, Diversity and Inclusivity (EDI) Task force and a member of the James W. Burns Leadership Institute Advisory Board. Raj earned his Bachelor of Commerce (Honours) degree from the Asper School of business, University of Manitoba and his MBA from the University of Phoenix (Vancouver campus).

---

## Phyllis Reid-Jarvis (she/her), MPH, PCC.

Founder and Principal  
Ultimate Potentials

Phyllis Reid-Jarvis is the founder and principal at Ultimate Potentials Corporation, a business consultancy with over 25 years of combined experience in health, leadership, and social justice. Her team helps leaders create workplaces that are focused on harnessing their people's full human potential. A Professional Certified Executive Coach with the International Coaching Federation (ICF), Phyllis holds a Master of Public Health from the University of Manitoba's Community Health Sciences Program and a Graduate Certificate in Health and Aging. She is a certified MBTI Practitioner, and a certified Psychological Health and Safety Workplace

Advisor. Phyllis' career allowed her to work internationally, nationally, and locally in the area of organizational development as an executive and leadership coach, trainer, and consultant. She is the author of books and manuals on health, has written training programs on leadership, and coaching skills for leaders, as well as programs for organizations such as: Pathways to Diversity, Equity, and Inclusion and P.A.U.S.E. a program about transformational leadership practices and 'hacks' used by leaders who lead.

---

## Nicole Stewart CPHR, SHRM-SCP, CLC

People Consultant & Leadership Coach  
Nicole Stewart Consulting

Nicole has committed her career to supporting organizations uncover opportunities to evolve the employee journey grounded in the theory that small behavioral changes over time create exceptional work life experiences. Nicole is a People Consultant & Leadership Coach with over 20 years of Leadership and Human Resources experience. Executing on an effective and innovative people strategy, Nicole contributed to several honours at Payworks, including recognition as one of Canada's Best Managed Companies and the CPHR-MB Impact Award for making work meaningful. Building upon the successful strategies implemented in her career Nicole is now guiding her clients to build their own successful people strategies and elevate their employees' experiences.

---

## Gina Trinidad

Chief Health Operations Officer / Regional Lead  
Winnipeg Regional Health Authority (WRHA)

Gina Trinidad has worked in healthcare for over two decades, advancing in formal leadership roles with the WRHA, from the front-lines to executive leadership. Most recently, her leadership has been instrumental in managing transformational initiatives in the health system both at the regional and provincial levels. Currently, Gina is the WRHA Chief Health Operations Officer/ Regional Lead and is responsible for Continuing Care and Community Health Services. She is also responsible for the many external partnerships with health care organizations, a key component in advancing service delivery. A Registered Nurse by profession, Gina is a firm believer in lifelong learning and has achieved certification in lean management and coaching for improvement. She also holds a Graduate Certificate in Health Systems Leadership

Program from the Royal Roads University and is now pursuing a PhD in Nursing. With many years in health care administration, Gina's approach is firmly planted on the following core values: service, success and integrity.

---

## Lee Waltham

Managing Partner & Co-Founder  
Brandish

Lee Waltham is the co-founder and managing partner at Brandish, a strategic brand consultancy which means we help businesses making strategic shifts to better address their customers and market. He's been working in the brand and marketing space for the last 15 years. He started Brandish in 2016 after working at a performance marketing agency (where he met his co-founders). He saw a gap between what marketing was delivering and what people actually wanted from the brands they were buying their product and services from. The solution was to start Brandish and now after six years, Brandish has worked with national clients including Wawanesa, Robertson College and AutoCanada.

---

## Maxine Zasitko

Clinical Team Manager - Public Health  
Interlake-Eastern Regional Health Authority

Maxine Zasitko has over 20 years of experience addressing public health issues. She started out as a public health nurse, which later led her to being employed at the Public Health Agency of Canada (PHAC). While working at PHAC she gained leadership experience while working with many community organizations. In 2007, Maxine went back to the regional health authority where her public health experience began – the Interlake Eastern Regional Health Authority - and currently is Clinical Team Manager of Public Health. She was the recipient of the 2019 Interlake Eastern Regional Health Authority Patient Safety Award and was honored with the Manitoba Institute for Patient Safety (MIPS) 2020 Patient Safety Champion Award. The Interlake is home to Maxine where she was born and raised. She and her husband have enjoyed raising two lovely sons. When able to relax, Maxine enjoys spending time at her cabin in Steep Rock. This is her place of serenity where she is able to get creative, upcycling thrifted items into handmade crafts.