



A P E G S

*Association of Professional Engineers
& Geoscientists of Saskatchewan*

APEGS 4th Annual

Practising the Professions Day

October 26, 2026 | Delta Hotels Regina, SK

Schedule

Location: Delta Hotels Regina, Trentino/Tuscany
(upper level)

8:30 AM to 9:00 AM

Attendee Check-in

9:00 AM to 10:15 AM

Two-Eyed Seeing: Bringing Indigenous Perspectives to Engineering and Geoscience Ethics - **John Desjarlais**

10:15 AM to 10:45 AM

Networking Introductions and Break

10:45 AM to 11:45 AM

Project and Financial Management - **Harlan Kennedy**

11:45 AM to 1:30 PM

Lunch and Networking

1:30 PM to 2:30 PM

Beyond Compliance: Harnessing Self-Motivation & the 3-Brain Framework for Intuitive Ethical Leadership - **Dr. Shimi Kang**

2:30 PM to 3:00 PM

Networking Introductions and Break

3:00 PM to 4:00 PM

Your Human Advantage in the AI Age: Maximize Your Trust and Credibility, Build Connections, and Perform at Your Peak - **Mark Bowden**

4:00 PM to 5:00 PM

Networking Reception

CPD Credits and Categories

Presentation Name	Credits	Category
Two-Eyed Seeing: Bringing Indigenous Perspectives to Engineering and Geoscience Ethics	1 credit	Ethics and Formal Activity
Project and Financial Management	1 credit	Formal Activity
Beyond Compliance: Harnessing Self-Motivation & the 3-Brain Framework for Intuitive Ethical Leadership	1 credit	Ethics and Formal Activity
Your Human Advantage in the AI Age: Maximize Your Trust and Credibility, Build Connections, and Perform at Your Peak	1 credit	Formal Activity
Networking Reception	Time Spent *	Participation

* when calculating your CPD credits, remember 1 hour = 1 credit

Session 1: 9:15 to 10:15 AM (Trentino Room)

Two-Eyed Seeing: Bringing Indigenous Perspectives to Engineering and Geoscience Ethics - John Desjarlais

This talk explores the practice of blending a combination of Indigenous and professional engineering and geoscience approaches to values and ethics; some which may call, “Two-Eyed Seeing”. A systematic approach to integrating the code of ethics from the engineering and geoscience professions and the cultural values of Indigenous peoples, such as the Cree concepts of wahkohtowin (relations, being related), mino wicheitowin (having or possessing good relations), and tapwewin (speaking the truth, or speaking with precision and accuracy), have helped to indigenize the professions and make them more accessible to Indigenous people, as well as advance the fields of engineering and geoscience. Practising engineering and geoscience through this lens would serve to ensure an Indigenous engineer’s or geoscientist’s ability to achieve mino pimachisowin—the ability to live a good life, make a good living—and to better engage the greater public, which includes the Indigenous population.



John Desjarlais, P.Eng., MBA, PsGov, is the CIO at Kihew Consulting and Research, an Indigenous owned and managed consulting firm focused on creating sustainable and generational impact for all clients including Indigenous organizations and communities. He is Nehinaw (Cree)–Métis from Kaministikominahikoscak (Cumberland House),

Saskatchewan.

John holds a Bachelor of Science in Mechanical Engineering from the University of Saskatchewan and an MBA from the University of Saskatchewan. Since beginning his career in the mining industry in

2001, he has held a range of technical and leadership positions spanning environment and sustainability, maintenance and reliability engineering, economic development, construction, and executive management.

John brings extensive experience in regulatory affairs, governance, civil society, and community leadership. He has contributed to numerous boards, committees, and initiatives and is a Past President of the Association of Professional Engineers and Geoscientists of Saskatchewan. Throughout his career, John has received several awards recognizing his public service, professional contributions, and commitment to servant leadership.



Session 2: 10:45 - 11:45 AM (Trentino Room)

Project and Financial Management - Harlan Kennedy

This one-hour presentation will cover project and financial management basics in an engineering or geoscience environment. Content will cover project initiation, including scope definition, as well as project planning and execution, with a focus on budgeting, estimating, and monitoring costs.

Risk identification, assessment, and management will be covered, with an emphasis on developing appropriate contingency plans for cost and schedule. Incorporating and managing change will also be discussed.

Presentation material will relate to the Competency-Based Assessment System's Engineering Competencies 3.1 Project Management Principles and 3.4 Financial and Budgets, and Geoscience Competencies 4.4 Manage Activities, 4.5 Use Time Management Skills, 4.7 Contribute to Budgetary Management, and 4.8 Apply Basic Principles of Risk Management.

Harlan Kennedy, P.Eng. retired from public service in April 2021 in Saskatchewan, where his career included significant work in Project Management, delivering facility design and construction,

information technology, business process improvement, and event projects.

Harlan has been a P.Eng since 1980 and became a life member of APEGS in 2022. He achieved his Project Management Professional designation from PMI in 1998.



Harlan has facilitated courses in Leadership and Project Management for UofR Business and Professional Development Programs since 2004, and is certified in Adult Education. He has acted in local theatre, television, and movie productions.



Session 3: 1:30 to 2:30 PM (Trentino Room)

Beyond Compliance: Harnessing Self-Motivation & the 3-Brain Framework for Intuitive Ethical Leadership - Dr. Shimi Kang

In technical fields where high-stakes decisions directly impact public safety, environmental sustainability, and economic risk, ethical codes are often viewed through a lens of compliance and duty. However, true ethical leadership requires more than following rules. It demands deep-seated self-motivation and psychological clarity, especially under pressure.

In this engaging 1-hour keynote, award-winning neuroscience expert, psychiatrist, and best-selling author Dr. Shimi Kang introduces an inspiring approach to professional ethics. Grounded in neuroscience, behavioral psychology, and self-motivation tools, Dr. Kang moves the conversation away from rigid compliance and toward genuine internal drive.

Participants will explore how ethical lapses often happen not from a lack of knowledge, but from stress, cognitive overload, and misalignment between our internal processing systems. Dr. Kang

introduces her 3-Brain Framework, a clear and practical 3-step decision mapping theory that harmonizes head logic, heart values, and gut intuition. Engineers and geoscientists will leave with a specific method to map out complex dilemmas, resist workplace pressure, and intuitively make decisions that uphold the highest standards of their professions.

Key Takeaways

- **The Neuroscience of Ethical Drive:** Discover how intrinsic self-motivation outperforms fear of compliance, turning ethical practices into a natural reflex rather than an external burden.
- **The 3-Brain Framework:** Explore how the head (analytical reasoning), heart (values and empathy), and gut (instinctive risk detection) collaborate during critical moments.
- **3-Step Decision Mapping in Practice:** Learn a structured, step-by-step method to map out gray areas, evaluate trade-offs, and comfortably navigate real-world engineering and geoscience pressure points.
- **Stress Response & Integrity:** Identify how fatigue, deadline pressure, and organizational stress distort judgment, and learn how to reset your internal compass under high stakes.

Dr. Shimi Kang, an award-winning, medical doctor, researcher, and expert on the neuroscience behind innovation, leadership, and motivation, provides science-based solutions for health, happiness, and achievement at home, work, and in the classroom. She draws on 25 years of clinical experience, and extensive research into the science behind optimizing human intelligence, to show audiences how to cultivate key 21st century skills, including resilience, connection, adaptability, creativity, and more.



Kang is a practicing psychiatrist and clinical associate professor at the University of British Columbia. She is also the founder of Future-Ready Minds, Director of Mental Health at the Centre for Neurology Studies, and the principal investigator of several ground-breaking research studies on new treatments for addiction and depression. Kang is helping to usher in a new era of wholistic medicine.

As a thought leader, Kang has been featured in major media outlets around the world, including *BBC World News*, *US News & World Report*, *TIME*, *NPR*, *CBC*, and *The Washington Post*. She is also the author of *The Self-Motivated Kid*; the #1 national bestseller, *The Dolphin Parent*; and *The Tech Solution: Creating Healthy Habits for a Digital World*. Kang is also the host of the YouTube series, “Mental Wealth”.

An entertaining and experienced speaker, Kang has presented at events ranging from the world’s largest conferences to customized workshops for small groups. She has shared the stage with cutting edge scientists, movie stars, CEOs, music legends, professional athletes, and global leaders. Her 2016 TEDx presentation on the power of adaptability has been viewed millions of times.

In recognition of her work, Kang has been honoured with five national awards and the YWCA Woman of Distinction Award in Health. She is also the proud recipient of the Queen Elizabeth II Diamond Jubilee Medal and the Governor General of Canada award for her years of outstanding community service.

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Session 4: 3:00 to 4:00 PM (Trentino Room)

Your Human Advantage in the AI Age: Maximize Your Trust and Credibility, Build Connections, and Perform at Your Peak
- Mark Bowden

We humans have seen thousands of years of revolutionary technologies, along with two ice ages; and yet, the human body and our feelings have remained unchanged. So, do we really think that

artificial intelligence will freeze us out? AI will streamline many tasks, but it will never replace our fundamental need for human connection or the benefit of having interpersonal skills. The future of work and top performance belongs to those who take advantage of the time and space this new technology will provide us to maximize our human connections — and they'll give people more time to work out who they can really trust.

In this energetic and riveting keynote speech by world-renowned body language and communication expert Mark Bowden, audiences are empowered with human know-how to thrive in the future of work, to build trust and credibility around themselves, alongside AI and not in its shadow.

Bowden, in his inimitable energetic and motivational style, shares his newest thinking alongside his fundamental skills to help you understand that while work adapts to the progress and change brought about by generative AI such as ChatGPT, working on our interpersonal communication skills is now even more essential.

Audiences will learn to:

- Embrace and expand your understanding of how to use your non-verbal behaviour to build, maintain, and strengthen valuable relationships with clients and colleagues.
- Listen effectively and inspire action and confidence in yourself and others to face the future hand in hand with new technologies.
- Learn how best to show up, look and feel confident, and build and sustain relationships.
- How to win trust, gain credibility, and be influential and persuasive every time you speak.

Mark Bowden, voted Global Gurus #1 communication keynote speaker and body language professional, is a world-renowned thought leader in body language and communication. He is passionate about giving people the most influential and persuasive techniques through his unique GesturePlane system of nonverbal communication to help them stand out, win trust, and gain credibility every time they speak. Bowden's keynotes are inspiring, energetic, engaging, entirely entertaining, and have proven



life-changing for audiences, helping them reach peak performance and drive business growth across all industries and sectors.

Bowden is a sought-after communication coach for business leaders and professionals, politicians, and prime ministers of G7 nations on how to communicate competently and confidently whether live, in debate, or through media.

The founder of the communication skills training company TRUTHPLANE®, he works with major organizations including Zoom, Shopify, Real Madrid, Toyota, KPMG, Manulife, Morgan Stanley, RBC, American Express, REMAX International, L’Oreal, Madison Square Garden, the US Army, and NATO.

Bowden is also a longstanding regular instructor for Canada’s #1-ranked EMBA program at Kellogg-Schulich School of Business and the President of the National Communication Coach Association of Canada. He also co-hosts the hit YouTube series The Behavior Panel, which has over 1.2 million subscribers and is in development for a TV show adaptation in the US. It will be the first network TV show dedicated entirely to body language and behaviour.

A popular podcast guest on *The Nerve* (amongst others), Bowden is a go-to media commentator on the body language of politicians, celebrities, and public figures, appearing regularly on *Dr Phil*, CNN, CBS, CTV, Global News, and frequently quoted in *The Wall Street Journal*, *The Washington Post*, *Daily Mail*, and *GQ*. He is also an acclaimed TEDx speaker whose talk “The Importance of Being In-Authentic” has tens of millions of views.

Bowden is a bestselling author who has written several books on body language and human behaviour that have been translated into multiple languages, including *Winning Body Language*; *Winning*

Body Language for Sales Professionals; Tame the Primitive Brain; and Truth and Lies: What People are Really Thinking.

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Networking Reception: 4:00 to 5:00 PM (Tuscany Room)

- **Do you want to make valuable professional connections?**
- **Are you looking for professional development opportunities in your area?**
- **Do you know which professional organizations are in your area and what they can offer you?**

Join us for a Networking Reception and appetizers, featuring local regional societies and professional development organizations. Discover how they can help you further your career and make valuable connections within your industries.

Each of these organizations are here to tell you about how they can help support your professional development in your area of practice, as well as expand your professional network.

This is a unique opportunity to learn, grow, connect with your peers in the profession and earn CPD credits.

Organizations attending include:

- Association of Consulting Engineering Companies (ACEC) - Saskatchewan
- American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) Regina and Saskatoon
- Institute of Electrical and Electronics Engineers (IEEE) - South
- Project Management Institute (PMI) South Saskatchewan
- Saskatchewan Geological Society
- Saskatchewan Polytechnic
- Saskatoon Geoscience Discussion Group
- University of Regina
- And more!