



A P E G S

*Association of Professional Engineers
& Geoscientists of Saskatchewan*

APEGS 3rd Annual

Practicing the Professions Day

October 20, 2025 | TCU Place | Saskatoon SK

Schedule

Location: TCU Place, Centennial Hall AB

9:30 – 10:00 am

Registration Check-in

10:00 – 11:05 am

Chris Bailey - Focus: How to Be More Productive in a World of Distraction

11:15 am – 12:15 pm

Morgan Hamel - Between Right and Real: Trust, Ethics and Leadership in an Era of Complexity

12:15 – 1:00 pm

Buffet Lunch

1:00 – 2:05 pm

Dr. Karyn Gordon - Giving and Receiving Feedback: Why This Emotional Intelligence Skill Can Strengthen or Destroy Teams

2:15 – 3:30 pm

Adam Thomson and Connor Yeo - Navigating Contracts and Insurance Requirements

3:30 – 5:00 pm

Networking Reception

CPD Credits and Categories

| Presentation Name | Credits | Category |
|--|--------------|----------------------------|
| Focus: How to Be More Productive in a World of Distraction | 1 credit | Formal Activity |
| Between Right and Real: Trust, Ethics and Leadership in an Era of Complexity | 1 credit | Ethics and Formal Activity |
| Giving and Receiving Feedback: Why This Emotional Intelligence Skill Can Strengthen or Destroy Teams | 1 credit | Formal Activity |
| Navigating Contracts and Insurance Requirements | 1.25 credits | Formal Activity |
| Networking Reception | Time Spent * | Participation |

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

Session 1: 10:00 – 11:05 am

Focus: How to Be More Productive in a World of Distraction

Our attention has never been as overwhelmed as it is today. And the research is clear - the state of our attention determines the state of our lives. In other words, if our attention is constantly overwhelmed, so are we. By transforming how you manage your attention, the better you'll be able to manage every aspect of your life.

In this story-driven, science backed keynote presentation, Chris Bailey shares profound insights into how to take charge of your attention to achieve a greater sense of purpose and productivity throughout the day. He draws from his bestselling book, *Hyperfocus*, and the latest neuroscientific research to equip audiences with practical, immediately implementable strategies that will help them become more productive in a world of distraction.

Key takeaways include, how to:

- Manage attention to work with greater intention.
- Tame distractions ahead of time to focus more deeply.
- Train their mind to become resilient to distraction.
- Take advantage of the dot-connecting powers of their brain to work with greater creativity.
- Use mind wandering to generate more ideas.
- Think more strategically, automatically.



Over the past decade, **Chris Bailey** has become a leading voice in the world of productivity through personal experimentation and a passion for discovering what truly works. Known for his practical yet engaging approach, Bailey has tested a wide range of productivity strategies—from extreme digital detoxes to intense work schedules—to determine their real-world value. He's been praised by TED Talks, Harvard Business Review, and WIRED for his energetic and insightful

style, and he encourages individuals to tailor productivity methods to fit their own lives rather than follow rigid systems. Through his blend of humor, curiosity, and science-backed research, Bailey makes

productivity not only accessible but genuinely enjoyable.

Bailey is also a bestselling author, speaker, and widely published writer. His books *The Productivity Project*, *Hyperfocus*, and *How to Calm Your Mind* have earned global acclaim and been translated into over 40 languages. With his work featured in top media outlets such as *The New York Times*, BBC, and *Fortune*, Bailey continues to shape how people think about focus and time management. His TED Talk “How to Get Your Brain to Focus” has amassed over 17 million views, and his next book, *Intentional: The Science of Finishing What You Start*, is set for release in January 2026. Through his writing, speaking, and experiments, Bailey remains a transformative force in helping people work smarter and live more intentionally.



Session 2: 11:15 am – 12:15 pm

Between Right and Real: Trust, Ethics and Leadership in an Era of Complexity

In today’s complex business environment, doing the “right” thing is no longer as simple as adhering to codes of conduct and acting professionally. Modern leaders face heightened challenges stemming from shifting stakeholder expectations, political polarization, employee activism, and the constant pressure of social media scrutiny. Ethical leadership now demands more than just compliance - it requires navigating a dynamic landscape where decisions carry both organizational and public implications. Morgan Hamel brings a nuanced perspective shaped by real-world experience and ethical research, encouraging leaders to rethink traditional notions of ethics in leadership.

Hamel’s approach blends powerful storytelling with insights from behavioral ethics to reveal how ethical decisions are truly made in high-pressure situations. Her sessions equip executives, managers, and professionals with practical tools to handle value-driven conflicts, maintain trust, and lead effectively amid polarization. Key takeaways include understanding the concept of “like-and-share liability,” recognizing the psychological factors behind ethical behavior, and applying strategies to mitigate risk while aligning business practices with evolving societal expectations.



Morgan Hamel is an experienced ethicist and business consultant with over a decade of expertise in corporate ethics and ethical entrepreneurship. With a master's degree in applied ethics from Utrecht University, she offers a distinctive, business-focused perspective on reputation management rooted in ethics. As president of MH Partners Inc., a boutique consulting firm, she advises leaders and organizations on navigating ethical leadership and reputational risk in a time marked by polarization, complexity,

and rapid change.

Hamel's career includes 11 years in the ethics office of a major organization, as well as founding a successful ethical fashion marketing firm that surpassed \$1 million in responsible sales in its first corporate year. Known for making ethics relatable and engaging, she works with clients ranging from Boards to front-line staff, helping them manage moral risks. Hamel is also a sought-after speaker and instructor, delivering ethics education to professional associations across Canada. Her TEDx talk, *Becoming as Ethical as We Think We Are*, is widely used in academic settings across North America.



Session 3: 1:00 – 2:05 pm

Giving and Receiving Feedback: Why This Emotional Intelligence Skill Can Strengthen or Destroy Teams

Dr. Karyn Gordon believes learning how to give and receive feedback is the cornerstone of effective management and leadership for all generations. Unfortunately, research tells us that many managers often don't know how to give feedback effectively, with employees often complaining that their performance reviews are too vague and infrequent to be effective. Without proper training, organizations run the risk of seeing employees disengage or quit altogether because of infrequent or ineffective feedback.

Audiences will learn:

- How to understand the “cultural DNA” of all five generations (including Gen Z).
- How the various generations give and receive feedback differently.
- Why giving and receiving feedback can either energize or destroy teams.
- The three simple strategies for all generations to give and receive feedback effectively.



Dr. Karyn Gordon is a renowned leadership expert whose mission is to cultivate great leaders capable of driving success in both personal and professional settings. With over 1,000 keynote speeches delivered to half a million people across 17 countries, Gordon brings deep expertise in leadership, emotional intelligence, and relationships to her work with Fortune 500 companies, government agencies, and entrepreneurs. She is the founder and CEO of DK Leadership, a global coaching company that focuses on emotional intelligence training for organizations and

families. Gordon’s latest book, *The Three Chairs*, has earned bestseller status on the Wall Street Journal, USA Today, and Amazon charts.

In addition to her speaking and coaching work, Gordon is a well-known media personality and currently serves as the leadership and relationship expert on Canada’s top daytime show, *Cityline*. Her 2022 TEDx talk, “Why Confidence is the Secret to Great Leaders at Work and Home,” ranked sixth globally, highlighting her ability to distill complex research into engaging and accessible content. With academic credentials in psychology, counseling, and family therapy, and multiple certifications in leadership, Gordon’s work is grounded in research and practical insight, particularly in multi-generational workforce dynamics, engagement, and retention. Her impressive client list includes companies like Pepsi, PwC, and various government and academic institutions.

Session 4: 2:15 - 3:30 pm

Navigating Contracts and Insurance Requirements

Do you want a better understanding of commercial insurance? In this presentation we will break down key insurance coverages like Professional Liability and General Liability, share real-world claim examples, and walk through practical exercises to help you confidently review and negotiate contracts. Discover best practices to protect your business and projects while ensuring your coverage aligns with your actual exposure.



Adam Thomson is a third-generation insurance broker with over 17 years of experience in commercial insurance, specializing in liability coverage, protection, and risk management. He began his career as an underwriter at Aviva in 2008 before transitioning to brokering in 2011, where he quickly emerged as a leader in the field. Recognized in 2019 as one of Canada's Top 10 Insurance Brokers Under 40, Adam is known for his innovative approach to risk management and his dedication to delivering expert advice and exceptional service to clients nationwide.

Connor Yeo holds a Bachelor of Science in Biology from the University of Saskatchewan and brings a strong analytical mindset and curiosity to his role in insurance. He began his career in 2020 with HK Henderson Insurance as a Motor License Issuer, and his dedication to learning and client-focused approach quickly led to a promotion to Advisor – Commercial Lines in 2021. With a focus on education and risk management, Connor is committed to helping clients make informed decisions and confidently navigate their risks.



Networking Reception: 3:30 – 5:00 pm

Centennial Foyer

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

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
- Building and Technical Standards Branch
- Canadian Water Resources Association (CWRA)
- Institute of Transportation Engineers (ITE) SK
- Project Management Institute (PMI) North Saskatchewan
- Saskatoon Geoscience Discussion Group
- University of Regina Library
- University of Saskatchewan Library
- University of Saskatchewan College of Engineering and more