Detailed Agenda & Session Descriptions
Get Hired Virtual Conference, University of Toronto Scarborough
April 28-30, 2020

Please refer to the ‘What to Expect’ Document for additional details about the conference! Note that all links needed to log in conference sessions will be emailed to registered students (via your utoronto email account) the day before the conference (Monday, Apr 27).

Tuesday, April 28, 2020
Day 1: Get to Know Yourself

Welcome & Opening Remarks
Tuesday 10:30–10:40am
Jen Davies, Manager, Career Development, AA&CC

Keynote: Emotional Intelligence (EI)
Tuesday 10:40–11:40am
Jamelle Lindo, EI Coach, Speaker, Trainer

Jamelle Lindo, an emotional intelligence coach, trainer and speaker with over 11 years of professional experience, shares his journey to becoming a successful independent entrepreneur and coach. This includes his failures and successes, as well as other key insights leading to his pivotal discovery that emotional intelligence is the single most important skill in the workplace and as an entrepreneur. Jamelle then shares his experience working with one of Canada’s largest communications companies in various leadership roles, and how he came to realize that emotional intelligence was both making and breaking careers (although no one ever talked about it – at least not directly). While in this role, Jamelle trained thousands of employees across Canada and noticed that those coming straight from post-secondary schools struggled the most because of the dramatic shift to a formalized workplace culture, which tends to have more to do with EQ than IQ. Students who attend this talk will walk away with a strong understanding of what emotional intelligence and self-awareness are, as well as some key insights into how they can leverage these skills to not only get hired, but stay hired.

Bio: Jamelle Lindo is an emotional intelligence leadership coach, trainer and speaker with over 11 years of diverse learning & development experience. In his experience, he has worked with thousands of professionals across Canada to help them level up through the practical application of emotional intelligence and mindfulness based strategies. Jamelle is certified in the worlds leading assessment tool for measuring emotional intelligence called EQ-i 2.0 and he uses this to establish a scientifically valid benchmark to begin the development journey. Jamelle is also an official members of the Forbes Coaches Council, an invite-only organization for successful business coaches and has been published several times on Forbes .com for various thought leadership pieces. Ultimately, Jamelle is driven by his mission to empower leaders and business professionals to become their best selves and in so doing, achieve the kind of business success that makes the world a better place.
Break
Tuesday 11:40am–12:00pm

Get to Know Yourself
Tuesday 12:00–1:30pm
Wei Huang, Career Counsellor, AA&CC

Do you wonder what you can do with your degree? Discovering your career options begins with learning about yourself. Join this session to explore your true self through career assessment and career story. Identify characteristics that will help you develop your own personal brand.

Please complete the following interest profile before the conference to make this most of this session! [https://www.mynextmove.org/explore/ip](https://www.mynextmove.org/explore/ip)

Also refer to the following handouts for this session:
Day 1 – Get to Know Yourself - Narrative Knowing Yourself and Day 1 – Get to Know Yourself - Holland Code Assessment.

Lunch Break
Tuesday 1:30-2:00pm

Get Job Searching: Job Search Essentials
Tuesday 2:00–3:30pm
Derek Smith, Career Strategist, AA&CC

Whether you don't know where to start when it comes to job searching or you are a seasoned job seeker, this workshop will teach the most successful forms of job search and help you identify positions that fit your interests and goals. You will also gain insight into how to read a job posting, match your resume to it and get the attention on the employer.

Please refer to Day 1 – Job Search Essentials - T-Analysis and the three sample job postings below that will be used in the breakout rooms during this workshop. Please have these documents available for this session.

Day 1 - Job Search Essentials - Business Sample Job for T-Analysis
Day 1 - Job Search Essentials - Science Sample Job for T-Analysis
Day 1 - Job Search Essentials - Arts & Social Science Sample Job for T-Analysis

For more info, please refer to the ‘What to Expect’ document.

Break
Tuesday 3:30-4:00pm
Get Job Searching: Standing Out (and Handling Office Politics)
Tuesday 4:00–5:00pm
Reggie Waterman, Director, Product Marketing, 360insights and Founder, XPRESSIVE

How does a motivated new hire (you!) stand out and get noticed for exciting projects and promotions in today’s work environment? And how can you effectively navigate the politics involved? Learn from Reggie Waterman, who worked for 10+ years in corporate settings and is now sharing what he and experts know about these topics.

Bio: Reggie Waterman can be summed up in one word “RESILIENT”. As a Director, Product Marketing at 360insights and Founder of his own marketing agency called XPRESSVE, Reggie leverages his gift of connecting with people to help them realize their true potential and build their personal brand. Reggie graduated from Ryerson with a B.Comm in Marketing. Since graduating from Ryerson, he has accumulated 15 years of Marketing experience across various industries and companies that consisted of a lot of twists and turns. In 2019, Reggie developed a program called ‘Open Concept’ where he discovered a gap when it comes to the post grad journey (‘the stuff’ that nobody tells you) and he has made it his mission to close that gap by providing students with a winning formula to ensure career success post graduation. On January 16, 2020 he launched his podcast called ‘Pod About Nothing’ on YouTube in hopes to deliver ‘infotainment’ to the marketplace as he strives to become an influencer. A devoted father of two kids, avid traveller, a self-proclaimed CrossFit athlete and ‘Human Google Translator’ among various generations, Reggie plans to ride that wave of resiliency by helping others achieve their goals.

Break
Tuesday 5:00-5:15pm

Day 1 Concurrent Sessions (PICK ONE)

Option 1: Starting Successful Conversations, Introducing Yourself with Confidence
Tuesday 5:15-6:15pm
Derek Smith, Career Strategist, AA&CC

“Tell me about yourself.” For some this may be one of the most difficult questions to answer, and you may only have 30 seconds to do it in. What do you say? How do you begin? What will keep them interested in you? When it comes to employer engagement, being able to introduce yourself with confidence is key when it comes to creating a successful connection. In this session you will learn about how to introduce yourself by creating what is known as a 30 Second Profile. You will learn when and where to use it, what a good one does and does not sound like, and then be able to create your own and practice it.

Please refer to the following attached documents:
Day 1 - Starting Successful Conversations - 30 Second Profile and
Day 1 – Scripts for Starting a Conversation that will be used in this session.
Please keep them handy if you choose this concurrent session. For more info, please refer to the ‘What to Expect’ document.
Option 2 – To Grad School or Not to Grad School
Tuesday 5:15-6:15pm
Wendy Szeto, Career Counsellor, AA&CC

Are you interested in graduate studies? What do you need to know? Do I need a master’s degree in order to get a (good) job? What if I don’t have the grades to get into a master’s degree? If any of these questions pertain to you or if other inquiries come to mind, join this session to learn more about how further education can impact your career options.

NOTE: This option requires participants to join a separate Zoom session. Links for all sessions will be sent to all registered students prior to the conference. Please see ‘What to Expect’ for more information.

Day 1 Wrap Up
Tuesday 6:15-6:20pm

Wednesday, April 29, 2020
Day 2: Tools for Getting Hired

Day 2 Opening Remarks
Wednesday 10:30–10:40am
Jen Davies, Manager, Career Development, AA&CC

Keynote: Mastering Etiquette for Career and Personal Success
Wednesday 10:40–11:40am
Leanne Pepper, General Manager of the Faculty Club, University of Toronto
Etiquette and Protocol Consultant

"The sooner you begin to master the art of good etiquette, the sooner you can expect success in your professional life." Learn skills and strategies that will help you shine at networking events, job interviews, meetings with potential business partners, dinners with clients, and negotiations with colleagues and superiors.

Bio: Leanne Pepper, General Manager, Faculty Club, UofT
Leanne was trained and certified by The Protocol School of Washington®, Washington, D.C. Certifications include training for business executives, young adults, and children in dining skills, protocol, etiquette, and communication skills.

Break
Wednesday 11:40am-12:00pm
Get Job Searching: Developing Your Network Virtually
Wednesday 12:00–1:00pm
Byung Oh, Career Strategist, AA&CC

In the age of social distancing, it is tough to build up your professional network. In this session, we will explore strategies about where and with whom you can network, and how to create and maintain lasting, mutually helpful connections using your virtual devices through an online platform a.k.a. LinkedIn!

Useful Links
How recent college graduates can successfully interview in a COVID 19 world

LinkedIn Learning courses:
Digital Networking Strategies
Learning LinkedIn for Students
https://www.linkedin.com/learning/learning-linkedin-for-students/personalize-your-headline-2?u=76812730

LinkedIn Learning Path:
Remote Working: Setting Yourself and Your Teams Up for Success (Learning Path: Collection of Courses)
https://www.linkedin.com/learning/paths/remote-working-setting-yourself-and-your-teams-up-for-success?u=76812730

Lunch Break
Wednesday 1:00-1:30pm

Get the Interview: Interviewing Strategies from the Pros
(Demo Interview & Practice)
Wednesday 1:30–2:15pm Demo Interview
Wednesday 2:15-2:30pm Break
Wednesday 2:30-3:30pm Interview Workshop

Demo Interview: Navrose Oberman, Talent Acquisition Consultant, Metrolinx
Workshop Leader: Wendy Szeto, Career Counsellor, AA&CC

One of the best ways to improve at any interpersonal skill is to observe strong performances. In the demo session, you will put yourself in the role of hiring manager and observe a candidate interviewing for a job. Follow with practicing what you learn with your peers.
Bio: Navrose Oberman, Talent Acquisition Consultant, Metrolinx
Navrose is a graduate from George Brown's Human Resource Management post-graduate program with an Honours BA in Sociology and Political Science from the University of Toronto. Her experience has largely been in recruitment, sales, and customer service. She has worked in very dynamic environments (including financial services, banking, healthcare, and transportation services) that involve high volume recruiting while working on a wide range of roles. Most recently, as a Talent Acquisition Consultant with Metrolinx supporting recruitment for Finance. A positive outlook and enthusiastic attitude are evident in every project she’s involved with. Navrose is extraordinarily customer focused, as reflected in all of her interactions with clients, candidates, and colleagues.

Please note: During the Interview Workshop, participants will be assigned to breakout rooms to for real-time practice. Complete instructions will also be provided during the session. Please refer to the ‘What to Expect’ document for more information. Please also refer to the handout Day 2 – Get the Interview – Demo Practice.

Break
Wednesday 3:30-4:00pm

Self-Management & Coping Skills for a Remote First Week on the Job
Wednesday 4:00–5:00pm
Dr. Tayyab Rashid, Licensed Clinical Psychologist, Associate Faculty, UTSC

Working full-time for the first time can feel overwhelming, and it is definitely tiring. Learn strategies for setting yourself up for first-week success, even when working from home.

Bio: Dr. Tayyab Rashid is a licensed clinical psychologist and an Associate Faculty at the University of Toronto Scarborough (UTSC). For more than 15 years, Dr. Rashid has worked with individuals experiencing complex mental health issues including severe depression, debilitating anxiety, borderline personality disorder and PTSD using a culturally contextualized strengths-based therapeutic approach. Dr. Rashid has also worked with individuals experiencing severe trauma, including survivors of the Asian Tsunami of 2004, with refugee families and journalists who have worked in high conflict zones and with survivors of mass shootings. Dr. Rashid has delivered more than fifty invited talks and keynotes and trained mental health professionals and educators internationally. His work has been published in academic journals, included in textbooks of psychiatry and psychotherapy and been featured media. His book Positive Psychotherapy (2018), co-written with Martin Seligman, is considered one of the most comprehensive clinical resources in the field and has been translated into ten languages so far. Dr. Rashid won the Outstanding Practitioner Award (2017) from the International Positive Psychology Association (IPPA) and Chancellor Award (2018) from the University of Toronto.

Research initiatives:
SBR: www.strengthsbasedresilience.com
PPT: Positive Psychotherapy
Flourish: www.utsc.utoronto.ca/flourish
Break
Wednesday 5:00-5:15pm

Day 2 Concurrent Sessions (PICK ONE)

Option 1 – Skills Employers Need – How to Get Them for Free
Wednesday 5:15-6:15pm
Byung Oh, Career Strategist, AA&CC

We will examine skills in demand regardless of any major, and how to get them as part of your ongoing career development. It may be easier and less expensive than you think to gain those skills! We will identify what the most in-demand skills are, discuss the value they hold in various industries, and explore what options you have for learning them for free or at low cost.

Useful Links:
The Skills Companies Need Most in 2020
https://learning.linkedin.com/blog/top-skills/the-skills-companies-need-most-in-2020and-how-to-learn-them

University of Toronto – LinkedIn Learning Access
https://onesearch.library.utoronto.ca/linkit/lyndacom-online-courses

OR

Option 2 – Adventures and Employment in Remote Communities in Canada
Wednesday 5:15-6:15pm
Romeo Fournier, Indigenous Academic Advisor/Career Strategist AA&CC

This session will introduce attendees to unconventional employment opportunities. By exploring current employment trends we will compare employment opportunities in urbanized environments to that of remote, rural communities in Northern Canada. Moreover, this session will take a holistic approach to discussing the skills and strategies needed to succeed in rural communities and how those experiences can be harnessed as transferable skills utilized to succeed in more urbanized centers. We aim to explore Indigenous ways of being and learning that one may experience by working in such rural communities and challenge attendees to explore and reconcile the dualistic world of employment within themselves. How can we marry the “personal” with the “professional”—specifically, posing the question of how we can build and nurture a professional persona in an environment absent of the luxury of anonymity?

NOTE: This option requires participants to join a separate Zoom session. Links for all sessions will be sent to all registered students prior to the conference. Please see ‘What to Expect’ for more information.

Day 2 Wrap Up
Wednesday 6:15-6:20pm
Thursday, April 30, 2020
Day 3: Get Connected

Welcome & Opening Remarks
Thursday 10:30–10:40am
Jen Davies, Manager, Career Development, AA&CC

Keynote Speaker
Thursday 10:40–11:40am
Details to be announced.

Break
Thursday 11:40am-12:00pm

Get the Employer Perspective: Panel of Recruiters
Thursday 12:00-1:30pm

Do you ever wonder what happens to your resume once you submit it? Get a unique behind-the-scenes look at how recruiting and human resources professionals screen applications. What works and what doesn't? Learn how to produce a more effective application that will grab the employer’s attention. Guest panelists include:

**Bio:** Christine Keleshian, Manager, Campus Development Programs, TD. Christine’s career at TD has spanned almost 15 years, evolving from a part-time Customer Service Representative to her current role as Program Manager, Early Talent Development. She has extensive banking experience, holding various roles in financial services, and then transitioning to the Early Talent team supporting the Capital Markets business as a recruiter, prior to being promoted to Program Manager. She is passionate about campus recruitment and sourcing tomorrow's leaders and innovators!

“*My overall vision is to source and develop TD's future leaders and innovators and help them succeed and achieve their career goals. I believe in making lasting connections, networking and mentoring students and employees who are interested in applying to the program. The program’s leadership focus is instrumental in assisting Associates identify rotations they are passionate about, that will eventually lead to rewarding careers.*” — Christine Keleshian

**Bio:** Justin Boodhoo, Centre for Addiction & Mental Health. Justin has 8 years of experience in various HR roles but specializing in Recruitment. He has mostly worked in the public sector and within unionized environments. Some of the companies he has worked for include the City of Mississauga, Purolator, Ontario Board of Education, Mount Sinai Hospital and is currently at the Centre for Addiction and Mental Health. Justin has led Diversity forward campaigns such as the 2013 Mississauga Fire Fighter recruitment drive where he focused on creating programs to promote diversity in their hiring practices.
Bio: Natashia Raponi, Campus Recruiter, Ceridian.
As a former co-op turned new graduate, I am a huge advocate and believer in co-op and new graduate programs. I have the privilege of managing our Co-op and New Graduate Campus Program here at Ceridian. I love connecting great students with life changing career opportunities! Throughout my career I’ve had the opportunity to work in a variety of different positions in Talent Development, Organizational Design and Recruitment. In my spare time you can catch me watching The Office and Grey’s Anatomy, doing Lagree, playing with my 14 year old Toy Poodle, Rolo, and planning my next beach getaway!

Bio: Cheryl Kerrigan, Vice-President of People, BlueCat. Cheryl is the Vice President of People for BlueCat where she is responsible for the overall people strategy focusing on attracting, retaining, and inspiring top talent. Cheryl is passionate about creating a culture of employee success where employees feel recognized and valued for the contributions they make. With close to 20 years of experience in global Human Resources, Cheryl is a seasoned HR Executive who began her career as a recruiter focused on discovering exceptional talent. She then moved into several HR Leadership roles as the initial HR resource in fast-emerging global technology companies, where she was responsible for building out the HR function. Cheryl earned her Honor’s Bachelor’s Degree from the University of Guelph and a postgraduate certificate in Human Resource Management from Seneca College.

Bio: Lisa Lewkowicz, Campus Program Manager, KPMG. Lisa joins us from KPMG where she works on the Talent Attraction team as a Campus Program Manager. She recruits for the tax and law practice in Vancouver. Prior to joining KPMG, Lisa spent over 12 years working in career services. She worked mostly in the business school setting with a focus on employer engagement, career coaching and leadership development. She has worked with many students and young professionals in gaining a deeper understanding of who they are while helping them realize their career ambition and find meaningful work. Originating from Toronto, her sense for adventure and love of the outdoors brought her to Vancouver where later this summer her partner and her will be moving to their new home in Squamish (the self-proclaimed “Adventure capital of Canada”).

Erin-Ashley Talucci, Talent Acquisition Partner, Roche
Erin-Ashley holds a Bachelors of Arts degree from the University of Toronto. She is currently completing a Master's of Professional Education at the University of Western with a focus on equity, diversity and social justice. She is a strategic Human Resources Professional, with 10 years of progressive experience in regional and international corporate level support in multiple Canadian based culturally diverse companies. She is a catalyst in developing, establishing and implementing inclusive HR hiring practices.

Currently, Erin-Ashley is employed at Roche as a Talent Acquisition Partner, helping to hire top talent across the organization!
International Students: Applying for the Post Graduation Work Permit
Thursday 2:30-4:00pm
Nassim Yahyaei, Regulated Canadian Immigration Consultant

If you have completed or will be completing your degree program soon, you may be planning to apply for your post-graduation work permit (PGWP) to extend your legal stay and have proper documentation to start your career in Canada. Maybe you have already found a job but don't know when to start working? Are you confused about the career options that qualify you for immigration? Maybe you are debating whether to go to graduate school upon completion of your undergraduate program or later? If you are interested to learn about PGWP application tips, get a head start on planning you permanent residency in Canada and have all your questions answered about Express Entry, please join us for this online Post Graduation Work Permit session.

NOTE: This option requires participants to join a separate Zoom session. Links for all sessions will be sent to all registered students prior to the conference. Please see 'What to Expect' for more information.

Bio: Nassim Yahyaei is a Regulated Canadian Immigration Consultant (RCIC), currently working as an immigration advisor at the International Student Centre and functions as UTSC’s expert on immigration policies for international students. With superior knowledge of Canadian immigration law and advising experience in both academic and non-academic settings, Nassim is highly committed to meet immigration needs of international students and retain the best and brightest minds in Canada.

Looking for more?

- Resume Writing – Resume Building Tool – uoft.me/resumewriting
- Work Search and Social Media – Playlist – youtube.com/utscace
- Interview Ready Resources - www.utsc.utoronto.ca/aacc/interview-ready
- And more! See www.uoft.me/247workshops

Some sessions were video recorded and will be made available to participants for a limited time if you miss a session. A reminder that you can access career advising at the AA&CC for two years after your convocation. Please see utsc.utoronto.ca/aacc for additional resources.

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