



# Leadership in Turbulent Times

## Resilience, Communication and Reinvention

Speaker Biographies  
Thursday, September 23<sup>rd</sup>



**Myles Morris**

**Assistant Deputy Minister for Safe, Fair and Healthy Workplaces  
Division in Alberta Labour and Immigration**

Responsible for Occupational Health and Safety and Employment Standards, Myles leads the Division in providing frontline program delivery to ensure Alberta's workplaces are safe, fair and healthy, and provides strategic direction and support to the branches.

Previously, Myles was the Assistant Deputy Minister for Labour and Employment Practices in the Government of Alberta's Public Service Commission. Myles has spent over 20 years with the APS after starting as an intern with the Department of Labour.



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**Sylvia Marusyk, BA, OT(reg), MB,**  
*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, "activation" 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. Get to know Sylvia here.

#### REVIEW

“Her personal charm and humility, combined with her genuine desire to take her audiences to unimaginable heights of enthusiasm for life, put her in the top 1% of public speakers.”

*Dr. James Reese (Internationally known, best-selling author and award-winning speaker with 25 years as an FBI Criminal Profiler)*

#### Workshop — Stressed to Kill

With mental illness on the rise, everywhere you turn people are ready to blow their top! In “Stressed to Kill” Sylvia takes a deep look at the effects of stress, shares her powerful tools to reduce it (the legal and moral ones only....) as well as personal strategies for becoming the “boss” of your stress.

Stress is the next health epidemic, and it tends to be contagious, infecting entire teams. Stress leave costs businesses over 50 billion dollars a year. Not mention the cost in the loss of human potential.

Discover better health and a dramatically improved quality of life. And if that’s not enticing enough, how about learning the secret to slowing the aging process? Sylvia shares that with her audiences too!.

#### REVIEWS FROM ATTENDEES AT THE MANITOBA NURSES UNION CONFERENCE

- " Proven, Practical, Proactive"
- " Vibrant...Hopeful...Upbeat...Excellent...Informative...Well Spoken...Engaging...Uplifting... Dynamic...Insightful"
- " Anything she has to offer would be great! We need a half day next!"
- " An energetic and valuable resource...could have gone into so much more...a never ending topic. I could have listened to Sylvia all day."

*Celebrating 25 years as Certifying Partner*



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**Adele Tait**

**Investigation Specialist/Acting Manager  
Alberta Labour, Program Delivery**

Adele Tait has a 4yr B.Sc. in Biology and a 3yr BA in Sociology. She has worked for the Government of Alberta for 20 years. For 15 of those years, Adele spent her time in the field as a Lead Investigator working primarily in northern Alberta, investigating fatal and life altering work related incidents. Many of those cases resulted in charges which gave Adele an opportunity to work with Alberta Justice to canvass opportunities for creative sentencing options related to these cases. In attempt to truly improve the health and safety at work sites, Adele focused on safety information gaps that related directly back to the cause of the incident.

Some very successful creative sentences emerged that have longevity and continue to improve the health and safety of work sites in Alberta and beyond. The best practices for working on ice surfaces was a collaborative effort of research, engineering technical groups, made possible through creative sentencing.

In 2014, Adele's role evolved into the Investigation Specialist for the OHS provincial investigation team. The focus was to liaise with Alberta Justice, injured workers, next of kin and the OHS organization to design and propose meaningful sentences. In 2016, Adele presented "the Cure for the Cause" at the Alberta Restorative Justice Conference. It is recognized that a truly meaningful sentence not only improves health and safety at worksites but also has a restorative aspect for the corporations convicted.

The success of the role has been supported by the Alberta Ministry of Labour by dedicating resources to ensure these sentences have the appropriate oversight and transparency.



Adele's passion for safe and healthy workplaces never waivers. Her presentations are always a wake up call for all of us who live in a bubble and think it can't happen to us. Bad things can happen quickly if we are not diligent.



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**Allan James Moore**, MA, CRSP, *Journey Leadership*

**Entertaining, Inspirational, intellectual**  
**KEYNOTE SPEAKER**

Having traveled to over 50 countries and worked on 4 continents, Allan is skilled at using cultural fluency to connect with diverse audiences. He capitalizes on his professional background in stand-up comedy to captivate his audience through humorous story-telling techniques.

Allan's Master's degree in Leadership, and over 14 years of experience in the Environment, Health, & Safety fields have helped enrich the content of his well-crafted presentations. Moreover, he gained experience with large group facilitation through the various presentations, speeches, and workshops that he delivered in Mandarin and English, while working in Taiwan, China, and Canada. This has helped him design group exercises that get his audience engaged and excited to participate and network. Allan provided a great presentation that kept everyone in the room engaged in the learning process. His colorful story of a real-life adventure was used to demonstrate differences in leadership styles and the ultimate outcomes. I would highly recommend Allan as a speaker to inject a positive energy into any group.

Last but not least, Allan is committed to staying active and up-to-date on his areas of expertise. He has been a CRSP since 2010 and he has been serving on the board for 3 years now. Throughout his career, he has held various leadership roles in esteemed organizations such as Stanley Tools and Wood Environment & Infrastructure Solutions.

#### COMMUNICATION FOR SAFETY

According to data collected during previous Safety Leadership workshops conducted by Allan, having good communication skills was the main attribute that participants felt all safety leaders should possess and continually improve upon.

Based on the assumption that people already have the wisdom and creativity to confront the most difficult of challenges, this presentation is designed as an interactive workshop aimed at harnessing the collective intelligence of the audience. Together with Allan, the audience will examine how communication affects safety in the workplace and explore ways to improve it.

This presentation applies to everyone. By applying contemporary communication skills to safety in the workplace, more cohesive and functional relationships and teams can be developed, which will advance the overall safety culture.



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**Ian Hooper**

**Director of Partnerships**  
**Alberta Labour, Partnerships Update**

Ian Hooper is the Director of Partnerships in Injury Reduction (Partnerships) of Alberta Labour. Ian has been with Partnerships for 19 years.

Before undertaking the role as the Director in 2013, he was a Partnerships Consultant and worked with Certifying Partners in the areas of quality assurance and the development of program standards.

Prior to joining Partnerships, Ian worked with the Workers' Compensation Board, Alberta for over 17 years with the Employer Services Division, in various supervisory and professional roles. Ian holds a Bachelor of Commerce Degree and an Occupational Health and Safety Certificate, both from the University of Alberta.