

ALLIES IN ENERGY – EXECUTIVE FORUM
Canadian Women in Energy

Allies in Energy Mission Statement: Building Trust and Community in a Challenged Environment.

When: Wednesday April 16th, 2025

Where: Devonian Room, Calgary Petroleum Club - 319 5th Ave SW Calgary, Alberta

Time: 2:30pm-7:30pm

Event Tickets \$95 + fees

Event Link – [Allies in Energy - Ticket Link](#)

Canadian Women in Energy Presents: Allies in Energy 2025 Executive Summary

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The theme of our 2025 forum is "**Thriving Through Career Transitions: Strategies for Navigating Change and Building Resilience.**" In today's fast-paced world, career transitions—whether shifting jobs, industries, or career stages—are inevitable. This forum will explore both the emotional and strategic aspects of navigating change, focusing on mindset shifts, resilience, and leadership. At the 2025 forum, we will cover key areas such as embracing change, leveraging transferable skills, building resilience, and leading with confidence through periods of uncertainty. The event will feature personal stories, practical strategies, and expert advice designed to inspire attendees in their own career journeys.

Key Topics Include:

- **Understanding Career Transitions**
 - The nature and phases of career transition.
- **Building Resilience During Career Transitions**
 - Developing a growth mindset.
 - Emotional resilience, flexibility, and adaptability.
 - Handling setbacks and failures.
- **Self-Reflection and Personal Assessment**
 - Identifying strengths, values, and goals during transitions.
- **Skill Development and Lifelong Learning**
 - How to upskill and reskill for new opportunities.
- **Networking and Building Professional Relationships**
 - Strategic networking during transitions.
 - The importance of mentorship and sponsorship
- **Career Pivoting: Shifting to a New Industry or Role**
 - Practical steps for making a successful career pivot.
- **Work-Life Integration During Transitions**

- Managing personal and professional responsibilities during times of change.
- **Leadership in Career Transitions**
- Leading your team through change.
- Becoming a resilient leader.
- Leading with confidence during uncertainty.
- **Leveraging Technology and Innovation During Career Change**
- Utilizing technology to enhance career growth.
- **Financial Considerations During Career Transitions**
- Managing finances and planning for career changes.
- **Real-Life Success Stories and Case Studies**
- Sharing stories of successful career transitions and lessons learned.

Our focus will be on developing self-awareness, resilience, and interpersonal competencies to build common ground, open lines of communication, and ensure diverse representation. The event will aim to equip attendees with practical tools for thriving through transitions while fostering an inclusive environment.

Looking Back at Allies in Energy 2024:

In 2024, Canadian Women in Energy brought together an extraordinary panel of industry experts to explore conflict resolution as a key skill for fostering effective relationships across people, communities, and organizations. We discussed the root causes of conflict, the dynamics of dispute resolution, and how to navigate challenges through strategic negotiation. The event also examined biases, diversity, inclusion, and equity within the energy sector, focusing on how allies can create lasting change by building trust and accountability.

The 2025 Forum:

For 2025, we continue this important work by inviting a diverse group of visionary leaders in the energy sector to share their insights on solving the industry's most pressing challenges. These leaders, representing a range of backgrounds and experiences, will discuss their personal journeys, successes, and the actions they are taking to positively impact their organizations and communities.

Audience Feedback from 2024:

- "I was completely overwhelmed by the quality of the event and the inspiring speakers—such a galvanizing experience for the audience."
- "It's amazing to see companies valuing diversity and turning our differences into strengths."
- "What a powerhouse panel. Canadian Women in Energy really knows how to deliver an impactful event."

Moderators:

- Shauna Holmes – President, Canadian Women of Energy
- Rayna Oryniak – Former President, Canadian Women of Energy

Speakers:

- Claire Greenwood, Vice President Development – Suncor Energy



CANADIAN WOMEN IN ENERGY

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- Connie De Ciano, Chief Commercial Officer - Strathcona Resources
- Darlene Gates, President & Chief Executive Officer - MEG Energy
- Dean Setoguchi, President & Chief Executive Officer - Keyera
- Dennis Banks, Vice President Maintenance - Syncrude
- Hejdi Carlsen, Senior Vice President, Chief Safety, Stakeholder and Sustainability Officer - AltaGas

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Registration: 2:30pm - 3:00pm

Event Starts 3:00pm - 3:10pm: Welcome/Opening Remarks – Jana Hackman, Vice President, Canadian Women in Energy

3:10pm – 4:00pm (50min) Panel 1:

- Claire Greenwood, Connie De Ciano, Dennis Banks (Rayna Oryniak)

15min Break

4:15pm – 5:05pm (50min) Panel 2:

- Darlene Gates, Dean Setoguchi, Hejdi Carlsen (Shauna Holmes)

5:05pm – 5:35pm Q&A (30min): Both Panels

5:35pm-5:45pm: Closing Remarks, Present Gifts, Pictures, Rachel Ong, Director of Events, Canadian Women in Energy

5:45pm: Networking Refreshments

***This event will be filmed and photographed.**

Sincerely,

Shauna Holmes

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President

Canadian Women in Energy

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