

OCT 7-8
2026



360° ready program

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Welcome to Spark 2026

The world of work is changing. Thriving today requires more than expertise in a single role or skill; it takes awareness, adaptability, and the confidence to lead from every angle.

Over the next two days, we invite you to embrace multidimensional readiness and view your career, leadership, and professional growth through a 360° lens: inward to strengthen how you lead, outward to navigate industry and community, forward to anticipate change, and all around to build meaningful connections and collaboration.

Your Spark experience is built around four essential pillars: **Mindset**, to strengthen confidence, resilience, and curiosity; **Skillset**, to build the capabilities that drive meaningful results; **Toolset**, to gain practical resources and approaches you can put into action; and **Reset**, to reconnect with purpose and create sustainable momentum.

Through powerful keynotes, dynamic workshops, and real-world conversations, you will have the opportunity to explore new ideas, challenge your thinking, and gain practical strategies you can put to work.

Leave at the end of these two days with greater clarity, stronger capabilities and renewed momentum to move forward with purpose.

Because when you are 360° Ready, you do not just respond to change, you thrive at every angle.

The Women of Spark

Suzanne Young | Jeleea Cawley | Carolynn Oliver | DeeAnn Pruys | Megan Troyer | Catharine Dragojevich
Whitney Armstrong | Estefania Albornoz | Jennifer Lefley | Jodie Richter | Karen Thiersen

SPARK WOMEN'S LEADERSHIP CONFERENCE 2026

360°
ready
thrive at every angle

Speaker Bios

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Ashley Callingbull
Speaker/Actress/
Activist
ashleycallingbull.com

Ashley Callingbull is an award-winning actress, model, host, and First Nations activist breaking barriers in media, sport, and representation. A global speaker and the first Indigenous Miss Universe Canada and Sports Illustrated model, she champions courage, culture, and community while inspiring leaders to rise, own their voice, and lead forward!



Fotini Iconomopoulos
Speaker/Author/
Negotiation Expert
fotiniicon.com

Fotini Iconomopoulos, CSP, is a bestselling author and Top 15 Global Gurus-ranked negotiation expert who helps leaders harness workplace friction as fuel for performance. Drawing on 20+ years of experience, she equips leaders to step into tension without triggering hesitation or backlash, strengthening alignment, accountability, and results.



Yvette Raposo
Trailblazer/Speaker/
Boxing Champion
yvetteraposo.com

Yvette Raposo is a former Ontario boxing champion, award-winning speaker, and Canada's first professional female boxing ring announcer. With 28 years in fitness, boxing, and leadership, she inspires audiences through her signature message: "Think Like a Fighter to Live as a Champion," empowering people to unlock resilience and confidence.



Kimberly Lyall
Consultant/Speaker/
Leadership Strategist
kimberlylyall.com

Kimberly Lyall helps leaders turn challenges into opportunities through Solutionary Leadership: Strategies for Leaders who Dare to Build Better! With 25+ years of experience, this award-winning speaker equips teams to cut through the noise, lean into discomfort, and lead forward with clarity, confidence, and heart.

Speaker Bios

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Dr. Shahana Alibhai
Physician/TEDx Speaker/
Author
drshahana.com

Dr. Shahana Alibhai is a 2x TEDx speaker, bestselling author, family physician, and powerhouse in the field of emotional health. A leading voice in the space of well-being and resilience, she has empowered thousands to lead with clarity, confidence, and compassion. Her science-meets-storytelling approach leaves audiences inspired, informed, and ready to feel better.



Alyssa McMasters
Confidence Coach/
Sales Leader/Tech Guru
letmeintroduceyourself.com

Alyssa McMasters is a confidence coach, sales leader, and tech professional who equips women to lead with clarity, calm, and grounded confidence. Through honest stories and actionable tools, she helps women overcome self-doubt, communicate with impact, and strengthen self-trust across leadership, business, motherhood, and the everyday challenges that call them to rise.



Megan Troyer
CPA/Leader/
Passionate Volunteer
viacfo.ca

Megan Troyer is a purpose-driven leader, CPA, and Dare to Lead™ facilitator who empowers businesses and communities with clarity, compassion, and vision. As a partner at VIA CFO, she blends financial expertise with heart-centered leadership—fueling growth, resilience, and meaningful impact across industries and nonprofit organizations in Fort St. John.



Amy Irvine
Business Owner/
CPA/Leader
viacfo.ca

Amy Irvine is a Chartered Professional Accountant and Co-Founder of VIA CFO. With deep experience in financial leadership and the energy sector, she champions women in the workforce. As Treasurer of the Fort St. John Women's Resource Society, Amy is dedicated to empowering her community, family, and fellow professionals.

Speaker Bios

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Shauna McGarvey
Consultant/Ally/
Leader
mnp.ca

Shauna McGarvey is a Partner with MNP's Consulting and Indigenous Services practice. With 20 years of experience, she supports Indigenous communities and public sector clients through engagement, evaluation, and advisory work. Outside of work, she enjoys camping, gardening, and exploring new creative pursuits, including watercolor painting, with her family.



Dr. Maria Zazzi
Chiropractor/
Coach/Leader
allwelllife.ca

Dr. Maria Zazzi is a Fort St. John chiropractor with 11+ years of experience. After earning degrees from the University of Alberta and Canadian Memorial Chiropractic College, she practiced in Northern BC and the Cayman Islands. She now focuses on individualized care, with special passion for pediatric and pre- and postnatal support.



Trisha Miltimore
Speaker/Management
Consultant/Spark Emcee
passionigniter.ca

A speaker, entrepreneur, and mom of four, Trisha Miltimore brings humor, heart, and decades of experience to every stage. With contagious energy and insight, she empowers audiences to embrace leadership, life balance, and impact with joy and authenticity. As Emcee, Trisha energizes the days with wit and wisdom and will be our guide through these next two powerful days of inspiration, connection, and transformation.



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Panelists

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In the round

Shaped from Every Angle:
Stories of Leadership, Opportunity, and Impact

Moderator: Trisha Milimore

Success isn't shaped by a single moment – it's built from every angle. Join a panel of accomplished women from the Peace Region as they share the opportunities, mentors, lessons, and turning points that shaped their journeys. Gain practical insights, fresh perspective, and inspiration for wherever your next step may lead.



Jennilee Lamont

*Chief Financial Officer/
Community Activist/Mentor*
surerus.com

Jennilee Lamont, CPA, is a people-focused leader who builds strong relationships and high-performing teams. As CFO of the Surerus Group, she helps guide strategic growth and long-term success. Committed to her community, she serves on the boards of the Fort St. John Co-op and the Royal Canadian Legion.



Jaime Adam

*Engineer/Mentor/
Builder*
urbansystems.ca

Jaime Adam is a professional engineer, mentor, and community builder with 25+ years supporting Northern BC communities. As a Principal at Urban Systems, she blends technical expertise with people-centered leadership. Jaime is passionate about helping emerging leaders grow with confidence, navigate change, and build careers rooted in strength, values, and impact.



Michaela Bjorseth

*Leader/Relationship Builder/
Community Partner*
enbridge.com

Michaela Bjorseth is Director of Operations for Enbridge's Western Canada Natural Gas Transmission business, overseeing the BC Pipeline system and Aitken Creek Gas Storage. With a background of leading teams focusing on building strong relationships with Indigenous communities and local stakeholders, she brings deep Northeastern BC experience, community commitment, and a grounded philosophy of presence in the moment, finding balance, and family.

Agenda | Day One

Wednesday, October 7, 2026

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Time & Location	Activity	Description/Session	Sponsor
7:30am-8:30am Main Ballroom Lobby	Registration Opens		
8:30am-9:00am Main Ballroom	Welcome	Opening Remarks	
9:00am-10:00am Main Ballroom	Plenary	Ready, Set, Thrive! Discover your Leadership EDGE Speaker: Kimberly Lyall	
10:00am-10:30am Main Ballroom	Networking Break	Refresh & Recharge	
10:30am-11:30am Main Ballroom	Panel Discussion	Shaped from Every Angle: Stories of Leadership, Opportunity, and Impact Panelist: Michaela Bjorseth, Jennilee Lamont, Jaime Adam Moderator: Trisha Miltimore	
11:30am-12:45pm Main Ballroom	Workshop	360° Financially Ready: Building Confidence, Independence and Security Speakers: Megan Troyer, Amy Irvine	

Agenda | Day One

Wednesday, October 7, 2026

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Time & Location	Activity	Description/Session	Sponsor
12:45pm-1:45pm Main Ballroom	Lunch		   
1:45pm-3:00pm Main Ballroom	Workshop	You are More than What you Know: Reimagining Who You're Becoming at Work Speaker: Shauna McGarvey	
3:00pm-3:30pm Main Ballroom	Networking Break	Refresh & Recharge	
3:30pm-4:30pm Main Ballroom	Keynote	Resilience, Breaking Barriers, and Reconciliation in Action Speaker: Ashley Callingbull	
4:30pm-4:45pm Main Ballroom	Day One Wrap Up	Closing Remarks	

Agenda | Day Two

Thursday, October 8, 2026

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Time & Location	Activity	Description/Session	Sponsor
8:45am-9:00am Main Ballroom	Day Two Begins	Opening Remarks	
9:00am-10:00am Main Ballroom	Keynote	Lead Without Backlash: Rewrite the Script for Success Speaker: Fotini Iconomopoulos	
10:00am-10:30am Main Ballroom	Networking Break	Refresh & Recharge	
10:30am-11:45am Main Ballroom	Workshop	Lead from Neutral: A New Standard for Confident Leadership Speaker: Alyssa McMasters	
10:30am-11:45am Tim Ballroom	Workshop	Say the Hard Thing: Conversations that Build Better Teams Speaker: Kimberly Lyall	



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Agenda | Day Two

Thursday, October 8, 2026

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Time & Location	Activity	Description/Session	Sponsor
11:45am-12:45pm Main Ballroom	Lunch		  
12:45pm-1:00pm Main Ballroom	Blink!	Built to Move: Rethinking Desk Work Through the Lens of Science Speaker: Dr. Maria Zazzi	
1:00pm-2:00pm Main Ballroom	Plenary	Fine is a 4 Letter Word: How This Simple Word Keeps Us from Rising to Our True Potential Speaker: Dr. Shahana Alibhai	
2:00pm-2:30pm Main Ballroom	Networking Break	Refresh & Recharge	
2:30pm-3:30pm Main Ballroom	Plenary	Empower Yourself, Elevate Others: Lessons from a Champion Boxer Speaker: Yvette Raposo	
3:30pm-4:00pm Main Ballroom	Day Two Wrap Up	Closing Remarks Thank you for attending Spark 2026!	

Speaker Sessions

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○ Resilience, Breaking Barriers and Reconciliation in Action

Keynote: *Ashley Callingbull*

This keynote explores resilience, identity, and the healing power of culture. Ashley Callingbull shares a powerful journey that reveals the realities of systemic barriers and the role each of us plays in reconciliation. Leave inspired to lead with courage, empathy, and meaningful allyship - and to lift others as they rise.

○ Lead Without Backlash: Rewrite the Script for Success

Keynote *Fotini Ikonomopoulos*

This session illustrates how to navigate tension with clarity and confidence. Learn strategies to challenge ideas without backlash, redirect conversations, manage power dynamics, and turn friction into stronger alignment and better decisions. Get ready to leave equipped to lead high-pressure moments with precision and impact!

○ Empower Yourself, Elevate Others: Lessons from a Champion Boxer

Plenary: *Yvette Raposo*

This dynamic session uses boxing inspired mindset strategies to help you focus your energy, prevent burnout, and turn anxiety into fuel. Learn how to navigate conflict, motivate others with clarity, and communicate with precision. Get ready to leave empowered, confident, and ready to face the world with a fighter's mindset.

○ Ready, Set, Thrive! Discover Your Leadership EDGE

Plenary: *Kimberly Lyall*

When life spirals from chaos and pressure, you need to find your footing again. In this unforgettable presentation, you'll discover the mindset shifts and brain science behind Kimberly's EDGE Framework - the practical tool that transforms 360° turns from dizzy disasters into your best dance moves!

○ Fine is a 4 Letter Word: How This Simple Word Keeps us from Rising to our True Potential

Plenary: *Dr. Shahana Alibhai*

We often answer "good" or "fine" without thinking - but what are we really saying? In this engaging session, Dr. Shahana uses powerful stories to reveal how this tiny word can hold us back from authentic connection and strong leadership. It's time to rethink your default response and go deeper.

Speaker Sessions

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○ **Lead From Neutral: A New Standard for Confident Leadership**

Workshop: *Alyssa McMasters*

In this empowering workshop, confidence coach, Alyssa, will teach you how emotional neutrality creates grounded confidence. Learn practical tools to manage self-doubt, overthinking, and pressure to be able to communicate clearly, lead intentionally, and build confidence through self-trust, connection, and community.

○ **Say the Hard Thing: Conversations that Build Better Teams**

Workshop: *Kimberly Lyall*

Most people avoid hard conversations because they fear conflict, tension, or saying the wrong thing. If you're tired of overthinking and carrying emotional pressure, this workshop will give you tools and strategies to find your voice and lead forward with confidence!

○ **You Are More Than What You Know: Reimagining Who You're Becoming at Work**

Workshop: *Shauna McGarvey*

This interactive workshop will guide you to rethink your professional development journey by shifting from a skills mindset to an identity mindset. Through stories, reflection, and practical exercises, you'll uncover your transferable strengths, reframe anxiety as fuel, explore new possibilities, and leave with one clear step to move your next chapter forward.

○ **360° Financially Ready: Building Confidence, Independence & Security**

Workshop: *Amy Irvine & Megan Troyer*

Financial confidence starts with the right tools. Join Amy Irvine and Megan Troyer for a practical session on building financial literacy, making informed decisions, strengthening personal and business finances, and preparing for future opportunities. Through real-world insights, you'll gain the confidence to lead, contribute, and thrive in every stage of life.

○ **Built to Move: Rethinking Desk Work Through the Lens of Science**

Blink: *Dr. Maria Zazzi*

Humans weren't designed to sit for hours at a time. In this short session, join Dr. Maria Zazzi as we examine the scientific evidence on how desk jobs influence long-term physical and mental health. We'll look at what prolonged sedentary behaviour does to the body, how it can shape mood and resilience, and why movement matters more than ever in modern work life.

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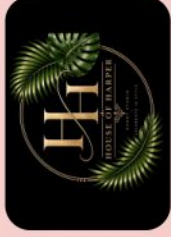
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