



Advancing **WE** in Policing – Ontario 2025 Conference Agenda

Hilton Garden Inn Ottawa Airport, 2400 Alert Rd., Ottawa, ON

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Integrating Voices: Fostering Allyship & Inclusion for Lasting Progress

Tuesday, March 4 th	
	Onsite Registration 12pm – 2pm Please note your Table number on your ID tag
2:00pm-2:15pm	Welcome to Conference <i>Committee Introduction, expectation for the evening, Land Acknowledgement</i>
2:15pm-5:15pm	Empowering Grit through Self Discovery, Self-Compassion and Resiliency <i>Dr Sarah Hunter and Dr Sonja Grbevski</i> <i>There will be breaks worked into this session</i>
5:15pm-7:30pm	Meet and Greet Sponsored by: <i>Please join us for a casual stand up dinner, drinks and wonderful conversation. Everyone will receive a free raffle ticket for a special draw to be held tonight.</i>
Wednesday, March 5 th	
	Onsite Registration 6:30am – 8am Breakfast 7 – 8am
8:00am-8:30am	Welcome to the Day <i>Housekeeping, expectation for the day, Land Acknowledgement</i>
8:30am-9:00am	Opening Keynote Speaker Assistant Commissioner, Operational Police Services, Contract and Indigenous Policing, RCMP <i>Jennifer Ebert</i>
9:00am-9:30am	Introduction to Global Minds Mindfulness Practice <i>Dr Sarah Hunter & Director of Education, Natalie Matias</i>
9:30am-10:50am	Morning Break – Please complete Survey at Table & receive Free Raffle tickets
10:50am-12:00pm	Leadership at Every Level – Panel Discussion <i>Meet five courageous young women who will speak to their experiences within policing & share what they need from you to create courageous pathways towards healthy, supportive careers.</i>
12:00pm-1:00pm	Lunch Break <i>Mindfulness moment upon return from lunch</i>
1:00pm-3:00pm	Do More, Be More, Say More Workshop <i>Step into your full potential by embracing courage, resilience & authentic self-expression.</i> <i>Rhonda Choja, MBA</i>
3:00pm-4:30pm	Let's Talk Intersectionality in Policing Fireside Chat <i>Candid conversations about women representing intersectionality and their experiences in police culture & what we can all do to be a better support system to one another</i> <i>What to expect for tomorrow & Mindfulness moment upon closure</i>

We Thank you for your time today and wish you a wonderful evening.



Evening Registration Available, Wed Mar 5th btwn 6pm – 7:30pm

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Thursday, March 6 th	
	Onsite Registration 6:30am – 8am Breakfast 7-8am
8:00am-8:20am	Welcome to the Day, Welcome Male Allies and Students <i>Housekeeping, expectation for the day, Land Acknowledgement</i>
8:20am-8:50am	Opening Keynote Speaker Deputy Chief/OACP Chair <i>Roger Wilkie</i>
8:50am-9:10am	Introduction to Global Minds Mindfulness Practice <i>Dr Sarah Hunter & Director of Education, Natalie Matias</i>
9:10am-9:30am	Morning Break – Please complete Survey at Table & receive Free Raffle tickets
9:30am-10:30am	Dare to Lead – Parenting & Policing <i>A research project led by two Ottawa Police Service officers who recognized both barriers and gaps within the OPS with respect to parenting and policing. They were inspired to lead an initiative aimed towards creating positive change for the membership. They are hoping to challenge you all to lean into your own abilities to Lead from where you are.</i> <i>Det. Carrie Archibald & Cst. Paddy Magill</i>
10:30am-11:45am	30x30 Initiative – What Works in Advancing Women in Policing <i>Executive Director, EPPS Program, University of South Carolina School of Law, Maureen McGough (Virtual) & Barrie Police Service, Inspector Valerie Gates</i>
11:45am-12:30pm	Lunch Break <i>Mindfulness moment upon return from lunch</i>
12:30pm-4:30pm	Allyship and Psychological Safety within Policing Workshop <i>What is holding us back? Navigating challenges & roadblocks, building a community for systemic change, tool development and practice.</i> <i>Next Gen Men, Trevor Mayoh</i>
5:30pm-7:30pm	Dinner and Keynote Presentation: <i>Ottawa Police Service Deputy Chief Patricia Ferguson</i> <i>Please join us for a lovely dinner in celebration of International Women's Day 2025</i> <i>"Accelerate Action"</i>
7:30pm-10:00pm	<i>Relaxed evening, continued conversation, games, music, snacks and beverages</i> <i>Some Raffle draws tonight</i>

We Thank you for your time today and look forward to celebrating International Women's Day 2025, Acceleration Action, with you this evening 😊



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Friday, March 7 th	
7:00am-8:00am	Breakfast
8:00am-8:15am	Welcome to Final Day - A Moment to Arrive
8:15am-10:15am	See No Evil, Hear No Evil, Speak No Evil <i>The role of police culture in promoting organizational silence and what can be done about it.</i> <i>Dr. Angela Workman-Stark</i>
10:15am - 10:30am	Quick break <i>Raffle Prizes to be drawn and posted to be picked up on way out 😊</i>
10:30am - 12:00pm	Attendee Panel - Let's talk about Upstanding and Sphere of Influence <i>Courageous conference attendees will speak candidly about when they did or did not speak up and why? What have they learned over the past few days that would have helped them & some advice to leave with.</i>
12:00pm - 12:30pm	Departing Mindful Moment & Thank You Lisa Darling and Tammy Fryer <i>Major raffle prize to be drawn</i>

On behalf of the entire Advancing WE in Policing - ON committee, we would like to thank you for attending our 4th conference. WE hope that you found value in attending and that you were provided with tools and takeaways that will empower you to be your authentic self, become better allies and support systems to one another and create the culture that allows everyone to flourish and feel safety, belonging and connection. Remember to find time to be mindful daily and take care of yourself and one another.

Safe travels home and have a wonderful weekend 😊

*****Conference schedule subject to change based on circumstances as we move closer to the date*****