



ANNUAL TRAINING MEETING 2021

Building Future Skills to Address Canada's Marine Challenges

VIRTUAL EVENT

OCTOBER 25 - NOVEMBER 5, 2021

Meeting Agenda

Time	Event Type	Mon, Oct 25	Wed, Oct 27	Tues, Nov 2	Thurs, Nov 4
12:00 - 1:30 PM ADT / 8 - 9:30 AM PDT	Webinar	What is the UN Decade?	Meaningful Engagement with Northern Communities in Research: Experiences & Lessons Learned	Bringing Your Whole Self to Your Science	Hybrid Model of Working Remotely: Lessons Learned
1:30 - 2:00 PM ADT / 9:30 - 10:00 AM PDT	BREAK				
2:00 - 3:30 PM ADT / 10:00 - 11:30 AM PDT	Workshop	Managing Eco-Anxiety	Anti-racism and Equity in Science	Effective Scientific Outreach	Communication Basics for Virtual Interactions
3:30 - 4:00 PM ADT / 11:30 AM - 12PM PDT		BREAK		BREAK	
4:00 - 6:00 PM ADT / 12:00 - 2:00 PM PDT	Networking (via Gather Town)	Ocean Community Networking	Supervisors and Mentors	Success and Fail Stories on Science Communication	Working and Learning from Home Lifestyle

Session Descriptions

DAY 1, MONDAY, OCTOBER 25

Knowledge Mobilization – UN Decade of Ocean Sciences for Sustainable Development

Webinar/Panel Discussion: What is the UN Decade of Ocean Science?

Monday, October 25 from 12-1:30PM ADT / 8-9:30AM PT

This panel discussion will explain the nuts and bolts of the United Nations (UN) Decade of Ocean Science for Sustainable Development (2021-2030), including why it's important and how you can get involved. The session will kick off with opening remarks from MEOPAR's Admin Center, followed by a keynote address by Liisa Peramaki, Director of DFO's Ocean Decade Office, transitioning into the panel discussion with highly qualified personnel (HQP), early career ocean professionals (ECOPs), and experienced practitioners. This session will be a great networking opportunity, and will emphasize how folks can engage in various activities and opportunities related to the UN Decade of Ocean Science. Session panellists will be announced in the upcoming weeks.

PANELISTS



Liisa Peramaki (she/her) is the Director of the UN Decade of Ocean Science for Sustainable Development at Fisheries and Oceans Canada. She leads an enthusiastic and dedicated team who is working with the national and international science community to advance Canada's contribution to the Ocean Decade. Since joining DFO in 2002, Liisa has been responsible for a variety of programs within the Ecosystems and Oceans Science Sector: including marine conservation, habitat science, environmental response, and international biodiversity science. Liisa grew up in Victoria, British Columbia, playing on the beach and sailing on the ocean. While she will forever consider the west coast her natural habitat, she now lives in Ottawa with her family and golden retriever. Liisa has a Bachelor of Science in Geography from the University of Victoria, a Masters of Environmental Studies from Wilfrid Laurier University, and a PhD in Planning from the University of Waterloo.



Neha Acharya-Patel (she/her) is an early career Canadian scientist currently pursuing graduate studies at the University of Victoria in the Pacific Northwest. Neha is a seasoned field researcher and diver and was also the first Canadian to be chosen for the prestigious Rolex Scholarship of the Our World Underwater Scholarship Society, which enabled a year of global underwater exploration. Her current postgraduate work integrates her passion for marine conservation with cutting-edge genomics science, where she is using carefully developed eDNA assays to monitor various ecosystems to gauge marine health. Neha is involved with the UN Ocean Decade through the creation and facilitation of a network of ECOPs in Canada. In conjunction with others from the Hakai Institute and the Department of Fisheries and Oceans, they are aiming to bring in ECOPs from coast to coast in Canada to increase our capacity and presence within the Global Programme. www.nehaap.com



Paul Meyers (he/him) is a physical oceanographer and a professor and Associate Dean Research (Science) at the University of Alberta. His research focuses on the role of freshwater in the ocean, as well as understanding the linkages between the Arctic and North Atlantic oceans. Paul is the Lead of the Prediction Core at MEOPAR, as well as the Canadian NEMO Ocean Modelling Forum. He was elected a Fellow of the Canadian Meteorological and Oceanographic Society in 2021.



Fanny Noisette (she/her) is a professor in biological oceanography at the Institut des Sciences de la Mer from the Université du Québec à Rimouski. Her research focuses on the functioning of marine coastal ecosystems in the context of environmental changes, with a particular interest in seaweeds and seagrasses. As the leader of the UNESCO Chair in integrated analysis of marine systems, she promotes interdisciplinary, cross-sectoral, multiple way of knowing research to address sustainability in coastal oceans.



Dr. Jennifer Jackson (she/her) is a physical oceanographer who studies currents, waves, tides, how the atmosphere interacts with the ocean, and how the physical environment affects marine animals and plants. Over her career, she has studied the Arctic, Indian, and Pacific Oceans. Jennifer currently works as a research scientist at the Hakai Institute, a not-for-profit organization that is actively studying the coastal margins of British Columbia. Jennifer sits on several national and international committees. In her free time, Jennifer hangs out with her kids and animals and works on the British Columbia Environmental Film Festival, which she has recently co-founded.

Training Workshop: Why Hope Matters: How to Find Meaningful Engagement in the Age of Eco-Anxiety and Climate Doom

Monday, October 25 from 2-3:30PM ADT / 10-11:30AM PT

Climate change dominated the media in 2019 but with the emergence of COVID-19, we experienced a media eclipse that led many to falsely assume climate change activism had lost its momentum. In this workshop, we'll explore our personal feelings around these major crises, and how the problem-orientation of the media and our professional scientific journals reproduces the eco-anxiety so many of us experience. We'll share tools, coping strategies and mindset approaches as well as solutions journalism sources that enable us to move beyond the apathy and disempowerment of doom and gloom towards meaningful engagement with evidence-based solutions for the UN Decade of Ocean Science for Sustainable Development.

ABOUT THE FACILITATOR:

Photo: Agathe Bernard

Elin Kelsey (she/her), PhD is an author, scholar and passionate leader in the evidence-based hope and climate change solutions movement. Her newest book for adults, *Hope Matters: Why Changing the Way We Think Is Critical For Solving The Environmental Crisis* was published by Greystone Books in 2020. Her influence can be seen in the hopeful, solutions-focus of her clients, including the Monterey Bay Aquarium, and other powerful institutions where she has served as a visiting fellow including the Rachel Carson Center for the Environment and Society, the Rockefeller Foundation, and Stanford University in the Graduate School of Education. In 2022, she will be taking up a Kone Foundation Fellowship to work with climate science researchers, the Climate and Environmental Communication Science Association and children's book writers in Finland on the Developing Climate Change Communication with Emotional Awareness project. Her contribution to climate advocacy and activism through evidence-based hope resulted in her selection as a 2020 finalist in the Canadian Nature Inspiration Awards. For more about Elin and her work please visit elinkelsey.org.

Networking Session: Networking in the Ocean Community

Monday, October 25 from 4-6PM ADT / 12-2PM PT

Join fellow MEOPeers on Observation Ocean, a [Gather Town](#) Island, in sharing professional experiences with junior and senior professionals working in the coastal and marine field. You'll have the chance to explore this virtual world with your own personalized avatar, play fun interactive games, and forge new connections with other HQP in the network!



Gwyneth MacMillan (she/her) completed her PhD in Biological Sciences at the Université de Montréal in 2019 and she is now pursuing a postdoctoral fellowship at the Centre for Indigenous Peoples' Nutrition and Environment (CINE) at McGill University. She is interested in how ecology can influence the fate of contaminants and the quality of wildlife resources important to northern Indigenous Peoples. During her thesis, entitled "Hunting for trace metals in a rapidly changing North: limnological, ecological, and collaborative approaches", she carried out fieldwork in Nunavik, Nunavut, and the Northwest Territories. Her postdoctoral research focuses on collaborative research approaches to studying moose habitat quality with Cree communities in Eeyou Istchee



Joel Heath (he/him) is an accomplished Canadian academic and filmmaker, former Fulbright Chair in Arctic Studies and a 2020 Ashoka fellow. He has more than 20 years of Arctic experience working with Inuit communities combining his expertise in ecology, sea ice dynamics, and mathematical biology with Inuit knowledge. He is Executive Director and co-founder of the Arctic Eider Society (www.arcticeider.com), an Inuit-driven charity based in Sanikiluaq Nunavut. Through this position he has worked with Inuit to help develop a network of community-driven research programs, curriculum for northern schools, directed/produced the 16x award winning film *People of a Feather* (www.peopleofafeather.com), and more recently led development of online and mobile technology for Inuit self-determination in research through SIKU: the Indigenous Knowledge Social Network, winner of the Google.org Impact Challenge in Canada.



Dr. Lisa Loseto (she/her) is a Research Scientist at Fisheries and Oceans Canada in Winnipeg and an Associate Professor at the University of Manitoba in Winnipeg. Lisa's research focuses on characterizing beluga health as means to understand ecosystem health in the Western Canadian Arctic. She works closely with Inuvialuit communities and beluga hunters to develop ways to study beluga whales, their habitat and how climate change is impacting them, using and respecting both Western science and Inuvialuit knowledge (IK). Her research programs are carried out in partnership with communities and co-management boards of the Inuvialuit Settlement Region. She strives to serve all Canadians by providing knowledge and advice to decision makers and by helping to empower the people of the north through scientific knowledge combined with their own knowledge of their ecosystem and home. Lisa obtained a B.Sc. Honours at York University in Toronto, a M.Sc. in toxicology at the University of Ottawa, and a PhD in zoology from the University of Manitoba.

Training Workshop: Anti-Racism and Equity in Science

Wednesday, October 27 from 2-4PM ADT / 10AM-12PM PT

This session facilitated by [Mo Phùng](#) and [Chúk Odenigbo](#) from Future Ancestors will be centered around creating and facilitating discussion amongst participants on topics surrounding oppression, discrimination and racism in the context of the sciences with a focus on ocean justice. Participants will be provided with a training manual and there will be a post-training assignment component which consists of self-reflection and additional learning. This session will be capped at 30 people, and priority will be given to current HQP in the MEOPAR Network. **If you are unable to attend after registering, please [notify us](#) as soon as possible so we can offer space to folks on the waitlist.**

ABOUT THE FACILITATORS:



Mo Phùng (they/them) is a queer Việt/Người Kinh second-generation immigrant who was born in Yarmouth, Nova Scotia. They are a Marine Biologist, Ocean Technologist, visual artist, and photographer based in Kijipuktuk (Halifax). They currently work as an Alchemist of Ancestral Services at Future Ancestors Services and are a National Advisory Council Member of the Platform, a civic leadership platform for Black, Indigenous, and racialized young women and gender-diverse youth. They were a Co-founder

of Oceans Week HFX, a youth-led initiative that supports the growing ocean community through relationship building, youth engagement and connecting community members with local businesses and organizations. Mo has experience working with the Nova Scotia ocean sector and non-profits who work in ocean conservation, education, and underwater photography. Their work approach is to engage the ocean and environmental sectors to create climate justice frameworks and prioritize racialized voices, relationships and connections.



**FUTURE ANCESTORS
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Chúk Odenigbo (he/him) is a black Franco-Albertan from Calgary. He is passionate about the interactions between health, culture and the environment. This passion inspired him to pursue his PhD in Medical Geography after completing his master's degree in Environmental Health at the School of Public Health at the University of Montréal. He is one of the Founding Directors for Future Ancestors Services Inc., and the Co-founder of The Poison and The Apple. Chúk has worked in a variety of industries, including oil

and gas, fashion retail, and academia. He is interested in the multidisciplinary nature of our existence and in exploring new solutions that respond to recurring problems.

Networking Session: The Role of Supervisors and Mentors

Wednesday, October 27 from 4-6PM ADT / 12-2PM PT

Cozy up in the *Response Den*, [Gather Town](#) Meetup Room, with fellow MEOPeers for discussion in a safe environment around managing interpersonal with supervisors. During this session, you can explore this virtual world with your own personalized avatar, play fun interactive games, and foster connections both new and old with other HQP in the network.

Guiding Questions:

- Who is your professional role model and why? What characteristics and qualities do they have? Do you have a mentor or supervisor that fits the same mold?
- What does good mentorship look like for you?
- When working with your supervisor, what helped foster a healthy working relationship?
- If you faced friction with a mentor and supervisor, how did you address the situation?
- How might you go about choosing a mentor or supervisor in the future?

To get a feel for what Gather Town is all about, [watch this short video](#) where the creators walk you through one of their spaces. For a walk-through tutorial on how to use Gather watch [this video](#).

DAY 3, TUESDAY, NOVEMBER 2:

Science Communication

Webinar/Panel Discussion: Bringing Your Whole Self to Your Science: How to do it and what it offers your communication and career

Tuesday, November 2 from 12-1:30PM ADT / 8-9:30AM PT

As scientists, we often talk about WHAT we are but rarely WHO we are. We talk about WHAT we do but rarely WHY we do it. In 2009, Simon Sinek turned the marketing industry on its head with a really simple idea: people don't buy what you do, they buy why you do it. This session facilitated by Kika from IMPACT Media Lab will explore the power of WHY in science communication and how it can help you have a richer, more productive experience in science. You will tackle your professional bio and website strategy, to help you harness the power of your whole self and empower your communication.

ABOUT THE FACILITATOR:



Kika Tuff (PhD, she/her) is a scientist, entrepreneur, and visual communicator deeply rooted in the ecological community. Since founding Impact Media Lab in 2016, Kika has led storytelling campaigns for individual scientists, research organizations, and large scientific institutions. She has created websites, films, museum exhibits, and more, to help scientists reach a wider audience and build community through their work. Learn more at impactmedialab.com



Training Workshop: Translating Marine Science into Effective Scientific Outreach

Tuesday, November 2 from 2-3:30PM ADT / 10-11:30AM PT

Join Suchinta Arif and Melanie Duc Bo Massey from Diversity of Nature (DoN) in this workshop that will teach marine researchers how to effectively communicate their work to the general public. They will go through the steps required to set up and lead a marine scientific outreach event, which include: generating interest from the broader community, acquiring necessary funds and appropriate venue, and translating complex scientific ideas into accessible and enriching content. The intended impact of the workshop will be to inspire other marine scientists to carry out their own scientific outreach events, in the hopes of sharing their research and knowledge with the broader community.



ABOUT THE FACILITATORS:



Suchinta Arif (she/her) is co-founder and co-director of Diversity of Nature (DoN), a science outreach initiative that provides cost-free and immersive programming to underrepresented youth across Nova Scotia. Through DoN, she has gained extensive experience in science outreach and mentorship. In addition, Suchinta has lectured undergraduate biology courses as a part-time faculty member at St. Mary's University (SMU), instructed a marine mammal field camp for youth gr. 9-12 (SMU), and been a teaching assistant for 10+ courses in science and communication (SMU, King's College, Dalhousie). She has mentored undergraduate students through directed research projects, and is currently mentoring two BIPOC undergraduates. She has successfully created and implemented science workshops for high school students across Nova Scotia, reaching 300+ students to date.



Melanie Duc Bo Massey (she/her) is co-founder and co-director of Diversity of Nature (DoN), a science outreach initiative that provides cost-free and immersive programming to underrepresented youth across Nova Scotia. Through DoN, she has gained extensive experience in science outreach and program development. Melanie has been working in scientific outreach for six years with both children and adult learners. She has worked with private (Mad Science Program) and nonprofit (Canadian Association for Girls in Science, WISEAtlantic) groups as a workshop developer and demonstrator. She has also freelanced as a science promoter, giving public lectures and workshops to numerous Ontario elementary schools, naturalist groups, and public libraries. She has worked in institutional teaching roles as university faculty (laboratory instructor, Mount Saint Vincent University), in numerous teaching assistantships (University of Toronto, Dalhousie University), and continues to work part-time as a high-school biology teacher (King's View Academy), giving her extensive insight into students' science curriculum needs.

Networking Session: Success and Fail Stories on Science Communication

Tuesday, November 2 from 4-6PM ADT / 12-2PM PT

Connect with MEOPeers in the Forecast Forest, a [Gather Town](#) meetup space, to share your experiences and observations in science communication. You'll have the chance to explore this fun forest setting with your own personalized avatar, where you can play fun interactive games and connect with other HQP in the network!

Guiding Questions:

- What projects or organizations come to mind when discussing successful science communication and why?
- Considering a variety of methods and tools, do you have any effective science communication tips worth sharing? For example: How might you increase the public uptake of a recent publication?
- Do you have any personal science communication success stories? What about failures?
- What barriers have you faced in communicating your work, and how have you address them?

To get a feel for what Gather Town is all about, [watch this short video](#) where the creators walk you through one of their spaces. For a walk-through tutorial on how to use Gather watch [this video](#).

DAY 4, THURSDAY, NOVEMBER 4

Virtual Work in a Digital Era

Webinar/Panel Discussion: Hybrid Model of Working Remotely – Lessons Learned

Thursday, November 4, from 12-1:30PM ADT / 8-9:30AM PT

The COVID-19 pandemic wrought many changes to workplace – almost no one's work life was unaffected. Within these challenges are opportunities to reflect on, examine, and assess the lessons learned about working and learning remotely – the good, the bad, and the ugly – and apply and adapt those lessons to the current and future hybrid model of working remotely. In the first installment of the two-part session with Robyn Roscoe, you'll:

- Examine the experience since March 2019 and assess what worked well and what didn't.
- Compare expectations of the opportunities and challenges to the actual experience.
- Reflect on individual and group experiences and consider how to adapt lessons learned into practice for working and learning.
- Define and apply a hybrid model of working for the future.

The session will include time for questions, discussion, and “ask me anything” with the instructor.

Training Workshop: Communication Basics for Virtual Interactions

Thursday, November 4, 2-3:30PM ADT / 10-11:30AM PT

One of the most significant impacts on the workplace of the COVID-19 pandemic has been on communication, especially interpersonal interactions, collaboration, and networking. Virtual interactions bring some opportunities as well and, with the continuing pandemic, are likely to persist and even become the norm for some common interactions. Adapting to these requires remembering some communication basics and implementing these in new and creative ways to create linkages and build networks. In second of the two-part session with Robyn Roscoe, you'll:

- Define communication essentials and examine them for application in virtual settings.
- Implement new and apply existing tools to navigate relationships and collaborations.
- Create linkages and build purposeful networks through virtual and social media tools.

The session will include time for questions, discussion, and “ask me anything” with the instructor.

ABOUT THE FACILITATOR:



Robyn Roscoe (she/her) is a certified Project Management Professional (PMP) with nearly 20 years of experience in the management of large health research projects, and 30 years of experience in project management in the scientific and technical fields. She is currently Director of Management and Administration for the Canada's Michael Smith Genome Sciences Centre at BC Cancer/PHSA responsible for project, finance, and operations management, as well as program management for the Personalized OncoGenomics (POG) program. She holds a BSc from the University of Manitoba. Since 2004, Robyn has been delivering training workshops and presentations throughout Canada, reaching more than 3,000 trainees and professionals looking to develop and expand their management and leadership skills.

You can find Robyn on LinkedIn and [Twitter](#), at robynroscoe.com and lyricmgmt.com or via email at robyn@lyricmgmt.com.

Networking Session: Working and Learning from Home Lifestyle

Thursday, November 4 from 4-6PM ADT / 12-2PM PT

Blast off into outer space for networking with MEOPeers in the Prediction Space Station, a [Gather Town](#) meetup space, to chat about your experiences and observations about working and learning remotely. You'll have the chance to explore this virtual world with your own personalized avatar, play fun interactive games, and network with other HQP.

Guiding Questions:

- What do you like most and least about working and learning from home?
- Do you have any tips and tricks to share around working and learning from home?
- Have you faced any struggles working or learning from home? If so, how have you overcome them?
- How do you see your work set up in the future and do you feel prepared? Elaborate.

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