



Professional Development Seminar



“*Navigating Your Career*”

10 am – 2:30 pm

Monday 24 May, 2010

Hilton Montréal Bonaventure

900 Rue de la Gauchetière
Montréal, QC H5A 1E4

ATLANTIC NUCLEAR

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Mark your calendars!

The CNS, the NA-YGN, Cameco and ANSL are pleased to invite you to a professional development seminar

Preliminary¹ Agenda:

10:00 am – 10:15 am	Welcome & Introduction – Christine John, Canadian Affairs Chair of NA-YGN and Elisabeth Varin, Reactor Physics Analyst – AECL
10:15 am – 11:15 am	Handling Stress/Time Management – Panel Discussion Helene Hebert, Research Scientist and Brad Moore, Communications Coordinator, AECL Stress is universal and can have profound affects on the human body. Join Helene and Brad as they discuss Time Management techniques that they employ in their busy jobs in order to handle stress.
11:15 am – 11:30 am	Coffee, Snack, Networking (Sponsored by Atlantic Nuclear Services Limited)
11:30 am – 12:30 pm	Communicating Effectively – Christine John, Team Leader Payroll, Bruce Power & Canadian Affairs Chair of NA-YGN Do you ever have difficulty delivering a message? Discover the different communication styles and issues related to communicating effectively as Christine takes us through an interesting session on communication.

12:30 pm – 1:30 pm	Lunch and Networking (Sponsored by Cameco)
1:30 pm – 2:15 pm	World Nuclear University – Greg Leask, Sr. Technical Engineer, Bruce Power Have you ever asked yourself, “What is the World Nuclear University? How can I Attend?” Greg is a Fellow of the World Nuclear University Summer Institute and will be sharing his experience. Join Greg as he takes you through his interesting journey at the WNU and learn how you can take part.
2:15 pm – 2:30 pm	Closing Remarks

1) Program subject to change

The seminar is on Monday May 24 and is **FREE** to attend but pre-registration is required due to limited space. To register for the seminar, or for more information, please contact Christine John: christine.john@brucepower.com

The registration deadline is **May 18, 2010!**

For information about the CNS annual conference (which runs May 24 – 27, 2010) and to register to attend the conference, please visit www.cns-snc.ca.