



Take Our Kids to Work™

The Students Commission of Canada

LIFT UP THE FUTURE!

TOKW Career Live! November 5, 2025

Career Live is a dynamic, coast-to-coast-to-coast virtual event designed to connect students with inspiring professionals and leaders from diverse industries across Canada. Through live conversations, panels, and interactive sessions, Career Live gives young people a unique chance to explore a wide range of careers, hear real stories, and ask questions – all from the comfort of their own homes or classrooms.

This year's theme, **Lift Up the Future**, reflects the power of career exploration to shape individual paths and to build stronger, more inclusive communities. By lifting up careers and opportunities today, we empower the next generation to imagine and create the future they want to see – for themselves and for all Canadians.

Below, you will find an overview of the day, followed by a description of each session.

The link to the event will be provided closer to the day on our website.

Note that all interviews will be conducted in English. There will be live interpretation throughout the day in addition to the presence of bilingual moderators.

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**TAKE OUR KIDS TO
WORK DAY™ 2025**

Career Live!

AGENDA

NFLD	AT	ET	CT	MT	PT	session
8:30 am	9:00 am	8:00 am	7:00 am	6:00 am	5:00 am	Welcome!
9:00 am	9:30 am	8:30 am	7:30 am	6:30 am	5:30 am	The Art of International Work
9:30 am	10:00 am	9:00 am	8:00 am	7:00 am	6:00 am	Lift Up Careers in Occupational Therapy
10:30 am	11:00 am	10:00 am	9:00 am	8:00 am	7:00 am	Lift Up Careers in Advanced Manufacturing 1
11:30 am	12:00 pm	11:00 am	10:00 am	9:00 am	8:00 am	Lift Up Careers in Financial Services
12:30 pm	1:00 pm	12:00 pm	11:00 am	10:00 am	9:00 am	Lift Up Meaningful Work in Canada
1:30 pm	2:00 pm	1:00 pm	12:00 pm	11:00 am	10:00 am	Lift Up Careers at RBC
2:30 pm	3:00 pm	2:00 pm	1:00 pm	12:00 pm	11:00 am	Lift Up Careers in Advanced Manufacturing 2
3:30 pm	4:00 pm	3:00 pm	2:00 pm	1:00 pm	12:00 pm	Lift Up Careers in Energy
4:30 pm	5:00 pm	4:00 pm	3:00 pm	2:00 pm	1:00 pm	Lift Up Youth Work Experiences
5:30 pm	6:00 pm	5:00 pm	4:00 pm	3:00 pm	2:00 pm	Careers Questions & Answers
6:00 pm	6:30 pm	5:30 pm	4:30 pm	3:30 pm	2:30 pm	Goodbye!

FR

French interpretation available all day



Take Our Kids to Work™

The Students Commission of Canada

Session descriptions

Welcome

Presented by the Students Commission of Canada

Join us to launch Take Our Kids to Work Day 2025! Say hi and get ready to have an exciting career exploration day. To kick off TOKW Day 2025, we are excited to present a cornerstone video featuring Students Commission of Canada. This video will set the tone for the day and provide valuable insights into the significance of the program and the opportunities it offers for career exploration and community engagement.

The Art of International Work

Sponsored by International Experience Canada

Join International Experience Canada to explore the exciting opportunities for young Canadians to gain work experience abroad. Learn how international placements can build skills, expand perspectives, and open doors to unique career paths. This session will highlight the benefits of working globally and provide insights into how students can take steps toward meaningful international experiences.

Lift Up Careers in Occupational Therapy: From Movement to Recovery

Sponsored by WorkSafeNB

Join Andy from WorkSafeNB to learn more about his career as an occupational therapist. Discover how occupational therapy helps people of all ages regain independence and improve their quality of life and learn about the many career paths in this growing, people-focused field.

Lift Up Careers in Advanced Manufacturing: Skills for Tomorrow's Workforce

Sponsored by NGen

Hear from NGen's CEO, Jayson Myers and their Director of Workforce Development, Peter Wawrow about how today's technology-driven manufacturing industry is creating opportunities for students like you. Learn about the skills that matter most, the education paths to get there, and programs that can help you gain hands-on experience.

Lift Up Careers in Financial Services: Beyond the Numbers

Sponsored by CIBC Mellon

Join CIBC Mellon, a leading provider of investment services in Canada, for a panel discussion exploring the wide range of careers within the financial industry. Hear from Ayesha Jamil, Senior Relationship

Manager, Client Experience; Mathieu Pacheco, Relationship Executive, Client Management; Megan Young, Senior Tax Reporting Analyst, Recordkeeping; and Kevin Kondo, Assistant Vice President, Business Continuity and Information Security. Discover how each of their career paths showcases the many ways a future in financial services can connect to your skills, interests, and goals.

Lift Up Meaningful Work in Canada

Join the U-Report Canada team to explore what meaningful work looks like through the perspectives of young Canadians. Learn about the current youth experience in the Canadian labour market, what drives passion and purpose in careers, and how students can get involved as U-Ambassadors to gain hands-on experience engaging with national issues. This session offers insights into how young people can shape their own pathways while contributing to a larger community impact.

Lift Up Careers at RBC: From Track to Business with Sam Effah

Sponsored by RBC

Join Sam Effah, retired track star and Marketing Manager for RBC Training Ground, as he shares his journey from athletics to business. Sam will be joined by Kiki Idowu, RBC athlete, and Farahnaaz Kanji, Regional Director, Marketing & Citizenship for Toronto Region, for an inspiring conversation about how diverse experiences and passions can open doors to meaningful careers. Together, they'll highlight the wide range of opportunities at RBC and how perseverance, purpose, and curiosity can help shape your path.

Lift Up Careers in Advanced Manufacturing: The Future of Innovation

Sponsored by NGen

Join NGen's CEO Jayson Myers to discover how advanced manufacturing is transforming far beyond assembly lines. From cutting-edge robotics to emerging technologies, explore how this fast-growing sector is reshaping industries and creating exciting new career paths for the future.

Lift Up Career in Energy: Innovation and the Future of Work

Sponsored by Pathways Alliance

Join Pathways Alliance to explore the innovative work happening across Canada's energy industry and the careers shaping its future. Hear from Riley Kowbel, Production Geology Supervisor at Canadian Natural Resources Limited; Charlene Thorne, Manager, Learning at Suncor; Susan Grey, Director, Sustainability at Cenovus Energy; and Chris Godwaldt, Director, Water at Pathways Alliance. Each panelist will share their career journey, insights into the skills and opportunities needed in the field, and how students can start exploring pathways toward a dynamic career in energy and sustainability.

Lift Up Youth Work Experiences

Discover how young people across Canada are shaping their futures through unique and meaningful work experiences. In this session, youth from the Students Commission network will share their own career journeys — from leadership and recreation to community engagement and beyond. Hear firsthand

how they found their paths, the skills they're developing, and the lessons they've learned along the way.

Careers Questions & Answers

Join our Q&A session where students can ask questions about career exploration, education pathways, and building their skills and experience. We will provide practical insights, tips for gaining hands-on experience, and guidance on how to shape a CV that reflects your interests and strengths. This is the perfect opportunity to get personalized advice and inspiration for the next steps in your career journey.

Goodbye

Join us for the wrap-up session where we'll reflect on the incredible insights shared throughout the day! Let's come together to celebrate the diverse career paths explored and the possibilities ahead. We'll discuss how you can take what you've learned and apply it to your own career journey!

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