

# Getting Board Ready

Board Development Program

## Player Cards

Cohort 3

**Andrea Plotnick, Ph.D.**  
Senior Vice President Board and Executive Solutions  
LHH Knightsbridge

**Deborah Rosati, FCPA, FCA, ICD.D**  
Corporate Director and Founder & CEO  
Women Get On Board



LHH | Knightsbridge

**NAME:** Sarah Atkins

**TITLE:** Chief Territory Marketing Officer  
Canada + US

**COMPANY:** Nike

**WHERE DO YOU LIVE?:** Toronto, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

Build on current skill set + knowledge base

Desire to collaborate with smart people with a shared passion

Opportunity to give back to a cause or corporation

Expand network in Canada

**LOOKING OUT 5 YEARS, WHAT WILL YOUR**

**BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

Corporate + Not for Profit Board Director within sport, health + wellness or apparel Industries

Start-up advisor

Mentorship of female next generation talent

**WHAT KEY WORD/ATTRIBUTE BEST  
DESCRIBES THE "PROFESSIONAL" YOU?**

*Brand Builder*

**NAME:** Laura Boland

**TITLE:** CFO

**COMPANY:** Bulk Barn Foods Limited

**WHERE DO YOU LIVE?:** Toronto, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

I have professional experience and expertise that can help boards, the work will be rewarding and I would like to support more woman on boards.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

I will have retired from my full time career or have cut back significantly so that I have time for one or two board positions.

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Goal-oriented*

**NAME:** Kathleen Devenny

**TITLE:** Chief Audit Executive

**COMPANY:** CMHC

**WHERE DO YOU LIVE?:** Ottawa, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

I have gained significant experience in both finance and internal audit and would like to give back that experience to a board.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

Balanced professional and work. On one or two boards that are meaningful to me.

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Leader*

**NAME:** Cindy Draycott

**TITLE:** Executive Vice President

**COMPANY:** Prism Eye Institute

**WHERE DO YOU LIVE?:** Markham, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

Likley retire in 5-8 years and I want to continue to learn, develop, contribute where it makes most sense. I want to stay involved in community and business. Additional income would also be welcomed.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

Potentially retired, sitting on a few boards. Learning and contributing combined. Mental stimulation, as well as business, like minded individuals for stimulating business conversations.

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Ambitious*

**NAME:** Nadine Eugene

**TITLE:** Director, Finance

**COMPANY:** RBC

**WHERE DO YOU LIVE?:** Brampton, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

To give back in a more meaningful way.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Dependable*

**NAME:** Paula Frederick

**TITLE:** Principal

**COMPANY:** Cohen Hamilton Steger & Co. Inc.

**WHERE DO YOU LIVE?:** Ajax, Ontario

### **WHY DO YOU WANT TO JOIN ON BOARD?**

Looking toward the next phase of my life/career I would like to make a difference, keep learning, and be productive.

### **LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

I will have retired from my current role as an expert witness/chartered business valuator and be on two to three boards of relatively large organizations (non-profit and/or corporate).

### **WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Determined (a "doer")*

**NAME:** Maureen Higgins

**TITLE:** Partner

**COMPANY:** EY

**WHERE DO YOU LIVE?:** Calgary, Alberta

**WHY DO YOU WANT TO JOIN ON BOARD?**

Share my experience, business and technical acumen. Fine tune my board capabilities. Give back to the community. Network and build relationships

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

Sitting on 3 paid boards and continue to be on 1 not for profit board

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Operational*



**NAME:** Suman Kathuria Ph.D.

**TITLE:** Senior Pharmaceutical Quality and Regulatory professional

**COMPANY:** PharmaChem Access Inc.

**WHERE DO YOU LIVE?:** Mississauga, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

- To bring my talent/ expertise and experience on the table
- Ready for being a force of change in the company culture to make it a quality oriented culture.
- To increase my network and strengthen my profile
- It is my calling and financial perks do not hurt

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

- I would have added to the increase in financial value of at least two companies.
- I would be on at least two paid corporate boards on ongoing basis.
- I would have completed ICD.D certification

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Part of Solution*

**NAME:** Nancy Lovecchio

**TITLE:** N/A

**COMPANY:** N/A

**WHERE DO YOU LIVE?:** Greater Toronto Area, ON

**WHY DO YOU WANT TO JOIN ON BOARD?**

To give back to the community with the years of experience I have accumulated in the technology industry and in the area of M&A and executive compensation

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

I would have sunset my corporate career and taken on the HRCC committee chair for a large public company

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Total Rewards*

**NAME:** Katherine Macklem

**TITLE:** Director, Policy Communications and Stakeholder Relations

**COMPANY:** Bank of Canada

**WHERE DO YOU LIVE?:** Mallorytown, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

I have a lot of experience to share, I want to continue to contribute to and be connected to the community; and to continue to learn new things.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

I would like to be a member of one non-profit board and one corporate or government/public sector board.

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Deliberate*

**NAME:** Val Gonzalez Malla

**TITLE:** Sr. Mgr., Controller, NGL services

**COMPANY:** Pembina Pipeline

**WHERE DO YOU LIVE?:** Calgary, Alberta

**WHY DO YOU WANT TO JOIN ON BOARD?**

Would like to eventually join a BoD outside Pembina

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

A place where I can use my experience to lead a company to the next level

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Deliver*

**NAME:** Stephanie Smith

**TITLE:** President and CEO

**COMPANY:** Candu Owners Group

**WHERE DO YOU LIVE?:** Newcastle, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

Want to use the experiences I have to help drive organizations to succeed.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

I would like to be on several boards and also I am interested in mentoring young women in STEM fields.

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Facilitative Leadership*

**NAME:** Morgan Storie

**TITLE:** SVP, HR

**COMPANY:** IMAX

**WHERE DO YOU LIVE?:** Mississauga, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

As part of my development plan for myself, I would like to start doing some board work and I wanted to do it right - ie. understand what I can bring to the table, find the right organization to join where I can bring value.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

5 years out could take a couple of shapes for me. - Possibly putting me in a CPO role working with my companies board or have me in a role similar to what I'm transitioning into now - Head of Global Talent - which would enable me to be more active on a couple of boards

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Transformative*

**NAME:** Stacey Grant-Thompson

**TITLE:** Chief Marketing Officer

**COMPANY:** Manulife

**WHERE DO YOU LIVE?:** Toronto, Ontario

**WHY DO YOU WANT TO JOIN ON BOARD?**

I really enjoy strategy & problem-solving as well as talent management/succession planning. My multi-faceted perspective will let me contribute to a Board.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

I would like to have a rich portfolio of activity; 2 Corporate Boards, 1-2 NFP Boards, volunteer work and consulting that leverages my expertise and interests.

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Innovative Leader*

**NAME:** Shannon Valliant

**TITLE:** Founder

**COMPANY:** eureka!

**WHERE DO YOU LIVE?:** Toronto Beaches, Ontario

### **WHY DO YOU WANT TO JOIN ON BOARD?**

To diversify my professional experience and provide a pathway to continue working beyond corporate life.

### **LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

I hope to be close to retirement from corporate life and be exclusively focused on consulting and board work.

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Engaged*



**NAME:** Erica Wickes

**TITLE:** Principal / CEO

**COMPANY:** 34F Design Inc

**WHERE DO YOU LIVE?:** Vancouver, BC

**WHY DO YOU WANT TO JOIN ON BOARD?**

Previous experience and better understanding, better leadership / guidance to how I can participate on current and future boards.

**LOOKING OUT 5 YEARS, WHAT WILL YOUR BOARD/ PROFESSIONAL LIFE LOOK LIKE?**

Participating on (1) corporate board and (1) non-profit board.

**WHAT KEY WORD/ATTRIBUTE BEST DESCRIBES THE "PROFESSIONAL" YOU?**

*Authentic*