

Stillness in Chaos: Health Leadership for Complex Times

May 15 + 16, 2025 | Halifax Convention Centre

Agenda

As we learn to navigate an increasingly complex world, medical and health professionals need new skills and approaches to “being” in and with complexity. Some of those approaches may be elegantly simple and surprising. Others will be deeply fluid and responsive to the complexity at hand. The 13th Annual Fear Conference will explore different facets of leadership for a complex adaptive system in complex times.

Participants will discuss how to generate, teach, and implement meaningful interventions in a complex health system.

At the end of this conference, participants will be able to:

- 1.** Assess the role of leadership in navigating complex healthcare systems during periods of uncertainty and instability.
- 2.** Identify strategies for fostering stillness and resilience within leadership practices in dynamic and complex environments.
- 3.** Develop actionable approaches for effective and sustainable leadership in healthcare amid uncertainty and systemic challenges.

12:00–1:00 pm

REGISTRATION AND LUNCH

1:00–1:30 pm

WELCOME AND INTRODUCTIONS

- **Elder-In-Residence Ann LaBillois**, BA (Phil) *Welcome to the Conference*
- **Stephen Miller**, MD, MEd, Senior Associate Dean, Medical Education
- **David Anderson**, MD, Dean, Faculty of Medicine
- **Gaynor Watson-Creed**, MD, MSc, DS(hc) Associate Dean, Serving and Engaging Society

1:30–2:15 pm

45 minutes
interactivity

WORLD CAFÉ—WHAT TELLS YOU THAT THE SYSTEM IS IN CHAOS?

Moderator: Gaynor Watson-Creed, MD

At the end of this session, participants will be able to:

1. Identify key signals of systemic chaos in healthcare environments.
2. Collaborate on defining effective responses to emerging complexities.

2:15–2:45 pm

BREAK

2:45–3:30 pm

Includes 10
minutes Q&A

PLENARY: JUMPING INTO CHAOS

Marcia Anderson, MD, Vice Dean, Indigenous Health, Social Justice & Anti-Racism, Rady Faculty of Health Sciences, University of Manitoba

At the end of this session, participants will be able to:

1. Analyze the indicators of chaos within healthcare systems and their impact on leadership.
2. Explore adaptive leadership strategies for navigating uncertainty and instability.

Moderator: Lori Connors, MD, MEd

3:30–4:50 pm

Includes
30 minute Q&A
/discussion

PANEL DISCUSSION: INNOVATING IN CHAOS; OPPORTUNITIES AND CHALLENGES WHEN THE TRAIN IS SPEEDING DOWN THE TRACK!

- **Travis McDonough**, BSc-Kin, DC
- **Tommy Brothers**, MD, PhD
- **Andrea Forbes-Hurley**, MBA, CPHR
- **Rustum Southwell**, DL(hc) DCL(hc)
- **Wendy Luther**, MBA, CITP

At the end of this session, participants will be able to:

1. Examine the challenges of adopting innovations in complex systems.
2. Develop reflective strategies to assess and integrate new innovations effectively.

Moderator: Stephen Miller, MD

4:50–5:00 pm

REACTIONS AND REFLECTIONS

Gaynor Watson-Creed, MD, Associate Dean, Serving and Engaging Society
Stephen Miller, MD, Senior Associate Dean, Medical Education

7:45–8:30 am

REGISTRATION AND CONTINENTAL BREAKFAST

8:30–8:45 am

WELCOME AND INTRODUCTIONS

- **Gaynor Watson-Creed**, MD, MSc, DS(hc) Associate Dean, Serving and Engaging Society
- **Stephen Miller**, MD, MEd, Senior Associate Dean, Medical Education

8:45–10:00 am

*Includes a
15 minute Q&A
/ discussion*

PLENARY: CULTIVATING STILLNESS FOR LEADERSHIP

Danny Graham, LLB, KC; **Saleem Razack**, MD, **Martina Ann Kelly**, MBBCh, PhD

At the end of this session, participants will be able to:

1. Discover techniques for fostering stillness and clarity in leadership decision-making.
2. Apply mindfulness-based strategies to enhance resilience in complex systems.

Moderator: Gaynor Watson-Creed, MD

10:00–10:30 am

BREAK AND TRANSITION TO CONCURRENT BREAKOUT SESSIONS

10:30–11:45 am

*75 minutes
interactivity*

BREAKOUT 1 | ROOM 201

PERMISSION TO PAUSE: LEADING WITH CLARITY IN COMPLEXITY

Heidi Weigand, PhD and **Catherine Loughlin**, PhD, MA

At the end of this session, participants will be able to:

1. Develop an awareness of others and self while leading in complexity.
2. Develop skills in pausing to gain clarity on the problem before jumping to solutions that solve the wrong problem.
3. Develop strategies to reframe complexity with a learning-based approach to leadership.

10:30–11:45 am

*75 minutes
interactivity*

BREAKOUT 2 | ARGYLE SUITE

SOCIAL DETERMINANTS OF HEALTH: STRUCTURES, SYSTEMS AND SYSTEMS COMPLEXITY

Niki Kiepek, PhD, MSc(OT), LLM and team

At the end of this session, participants will be able to:

1. Confront systemic and structural harms of Canadian health care systems, impacting marginalized populations.
2. Envision positive community level outcomes of healthcare services, beyond individual outcomes.

BREAKOUT 3 | ROOM 202

LEARNING WHILE LEADING: EDIA IN PRACTICE

Christy Simpson, PhD, MA

10:30–11:45 am

*75 minutes
interactivity*

At the end of this session, participants will be able to:

1. Examine the tension between leaders as experts and leaders as continuous learners, particularly in the context of EDIA.
2. Discuss strategies for supporting leaders in EDIA work in being both experts and learners.

LUNCH AND KEYNOTE

HEALTH SYSTEMS IN TRANSITION (12:15-12:45PM)

Gregory Marchildon, CM, PhD

**11:45 am –
12:45 pm**

*Includes a
10 minute Q&A*

At the end of this session, participants will be able to:

1. Analyze the shifting dynamics of health systems in response to emerging challenges.
2. Recommend policies and approaches for adapting to evolving healthcare landscapes.

Moderator: Mark Asbridge, PhD

12:45–2:00 pm

*75 minutes
interactivity*

WORKSHOP

All three Breakout Sessions repeat.

2:00–2:30 pm

BREAK

FIRESIDE CHAT

STILLNESS IN REAL LIFE: TAKING OUR LEARNINGS OUT INTO THE REAL WORLD

David Anderson, MD; Gabrielle Donnelly, PhD, MA; Marcia Anderson, MD

2:30–3:30 pm

*Includes a
15 minute Q&A*

At the end of this session, participants will be able to:

1. Discuss the challenges leaders face when implementing change in complex adaptive systems.
2. Strategize methods to navigate resistance and sustain transformative efforts.

Moderator: Lynette Reid, PhD

CLOSING REMARKS

3:30–3:50 pm

- **David Anderson, MD**, Dean, Faculty of Medicine
- **Gaynor Watson-Creed, MD**, Associate Dean, Serving and Engaging Society
- **Lori Connors, MEd, MD**, Associate Dean, CPDME
- **Elder Ann LaBillois**, Closing blessing

Planning Committee

In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. This program has not received an educational grant or in-kind support.

Arlene Kelly-Wiggins, MD CCFP(COE)

*Assistant Dean Pre-Clerkship
Cape Breton Medical Campus*

Christy Bussey, MD, CCFP, FCFP, CCPE

*Medical Executive Director, Central Zone –
Nova Scotia Health
Assistant Professor, Department of Family Medicine –
Dalhousie University Faculty of Medicine
Staff Hospitalist, QEII Health Sciences Center*

David Bowes, MD FRCPC

*Assistant Dean, PGME
Associate Professor, Department of Radiation Oncology
Dalhousie University Faculty of Medicine*

Gaynor Watson-Creed, MSc, MD, CCFP, FRCPC, LLD (hc), DSc (hc) (Co-Chair)

*Associate Dean, Serving and Engaging Society
Assistant Professor, Community Health and
Epidemiology
Dalhousie University Faculty of Medicine*

Gillian Reid

*Manager, CPD Programs
Continuing Professional Development
and Medical Education
Dalhousie University Faculty of Medicine*

Heidi Weigand, PhD

*Associate Professor
Department of Leadership and Organizations
Dalhousie University Faculty of Management*

Kevin Quigley, PhD

*Professor; Director
MacEachen Institute for Public Policy & Governance
Dalhousie University Faculty of Management*

Katelyn Libbus

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Paula Keating, MD CCFP

*Clerkship Director, Miramichi
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Dalhousie University*

Sharon Clark, PhD

*Program Director
Office of Addictions and Mental Health
NS Health and Wellness*

Stephen Miller, MD, FCFP, CCFP(EM), MEd, DRCPSC (Co-Chair)

*Senior Associate Dean, Medical Education
Professor, Emergency Medicine
Dalhousie University Faculty of Medicine*

Shawna O'Hearn, PhD, MSc (OT)

*Director, Office of Community Engagement
Dalhousie University, Faculty of Medicine*

Tanya Munroe MD CCFP(EM) FCFP CCPE

*Senior Medical Director, Integrated Access and Flow
Network / Care Coordination Centre
Medical Site Lead, Colchester East Hants Health Centre
Assistant Professor, Emergency Medicine
Dalhousie University Faculty of Medicine*

Speakers

Speakers have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material.



Andrea Forbes-Hurley, MBA, CPHR
Managing Partner, KBRS

Andrea Forbes-Hurley is a Managing Partner at KBRS, an integrated leadership advisory firm headquartered in Halifax which specializes in executive search, recruitment, HR consulting, career transition, leadership and talent development, assessment and coaching.

She specializes in recruiting leaders for post-secondary, government, health care, and not-for-profit organizations and provides strategic oversight to the firm's executive search practice while contributing to the day-to-day management of the broader firm operations.

She holds an MBA from Saint Mary's University, a Bachelor of Arts in Psychology from St. Francis Xavier University, is a Chartered Professional in Human Resources (CPHR) and is currently completing her ICD.D designation with the Institute of Corporate Directors and the University of Toronto.



Becky Marval, OT, Reg. (N.S.)
Manager, Mobile Outreach Street Health
Chronic Disease Self-Management Educator – Diabetes, NECHC

Becky Marval is an occupational therapist who leads an innovative primary health care team,

Mobile Outreach Street Health, or MOSH, based in Kijipuktuk/ Halifax, NS. Since 2009, she has worked with individuals who are homeless or street-involved to maximize health, function and quality of life and has identified opportunities for community development and system-level change. She is an Adjunct Professor at the School of Occupational Therapy at Dalhousie University.



Christy Simpson, PhD
Associate Professor,
Department of Bioethics

Christy Simpson is an Associate Professor in the Department of Bioethics, Faculty of Medicine, Dalhousie University. She is Co-Chair of the Faculty's EDIA Leads Group. Christy is also the Faculty Lead for the Ethics

Collaborations between the Department, Nova Scotia Health, and IWK Health.



Catherine Loughlin
Professor & Jodrey Chair, Leadership and Organizations Department, Dalhousie University

Dr. Loughlin holds the Jodrey Chair in Business and Society at Dalhousie University in Canada. Her research focuses on building leadership systems to create healthy and inclusive

workplaces, organizational change, and conflict resolution. She coaches senior leaders, consults for government and industry, and has coordinated change initiatives across sectors. Her interdisciplinary research is funded by the Social Sciences and Humanities Research Council of Canada and the Canadian Institute for Health Research, and has been profiled by government, recognized by peers, and featured in the popular press. Her most recent work focusses on links between leadership, complexity theory and health/performance.



David Anderson, MD, FRCPC, FACP
Dean, Faculty of Medicine, Dalhousie University

An alumnus of Dalhousie Medical School (MD'83), Dr. Anderson trained in internal medicine and hematology at Dalhousie. He completed his residency in hematology along with a fellowship in thromboembolic

disorders at McMaster University.

Returning to Dalhousie Medical School as a faculty member, Dr. Anderson been active as a clinician, educator and researcher throughout his career. Dr. Anderson was previously the head of the Division of Hematology and the Department of Medicine. He was appointed as Dean of the Faculty of Medicine at Dalhousie in July 2015.

Specific achievements as Dean have included increased research funding for faculty scientists, expansion of undergraduate and postgraduate medical training positions, and increased attention to equity, diversity, inclusion, and accessibility matters including the appointment of an Associate Dean for Serving and Engaging Society.

Dr. Anderson is overseeing the implementation of a third medical campus for Dalhousie Medical School in Sydney, Nova Scotia which has begun accepting students to start their medical education in August 2025. He also lead efforts to start a Masters in Physician Assistant program in the Faculty of Medicine which began training students in January 2024.



Danny Graham LLB, KC
Chief Engagement Officer,
 Engage Nova Scotia

Over a thirty-year period, Danny Graham has been supporting and leading change in the fields of justice reform, indigenous reconciliation, government policy and community sector innovations. For ten years

he was the Chief Negotiator on Aboriginal Rights for the Province of Nova Scotia. He is credited with starting the Nova Scotia Restorative Justice Program and has worked to advance justice reforms with the United Nations and countries spanning four continents. For the past ten years he has been the Chief Engagement Officer for Engage Nova Scotia – an independent non-profit that is building a new approach for improving quality of life for everyone – through a combination of data collection, ground-breaking visualization tools and comprehensive partner engagements. He lives in Halifax, where he has been a community volunteer, especially in support of persons with disabilities.



Gregory P. Marchildon, CM, PhD, FCAHS
Professor Emeritus, Institute of Health Policy, Management and Evaluation, University of Toronto
Founding Director, North American Observatory on Health Systems and Policies

Gregory P. Marchildon is Professor Emeritus, Institute of Health Policy, Management and Evaluation (IHPE), University of Toronto, and Founding Director of the North American Observatory on Health Systems and Policies (NAO). A scholar-practitioner, he has extensive experience in establishing and working in national and international research and policy networks. His research focusses on the history of public policy, with a particular emphasis on comparative health systems and policies and universal health coverage. His most recent book is *Tommy Douglas and the Quest for Medicare in Canada* published by the University of Toronto Press in 2025.

Greg has worked in three professions in his lifetime: lawyer (criminal prosecution and defense); academic (London School of Economics, Johns Hopkins University, University of Regina, and University of Toronto); and public servant (Deputy Minister of Intergovernmental Affairs and Deputy Minister to the Premier and Cabin Secretary in Saskatchewan as well as Executive Director of the Royal Commission on the Future of Health Care in Canada). He has also done consulting for governments and international organizations on cabinet systems and decision-making, public policy capacity building and health system restructuring. Greg is a member of the Order of Canada and a fellow of the Canadian Academy of Health Sciences.



Gabrielle Donnelly, PhD
Associate Professor, Community Development, Acadia University

Dr. Gabrielle Donnelly is a scholar, facilitator, and practitioner who moves fluidly between systems thinking, community leadership, and collective care. Gabrielle is known for her ability to bring both intellectual depth and a deeply

human touch to her work. She is an associate professor of Community Development at Acadia University and collaborates with changemakers to rethink how we organize and relate – especially when the stakes are high. Her work draws from complexity and systems approaches, creativity research, futures studies, and human-centred facilitation approaches to reimagine how we live, lead, and care – especially in times of unravelling and regeneration. Gabrielle believes real learning lives in the in-between: between people, between paradigms, and between the known and the possible.

As a scholar-practitioner, Gabrielle's commitment for integrating theory and practice has led her to work with organizations such as the International Committee of the Red Cross, Bioneers, The Mellon Foundation, New York City Child and Family Services, Boston Climate Action Business Association, and the Government of Nova Scotia. Originally from the UK and raised in Moh'kinsstis (Calgary) in Treaty 7 Territory, Gabrielle currently lives in Punamu'kwati'jk/Dartmouth, Mi'kmak'i/Nova Scotia. She recently edited the *Handbook for Creative Futures* (Routledge, 2023).



Heidi Weigand, PhD
Associate Professor,
Department of Leadership and Organizations, Dalhousie University
Faculty of Management

Dr. Heidi Weigand is a community-driven academic leader who bridges Indigenous and

Western knowledge systems to design transformative, equity-rooted solutions. With a focus on leadership, employee well-being, and innovation, her work amplifies community voices and embeds kindness-informed allyship in research and practice. Heidi's projects are shaped through collaboration, honouring both data and storytelling to move systems forward while staying rooted in place, people, and purpose.



Kaarina Valavaara, MScOT, OT Reg (NS)
Instructor and PhD in Health Student
 Dalhousie School of Occupational Therapy

Kaarina Valavaara, MScOT, OT Reg (NS) is currently a part-time instructor and first year PhD in Health student in the School

of Occupational Therapy at Dalhousie University. As a Métis occupational therapist, she is passionate about transforming practice of Occupational Therapy to promote Indigenous rights and equity for Indigenous Peoples. She is also informed by a diverse clinical and leadership skills set working in acute care, rehabilitation and community-based practice settings. Her doctoral research is intended to contribute to emerging understandings about how occupations of resistance undertaken by Indigenous People – countering colonized ways of doing – can transform understandings and experiences of individual and collective health.



Marcia Anderson, MD MPH FRCP
Vice-Dean, Indigenous Health, Social Justice and Anti-Racism
 Rady Faculty of Health Sciences
 University of Manitoba

Dr. Marcia Anderson is Cree-Anishinaabe and grew up in the North End of Winnipeg with roots

in Peguis First Nation and Norway House Cree Nation in Manitoba. She practices Internal Medicine, and serves as the Vice-Dean, Indigenous Health, Social Justice and Anti-Racism in the Rady Faculty of Health Sciences, University of Manitoba. Dr. Anderson has won multiple awards, including the 2022 Doctors Manitoba Physician of the Year award, Community Development Award from the Mahatma Gandhi Centre of Canada and the Lieutenant Governor's Award for Excellence in Public Administration.



Meagen Bowers, RSW
Clinic Coordinator

Meagen Bowers is a social worker and Clinic Coordinator at the Dalhousie Social Work Community Clinic in Halifax, with seven years of experience supporting clients navigating the complexities of poverty and unmet basic needs. Through a foundation of case management and

supportive counseling, Meagen has developed a strong understanding of the systemic barriers individuals face and a commitment to empowering them towards well-being.

Meagen holds a Bachelor of Arts degree in Sociology from Mount Allison University and a Bachelor of Social Work from Dalhousie University. Demonstrating a continued dedication to professional growth, Meagen will complete a Master of Social Work degree at Dalhousie University this year.

Meagen's primary areas of interest lie within social work education. She is keen on teaching social justice and anti-oppressive principles to future social workers and other allied health professionals, believing in the transformative power of these frameworks in shaping ethical and impactful practice.



Martina Kelly MBBCh, PhD, CCFP, FCFP
Professor of Family Medicine

I am a family doctor and professor of family medicine at the University of Calgary. It took me a while to realize I'm all grown up – I moved to Canada in my 40s and completed my PhD, a bit later than that! As a doctor, I am passionate

about doctor-patient relationships and how big meaning can be conveyed in small actions, e.g. a pause, or a touch. I am interested in how we can research ways of being present together, mixing my curiosity about philosophy with creative methodologies, engaging drama, poetry writing, and immersive art experiences. I was honoured to be awarded the AFMC Gold Humanism award in 2022.



Matthew Bonn
International Drug Policy Specialist

Matthew is a drug culture advisor with ChangeMark Research & Evaluation and an International Board member with International Network of Health and Hepatitis in Substance Users. His main role is being a knowledge broker for drug policy and harm reduction.

He is a former knowledge translator for the Dr. Peters Centre, he was previously the communication manager with the Canadian AIDS Society and he was previously the program manager with the Canadian Association of People Who Use Drugs. Matthew's freelance writing has appeared in publications including The Conversation, Doctors Nova Scotia, Policy Options and The Coast. Matt has also been involved in a lot of academic work, leading various high impact publications and a CIHR COVID-19 Knowledge Synthesis grant on safe supply during COVID-19. He was also on the 64th Canadian delegation to the Commission on Narcotic Drugs. He is a current drug user and a formerly incarcerated person.



Niki Kiepek, PhD, LLM, MSc(OT)
Project Lead, MacEachen Institute for Public Policy and Governance
 Associate Professor, Dalhousie School of Occupational Therapy

Dr. Niki Kiepek, PhD, LLM, MScOT, is an Associate Professor at Dalhousie University.

With almost 20-years experience working in substance use as occupational therapist/addiction counsellor, educator, and researcher, Dr. Kiepek draws on rights-based research approaches to respond

to social disparities and inequities that make distinct populations marginal. Her interdisciplinary research includes people with lived and living experience as co-researchers. Dr. Kiepek is a Project Lead with the MacEachen Institute for Public Policy and Governance, Research Scholar with the Dalhousie Health Justice Institute, Scientific Associate with Nova Scotia Health, and Associate Scientist with the Maritime SPOR SUPPORT Unit.



Paulina Gillett, MSW RSW MTA
Clinic Coordinator
Dalhousie Social Work Community Clinic

Paulina Gillett is a dedicated social worker and certified music therapist with over 20 years of experience in the human services sector. Her career began in clinical settings, working as a

music therapist with adolescents in treatment and adults in psychiatric care. Since then, she has served in various community-based nonprofit organizations across Ontario and Nova Scotia, bringing a deep commitment to social justice, equity, and community-building.

Paulina's work has consistently focused on addressing the systemic impacts of poverty, advancing anti-poverty initiatives, and engaging the social determinants of health through collaborative community efforts. Her leadership in the field is grounded in a holistic, person-centered approach, always aiming to create space for growth, connection, and meaningful change.

In addition to her front-line and leadership roles, Paulina has contributed to the development of future professionals by supporting student learning through practicum placements and mentorship. She is passionate about fostering inclusive environments where individuals and communities can thrive.



Rustum Southwell
Chancellor, Dalhousie University
CEO of the Black Business Initiative (BBI)

One of Nova Scotia's most prominent community and business leaders, Dr. Rustum Southwell is best known as the founding CEO of the Black Business Initiative (BBI). Originally

from Saint Kitts / Nevis, Southwell arrived in Halifax in 1972 and has been contributing to Nova Scotia's business landscape ever since.

Dr. Southwell began his business career in the food industry as one of the province's first Black franchise owners. After several years managing restaurants, he moved on to become executive director of the African Canadian Business Development Centre, precursor to BBI.

In 1996, Dr. Southwell became founding CEO of the BBI. His leadership has resulted in 25 years of unprecedented growth and impact. BBI has created over 1,500 jobs and has provided business training to over 1,000 aspiring entrepreneurs. Recently, he led the organization into its next phase of growth by expanding across the Atlantic Provinces. He is also renowned nationally and internationally for his work on Black Entrepreneurial and community development,

as a co-founder of the FACE coalition and the Supporting Black Canadian Communities Initiative.

In addition to business excellence, Dr. Southwell has demonstrated his commitment to community. He has served as co-chair of the African Heritage Month Committee, and as the first chair of Hope Blooms Youth Ventures Inc. He has also served on many boards including the Halifax Chamber of Commerce, the Waterfront Development Corporation (now Develop Nova Scotia), and United Way Halifax. He served as a member of the Board of Governors of Nova Scotia Community College (NSCC), the Black Loyalist Heritage Society, and the Community Consultative Committee of the Halifax Stanfield International Airport Authority (HSIAA).

Among his many accolades are the Queen Elizabeth II Diamond and Platinum Jubilee Medals. He has received honorary doctorate degrees from Dalhousie and Saint Mary's universities, and an honorary diploma from NSCC. Recently, he was inducted into the Nova Scotia Business Hall of Fame and the Order of Nova Scotia.



Seretha Wheaton, BNRN, Psychiatric RNII
Team Lead, Harm Reduction Program
Primary Health Care, NLHS (Newfoundland Labrador Health Services)

Seretha Wheaton has been a Registered Nurse for over 14 years, with 12 of those years in adult acute mental health and addictions program in Eastern Health. Seretha has been an RN on the harm reduction team since its beginning in Dec of 2020, and since July of 2022 has been the Team Lead for the Harm reduction outreach team. Seretha has a keen passion for helping the underserved population, which is evident in her everyday practice. Seretha believes everyone deserves the right to equal, nonjudgmental care, and hopes to break those barriers one step at a time.

Seretha is a practice counsellor with the College of Registered Nurses of Newfoundland and Labrador, the Branch Treasurer for the local branch Registered Nurses Union of Newfoundland and Labrador, a wife, and a mom of two wonderful children.



Saleem Razack, MD
Professor of Pediatrics and Scholar
in the Centre for Health Education Scholarship,
Senior Faculty Advisor in the Office of Respectful Environments, Diversity, and Inclusion, University of British Columbia, *Pediatric Intensivist*, BC

Children's Hospital

Saleem Razack is a pediatric intensivist and medical education researcher at BC Children's Hospital and the University of British Columbia. He is a graduate of the University of Toronto and completed his pediatrics and PICU training at the Montreal Children's Hospital/McGill University, where he was on faculty from 1996-2022.

He has held several positions of educational and clinical leadership, locally and nationally. He is the 2025 recipient of the AFMC President's Award for Exemplary National Leadership in Medical Education. He has over 70 publications in equity and anti-racist/anti-oppressive pedagogies in medical education.



Thomas Brothers, MD PhD FRCPC
Assistant Professor, General Internal Medicine, Department of Medicine, Dalhousie University
Staff physician, General Internal Medicine & Addiction Medicine, QEII Health Sciences Centre, Nova Scotia Health

Thomas (Tommy) Brothers, MD PhD FRCPC is Assistant Professor and in the Department of Medicine at Dalhousie University, and a staff physician in General Internal Medicine and Addiction Medicine at Nova Scotia Health. Tommy's clinical and research interests focus on improving health care services for people with substance use disorders, and he helped to organize and implement Atlantic Canada's first overdose prevention site and hospital-based addiction medicine consult service.



Travis McDonough, BSC-Kin, DC
CEO and Founder of Wellnify.ai

Travis McDonough is a seasoned entrepreneur and visionary leader with a proven track record of building innovative healthcare and technology companies. Over the past two decades, he has founded and led several successful ventures, including

Kinduct Technologies, 3DRX Developments, and The Orthotic Group International. His work has earned him numerous accolades such as the Ernst & Young Entrepreneur of the Year Award, the Manning Innovation Award, and multiple Top 50 CEO Awards from Atlantic Canada Business Magazine. Renowned for his expertise in business development, product innovation, and team leadership, Travis has consistently demonstrated an ability to translate complex challenges into scalable, high-impact solutions across the healthcare and wellness sectors.

Today, Travis channels his passion for innovation and measurable impact as the CEO and Founder of Wellnify, a cutting-edge SaaS platform revolutionizing personal wellness management. Drawing from his deep experience in data analytics, healthcare operations, and executive leadership, he leads the company's strategic vision, product development, and growth initiatives. Under his guidance, Wellnify is building a scalable, impactful platform that not only empowers individuals but also delivers meaningful, data-driven insights to improve overall wellness outcomes.



Wendy Luther, MBA, CITP, ICD.D
President & Chief Executive Officer
Halifax Partnership

Wendy Luther is a leader in economic and export development, with vast experience promoting Nova Scotia and its assets globally. Halifax Partnership is Halifax's public-private economic development organization.

Wendy joined as President & CEO in 2019. In 2023, Halifax Partnership was honoured with four Excellence in Economic Development Awards from the International Economic Development Council (IEDC) including Gold for Economic Development Organization of the Year. Prior to joining Halifax Partnership, Wendy was President & CEO of EduNova, a co-operative association of public and private-sector education providers committed to promoting Nova Scotia's knowledge economy internationally. Under her leadership, EduNova was honoured with the prestigious international PIONEER Association of the Year Award in 2017.

Earlier in her career, Wendy worked in export development with the Atlantic Canada World Trade Centre and Nova Scotia Business Inc. (NSBI) where she led trade missions to over twenty countries and has mentored and advised hundreds of Nova Scotian exporters on how to be competitive in international markets. At NSBI, through her role as Nova Scotia's first Private Sector Liaison Officer (PSLO), she was appointed by the World Bank and Inter-American Development Bank to connect entrepreneurs and institutions to opportunities funded by International Financial Institutions.

Wendy has served on and led numerous boards and committees including advisory boards for two private sector companies (Canada and U.S. based). Currently, Wendy serves on the Board of Directors and the Management Resources and Compensation Committee of Canadian-owned LED Roadway Lighting; the Board of Directors and as Vice Chair of the Governance Committee of Mitacs, a national not-for-profit organization focused on increasing Canada's innovation competitiveness; and is Membership Chair on the Executive Committee of the International Women's Forum (IWF) Atlantic Chapter.

Born in Vancouver, Wendy graduated with a Bachelor of Arts in Psychology from the University of British Columbia, and an MBA from Saint Mary's University. She holds a Certified International Trade Professional designation (CITP) and is an alumna of the Caribbean Canada Emerging Leaders Dialogue and Royal Canadian Navy Canadian Leaders at Sea (CLaS) Program. In November 2023, she attained her ICD.D designation through the Institute of Corporate Directors, Director Education Program and is really geeking out on governance! In March 2023 Wendy was honoured with Atlantic Canada's 25 Most Powerful Women in Business award.

Moderators

Gaynor Watson-Creed, MSc, MD, CCFP, FRCPC, LLD (hc), DSc (hc) (Co-Chair)

*Associate Dean, Serving and Engaging Society
Assistant Professor, Community Health and Epidemiology
Dalhousie University Faculty of Medicine*

Lori Connors, MD, MEd, FRCPC

*Associate Dean, Continuing Professional Development & Medical Education
Associate Professor, Department of Medicine
Dalhousie University Faculty of Medicine*

Lynette Reid, PhD

*Associate Professor, Department of Bioethics
Dalhousie University*

Mark Asbridge, PhD

*Professor and Head, Department of Community Health and Epidemiology
Dalhousie University Faculty of Medicine*

Stephen Miller, MD, FCFP, CCFP(EM), MEd, DRCPC (Co-Chair)

*Senior Associate Dean, Medical Education
Professor, Emergency Medicine
Dalhousie University Faculty of Medicine*

Study Credits

Educationally approved by Dalhousie University Continuing Professional Development and Medical Education.

This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by Dalhousie University Continuing Professional Development and Medical Education for up to **8.25** Mainpro+® Certified Activity credits.

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Dalhousie University Continuing Professional Development and Medical Education.

You may claim a maximum of **8.25** hours (credits are automatically calculated).

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™.

Information on the process to convert Royal College MOC credit to AMA credit can be found online at edhub.ama-assn.org.

Please note: CME certificates will be sent to attendees via the email address provided during registration. They should arrive within two weeks of the conference end date. Be sure to check your spam/junk mail folders as they may arrive there.

Online Evaluation

The conference evaluation will be conducted online at:
surveys.dal.ca/opinio/s?s=80130



HOW TO COMPLETE THE EVALUATION

- Step 1:** Visit the site above or scan the QR code on your mobile device.
- Step 2:** Keep the survey open as you complete the evaluations for each session you attend.
- Click **NEXT** on the bottom of the screen to go to the next session.
- Step 3:** At the end of each day, click **SAVE** at the bottom of the screen to save your work.
- ENTER YOUR EMAIL** to get a return ticket.
- Step 4:** The next day or when you are ready to begin again, **CHECK YOUR EMAIL** for the return ticket.
- The email will be from Continuing Professional Development (cpd@dal.ca). **CLICK ON THE LINK** to return where you left.
- Step 5:** The last evaluation is for the overall conference. When you are completely done, click **FINISH** at the bottom of the screen.

Save the Date

**99th Annual Dalhousie Fall Refresher
November 20–22, 2025
Halifax Convention Centre (hybrid)**

For a complete listing of our upcoming CME events and registration information, please visit the [Dal CPD Conference](http://DalCPDConference.com) website.