



Siobhan Carlson is a PMP-certified Project Coordinator (Construction and Planning) at Nova Scotia Power, focusing on major capital improvement projects. She has experience working in a variety of project management and project control roles across consulting, non-profit, and regulated utilities industries. Siobhan specializes in cost controls and facilitation.

Title: Between a Rock and a Wet Place: Risk Sessions in Large Scale Hydro Projects

Final Abstract:

Effective risk management and continuous improvement are crucial for the success of complex projects, particularly in the construction of hydroelectric dams, where challenges are multifaceted and wet. This presentation will explore the development and implementation of risk capture sessions and lessons learned using both traditional and agile project management techniques. By integrating traditional methods, such as risk registers and detailed planning, with agile practices and adaptive decision-making, we can better anticipate potential risks, enhance project flexibility, and improve overall project outcomes. The session will highlight how these combined methodologies foster a proactive approach to managing uncertainties inherent in large-scale projects and how it can make you a better facilitator.



[Mike Frenette, PMI-PMOCP, PMP](#) , a graduate of PMI's Leadership Institute Master Class of 2015, is a multi-decade veteran of the IT and project management industries. He recently retired from paid work as the PMO Manager at Halifax Water, one of his many jobs in a career that started in Information Technology in the late 70s and morphed into all things project management over the years.

A strategic thinker and project management evangelist, Mike specializes in helping organizations meet their strategic goals through planning and execution of portfolios of programs and projects, and establishment of project management offices to bring project management to the boardroom.

Mike appears to enjoy working unpaid jobs, evidenced by his continuous volunteering with PMI since 1999. He has filled many roles locally, including President of PMI Nova Scotia Chapter, and since 2008 has volunteered with PMI Global. He recently completed a multi-year role with the PMI Standards Insight Team after co-authoring the [Benefits Realization Management Practice Guide](#), an essential read for those wishing to ensure expected benefits accrue from projects, wrote the pilot PMI-PMOCP exam and reviewed the associated exam preparation course. His most recent volunteer roles include Online Community Champion on ProjectManagement.com, PMOGA Vision and Growth Team member, and the PMOGA North America Region Online Experience Lead.

Presentation Title: Leveraging PMI's New PMO Practice Guide

Abstract:

The Project Management Office Global Alliance (PMOGA) was formed by Americo Pinto in 2017. For many years, PMOGA conducted PMO research in collaboration with over one hundred PMO leaders worldwide. This research culminated in the PMO Value Ring (PMOVR) Methodology. PMI saw the value in this methodology and acquired PMOGA in December 2023. Since the acquisition, PMI has wrapped the original PMOVR methodology in robust PMI layers, created a new practice guide, a study exam, and the PMI-PMOCP certification.

This presentation will focus on the details of PMO Value Ring Framework (PMOVR) as outlined in the new Practice Guide. Takeaways from this presentation are:

1. The fallacy of "PMO Types"
2. The PMO as an organizational unit
3. PMO Customers and their expectations
4. The PMOVR baseline elements, structural components and customer experience cycle

5. The ten steps of the value-generating PMO Flywheel.

Attendees will understand that the PMO customer is the center of the PMO Value Ring, and form the basis of everything a PMO does, including the outcomes it must achieve to satisfy its customer base, the functions it must perform to achieve them, the importance of constant confirmation from customers and the cycle of PMO renewal.



Carl Peters is a PMP, PMI-ACP, and PSM-certified project manager with 12+ years of experience leading complex, high-stakes projects across energy, blue economy, IT, and climate sectors. An IBM-certified AI Developer and PhD-level researcher, he specializes in driving cross-functional teams to deliver real-world results, whether it's rolling out critical systems like NG911, securing multi-million-dollar funding, or advancing sustainable business practices. Carl is known for cutting through complexity, translating technical insights into practical strategies, and fostering collaboration between industry, government, and academia to ensure projects achieve lasting impact.

Future of Project Management Software:

Project managers are exploring AI tools like ChatGPT, but most are stopping at prompt engineering—writing one-off requests to help with emails, reports, or meeting summaries. That's a good start, but there's so much more we can do.

In this workshop, we will walk through what I see as the next step for project managers: going beyond prompts to build and automate with AI. I'll share practical examples of how we can design simple AI tools, automate repetitive workflows, and start thinking more strategically about how AI fits into our projects.

This workshop is for PMs who want to move past the hype and start using AI in a more meaningful, hands-on way.



Andrew Mitchell is a Delivery Leader and Agile Coach based in Halifax, dedicated to helping people be engaged and fulfilled at work. He is a frequent conference speaker and content creator, sharing insights on Agile leadership, product thinking, and creating environments where teams thrive. His mission is to inspire workplaces built on trust, psychological safety, and servant leadership—where happier teams create better products and deliver greater value to customers. With over a decade of experience leading Agile Product Development teams, Andrew blends practical delivery expertise with a passion for helping others succeed. Presentation abstract:

From Doing Agile to Being Agile: Navigating the Shift from Project Management to Product Thinking

Overview:

As Agile adoption increases, many organizations continue to operate with a project mindset, limiting the benefits of Agile frameworks like Scrum. This session will explore the deeper mindset shift needed to truly be Agile—moving beyond process compliance to focus on continuous value delivery, empowered teams, and sustainable flow. Designed for professionals with traditional project management backgrounds, the talk will highlight how key concepts like product thinking and flow metrics can help bridge the gap between structured plans and adaptive delivery.



Vatsal Sood is a software developer, former Agile manager, and keynote speaker with over a decade of experience in the tech industry. Having led and supported high-performing teams through tight deadlines and shifting priorities, he understands the pressure project managers face in today's urgency-driven work culture.

He speaks on burnout prevention, resilience, and building sustainable project environments — offering practical tools that help managers maintain performance without sacrificing team well-being. Vatsal is also a TEDx speaking coach and a division-level Toastmasters champion, known for delivering engaging, relatable sessions that combine real-world insight with actionable strategies.

As a software developer and former Agile manager, I know what it's like to work under relentless pressure. From tight deadlines to shifting priorities, the demand for faster, better, and more efficient delivery can lead to chronic stress and burnout — not just for individuals, but for entire teams.

In this talk, I'll share lessons from my decade-long career in tech, where I've seen firsthand how urgency culture can drain team morale and reduce productivity. I've been on both sides — as a developer pushing through long nights to meet deadlines, and as a manager trying to keep my team motivated when the pressure is constant.

Attendees will learn practical strategies for building more resilient, high-performing teams, including the 3M Break System — a simple yet powerful approach to integrating sustainable recovery into projects at the Micro, Meso, and Macro levels. We'll also cover early warning signs of burnout and small, impactful changes that can make a big difference in long-term team well-being.