

Michelle Jansen

Calgary Police Service



SCAMS AND FRAUDS

Scams and fraud can take a variety of forms. Protecting yourself requires vigilance, skepticism, and informed decision-making. Michelle Jansen and her colleagues will be presenting the Calgary Police Service's information on the signs to watch out for regarding different types of scams and how not to become a victim of a scam.

With 21 years of policing experience, I began my career as a Military Police member in the Canadian Armed Forces before joining the Calgary Police Service. Over the course of my career, I have served in a wide range of specialized units, developing extensive operational expertise and a strong foundation in community-focused policing.

Since 2024, I have delivered more than 200 presentations to community groups, businesses, and organizations. My work is driven by a deep commitment to public education and crime prevention, with a particular focus on fraud awareness. I am passionate about empowering individuals with the knowledge and practical tools they need to recognize, prevent, and avoid becoming victims of scams.

Dr. Peter Rawlek

MD, CCFP-EM, BMSc



WELLNESS AND RESILIENCE

Dr. Rawlek will speak to us about the biology of acute stress, how chronic stress affects the brain, and how to set boundaries in our day to protect ourselves from high cortisol and neurochemical depletion. He will discuss the importance of sleep for cardiovascular health, immunity, metabolic health, and mental performance. He will provide simple tips we can come back to each day to help us stay healthy in these areas.

Dr. Peter Rawlek, MD, CCFP-EM, BMSc, is an emergency physician with more than 30 years of clinical experience and continues to practice part-time. Throughout his career, he has been driven by a growing interest in one of society's most significant health challenges: Building scalable solutions that help large populations translate health knowledge into meaningful and sustainable behaviour change has become a central focus of Peter's work.

His work spans healthcare, education, community development, and technology, with a common focus on building scalable solutions that improve health and well-being. In addition to his clinical work, Peter has founded multiple organizations, including a successful social enterprise employing more than 20 people and GoGet.Fit®, a digital health platform focused on supporting healthy behaviour change at both the individual and population level.

His current collaborations extend across schools, healthcare systems, and chronic disease populations in Canada and the United States, exploring how scalable approaches can help individuals build health agency and sustain positive health behaviours, including in areas such as cancer survivorship and Multiple Sclerosis.

Peter currently serves as the first physician embedded within the Calgary Catholic School District, supporting more than 60,000 students and staff to establish lifelong health agency. His work focuses on addressing sedentary lifestyles, improving health and well-being, reducing healthcare access inequities, and creating pathways that extend beyond schools and into homes and communities where lasting change is most likely to occur. A frequent speaker and collaborator, Peter is known for translating complex health concepts into practical and relatable ideas that help people understand not only what they should do for their health, but why it matters and how to make it happen.

Lynette Mueller

FAPR, RDR, CRR
NCRA Director



PROMOTING OUR PROFESSION

NCRA brings an engaging and insightful seminar designed to equip you with the tools and strategies to effectively Promote our Profession of stenography at career fairs and legal conferences. Whether you're a seasoned stenographer, a recent graduate, or an industry advocate, this session will provide valuable techniques for showcasing the unique and critical role stenographers play in the legal field, the deaf and hard-of-hearing community, entertainment and education fields.

Lynette Mueller has been a dedicated court reporter since the early 1980s and is the proud owner of Omega Reporting. With extensive experience covering complex and technical litigation-including medical, patent, and biomedical matters-she has built a reputation for excellence both nationally and in her home base of Memphis, Tennessee, where she has reported since 2001.

Now serving as a Director on the NCRA Board, Mueller is honored to advocate for the profession on a national level. While she no longer serves on NCRA's many working committees, her passion for those efforts remains strong, and she continues to support initiatives that advance the skills, visibility, and value of court reporters everywhere.

A strong believer in the power of mentorship, Mueller is especially devoted to students and early-career reporters. She regularly contributes to the profession as a presenter, write for the JCR, and has been a volunteer with the NCRA A to Z Intro to Steno Machine Shorthand program.

Outside the courtroom, Mueller is a proud Gram, avid crocheter, and finds joy in combining creativity and community-whether through stitching something special for her grandbaby or connecting with colleagues across the country.



Stranger Things Can and Do Happen!

No, we're not talking about the Upside Down. Inspired by a request last year for a roundtable, council will be collecting questions and situations ASRA members have found themselves in – the stuff so crazy you can't make it up - and brainstorm how we have and could navigate them. From dealing with AI notetaker apps to arguments about discussions off the record to navigating undertakings with self-reps, nothing is off the table. We will be gathering your questions and then asking you to vote.

The top 5 topics will then go around each of your tables with your tables' best solutions to be shared with the group.

Moderated by your 2025-2026 ASRA Council

Council will be taking a group approach to ensure this exercise is interactive. From gathering topics, organizing the voting board, keeping time, recording your answers, and making the rounds in the room with mics for your answers, they will help keep the energy high, the laughs coming, and send out a document at the end of the session with all of your answers.

Sandy Gerber

**Communication Coach & EQ Trainer, Speaker,
Author, Entrepreneur, TEDX Speaker**



CONNECTED CONVERSATIONS: THE POWER OF EMOTIONALLY INTELLIGENT COMMUNICATION.

Sandy Gerber is a Communication Coach, Emotional Intelligence Trainer, and best-selling author of the 24x award-winning book *Emotional Magnetism*. In 2026, she was named #16 on the World's Top 30 Communication Professionals by Global Gurus and is the recipient of the 2025 Women of Influence Creative Innovator Award. Her podcast, *Magnetic Communication*, won the 2026 Best Mindset & Mental Health Podcast award.

A TEDx speaker and the *Magnetic Communication* podcast host, Sandy delivers high-energy, humour-filled keynotes and experiential training that help leaders and teams communicate with confidence, clarity, and credibility. Known for her relatable style and powerful storytelling, she shares pocket emotional intelligence communication tools you can use immediately in your professional and personal life to build and deepen connection. With 25+ years of experience, Sandy has worked with iconic North American brands, is the visionary of *Connected Conversations* EQ tools, and has built and scaled three companies, including growing NEXT Marketing Agency from a bedroom startup as a single mother into a Top 100 Fastest Growing Company in BC.

Sandy Gerber is a Communication Coach, Emotional Intelligence Trainer, and Best-Selling Author of *Emotional Magnetism*, which has won 24 international book awards. Sandy's mission is to help people to have Connected Conversations.

She's ranked as one of the World's Top 30 Communication Professionals by Global Gurus and the 2025 Women of Influence Creative Innovator. Her podcast, *Magnetic Communication* won the 2026 Best Mindset & Mental Health Podcast. She also insists one of her proudest accomplishments was winning a limbo contest at 14.