



Take Our Kids to Work™

The Students Commission of Canada

DIFFERENT PERSPECTIVES, SHARED DIRECTION!

TOKW Career Live! November 4, 2026

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.

Every career starts with a perspective, shaped by where we come from, what we've lived through, and what we care about. This year's theme, **Different Perspectives, Shared Direction**, celebrates the people across Canada who've turned those perspectives into meaningful work. Through years of youth employment programming, one message from young people keeps coming up: *we don't know what jobs are out there*. Too many paths stay hidden, while only a handful get the spotlight. Career Live! 2026 will showcase diverse careers so they can see a future that fits who they are.

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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NDT (NFD)	ADT (NS, NB, PEI, LB)	EST, CDT (ON, QC, NU, MB)	CST, MDT (SK, AB, NWT)	MST, PDT (YK, BC)	Sessions
9:30 am	9:00 am	8:00 am	7:00 am	6:00 am	Welcome
10:00 am	9:30 am	8:30 am	7:30 am	6:30 am	Your Future, Your Voice: Careers, Purpose, and Possibilities
10:30 am	10:00 am	9:00 am	8:00 am	7:00 am	Where Can a Psychology Degree Take You? Ask a Health and Safety Consultant
11:30 am	11:00 am	10:00 am	9:00 am	8:00 am	Content Creation: it's a Real Job! Ask a Social Media Coordinator
12:30 pm	12:00 pm	11:00 am	10:00 am	9:00 am	What's Fueling the Future? Career Panel Discussion with the Oil Sands Alliance
1:30 pm	1:00 pm	12:00 pm	11:00 am	10:00 am	Doing Work that Matters to You: Lived Experience, Research, and Community Work
2:00 pm	1:30 pm	12:30 pm	11:30 am	10:30 am	Cleared for Takeoff Ask an Air Traffic Controller
2:30 pm	2:00 pm	1:00 pm	12:00 pm	11:00 am	World of Work Ask a Career and Education Advisor
3:30 pm	3:00 pm	2:00 pm	1:00 pm	12:00 pm	Career Curiosity: Diving into Culture & Jobs in the Community
4:30 pm	4:00 pm	3:00 pm	2:00 pm	1:00 pm	Caring for Smiles Ask a Dentist
5:30 pm	5:00 pm	4:00 pm	3:00 pm	2:00 pm	Youth Panel: Early Careers in Bioecology, Flight, Sociology, and Biomedical
6:30 pm	6:00 pm	5:00 pm	4:00 pm	3:00pm	The Spark to Your Future Ask an Electrician
7:00 pm	6:30 pm	5:30 pm	4:30 pm	3:30 pm	Thank You & Goodbye



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 2026! Say hi and get ready to have an exciting career exploration day. To kick off TOKW Day 2026, we are excited to present a cornerstone video featuring the 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.

Your Future, Your Voice: Careers, Purpose, and Possibilities

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.

Where Can a Psychology Degree Take You? | *Ask a Health and Safety Consultant*

Sponsored by WorkSafeNB

Join Nicole from WorkSafeNB to learn more about her career as a health and safety consultant! Discover how one psychology degree can open countless doors as Nicole shares her journey from studying psychology to working in education and exploring diverse career paths to helping people feel mentally well, supported, and safe at work.

Content Creation: it's a Real Job! | *Ask a Social Media Coordinator*

Ever thought about creating content? Join Grace as she talks about her journey creating content for businesses. How did she get started? What's it like working in content creation? Come curious with all your questions!

What's Fueling the Future? Career Panel Discussion with the Oil Sands Alliance

Sponsored by Oil Sands Alliance

Working in the oil sands industry has opportunities beyond jobs with a hard hat – the possibilities are endless! Join the Oil Sands Alliance to learn about the range of opportunities available in the oil sands industry. From AI and emerging technologies to innovation and sustainability, discover how this industry

is creating new career paths, driving environmental innovation and making a meaningful impact.

Doing Work that Matters to You: Lived Experience, Research, and Community Work

Join Rebekah, PhD Candidate and Co-founder and National Lead of the Young Caregivers Collective of Canada, as she shares her journey exploring young carers from diving into research to building an advocacy community. She believes that your lived experience, knowledge, and passion can inform research and community work. Her research has looked into care work, mental health, and more, while her community work creates opportunities for young carers to connect and engage in initiatives like social media, public speaking, stakeholder meetings, and networking activities.

Cleared for Takeoff | *Ask an Air Traffic Controller*

Sponsored by Nav Canada

From coordinating takeoffs and landings to guiding aircraft through busy airspace, air traffic controllers play a critical role in aviation. Join Kristina et Chris to learn what this fast-paced career is really like, the skills needed to succeed, and what a typical day on the job looks like. Interested in aviation, but don't want to become a pilot? Explore another career path that keeps the skies moving safely.

World of Work | *Ask a Career and Education Advisor*

The world of work is constantly evolving, but so can we. Join Arianna to explore how work is changing, discover the transferable skills employers value most, and learn about opportunities across a variety of industries. Whether you have a career path in mind or are still exploring your options, this session will provide practical insights to help you navigate your future with confidence.

Career Curiosity: Diving into Culture & Jobs in the Community

Curious about careers, but don't know where to start? Join Gab, a Youth Facilitator, as they share their career journey and their experience. Learn about the role culture can play in shaping professional experiences. Through stories shared by community members, you'll gain insight into different careers and learn how to connect with professionals to explore future opportunities.

Careers explored:

- Singer and Equity, Inclusion, Diversity & Reconciliation Instructor,
- Hoop Dancer,
- Refugee & Immigrant Settlement Services Worker,
- University Student (Saskatchewan Urban Native Teacher Program)
- City Hall Accessibility Coordinator,
- City Hall Community Safety Well-being Manager,
- CBC Journalist,
- Mental Health & Addictions Therapist,
- Hairdresser,
- Cinematographer,

- Camera Operator,
- Filmmaker,
- Script Supervisor,
- Researcher (Data Integrity),
- Visual Artist, and
- Community Lead

Caring for Smiles | *Ask a Dentist*

From routine dental care to specialized orthodontic treatment, oral health professionals play an important role in helping people stay healthy. Join Dr. Shane Robert Van Biezen to explore careers in dentistry and learn what it's like to diagnose, treat, and prevent oral health issues while making a positive impact on patients' lives. You'll also get a glimpse into the world of orthodontics through a video on the experiences of orthodontist Dr. Duncan Y. Brown.

Youth Panel: Early Careers in Bioecology, Flight, Sociology, and Biomedical

Curious about what comes after high school? Meet with recent high school graduates who will share their educational and career journeys. Join Jade, Tavin, Nola, and Abdul to hear about different career options, learn about post-secondary life, and ask questions.

Panelists:

- Jade (QC) holds a CEGEP technical degree in bioecology and a bachelor's degree in biology with a focus on ecology and is currently working as an animal caretaker and a volleyball coach.
- Tavin (ON) is in his first year of flight working towards his Commercial Helicopter Pilot License with a Commercial Rotary Wing Flight Certification Program. Tavin works multiple jobs. He is a part-time race instructor, and Motorsport marshal and is also working to be a resident DJ.
- Nola (BC) is a 3rd-year undergrad at the University of British Columbia majoring in Sociology and minoring in History with the hopes to go into education post-undergrad. Nola works part-time in Youth Recreation, so spending time playing games with youth, chatting, or supporting them in any way needed.
- Abdul (NB) is a 3rd year biomedical sciences student at the University of New Brunswick working as a research assistant at the New Brunswick Heart Center.

The Spark to Your Future | *Ask an Electrician*

Electricians do much more than install wiring. Join Nico to discover how he got into the trades and get an inside look into a general overview of the skilled trades. Learn about the challenges and rewards of the job, discover how apprenticeships and hands-on training can lead to a successful career, and explore what a typical day on the job looks like. See how a career in the trades can offer a rewarding path to a bright future!

Thank you & Goodbye

Presented by the Students Commission of Canada

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!

We want to thank our generous supporters for Take our Kids to Work 2026

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