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| ABOUTSUZANNE KNIGHTPhoto of Suzanne Knight.Suzanne Knight, MBA, MA, is an award-winning advisor and speaker, known for her practical insights on leading transformational change and the future of work. With a distinguished career as a global consultant and corporate executive, Suzanne has helped over 60 companies in 14 countries anticipate and adapt to change so they can thrive, rather than just survive.In 2023, Suzanne co-founded Be Uninterrupted, a social impact organization that uses AI and human connection to help professional women navigate potential career interruptions. She is also a dedicated philanthropist, angel investor, and board member.Over her career, Suzanne has held significant and influential leadership roles. Now leading [mBolden](https://www.mbolden.co/), a global management consultancy, she was past Vice President of Transformation Services at Walmart Canada where her scope included digital and efficiency transformation, Head of Organizational Effectiveness and Change at Philip Morris International (Canada), Deputy Head of Deloitte’s Transformational Change consulting practice, and leader of the Ontario government’s Modernizing Services portfolio.Suzanne holds an MA in Industrial/Organizational Psychology and an MBA in Finance and Strategy. Her contributions and impact have been widely recognized, with accolades such as being named on The Peak’s Emerging Leaders List (under age 40) and Digital Media Zone’s 2023 Women of the Year. Connect with Suzanne on LinkedIn to engage in discussion and read her ongoing posts on this topic. |





LEADERCAMP

## BE UNINTERRUPTED

### NAVIGATING CAREER INTERRUPTIONS

WITH

SUZANNE KNIGHT

MARCH 13, 2025

This Leadercamp explores work and life interruptions that professionals often face and their effect on career advancement. Examples of potential interruptions include transitions to new companies or roles, re-onboarding after leaves of absence, balancing families and relationships, dealing with physical or mental health challenges, adjusting to changes in personal finances, and navigating workplace dynamics can impact professional advancement.

Suzanne Knight's Be Uninterrupted Leadercamp will help professionals future-proof their careers and enable leaders to recognize potential "interruptions" and take actionable steps to foster workplaces that promote each member’s uninterrupted success.

By addressing organizational challenges, leaders can create environments where career progression is supported for all individuals, creating stronger, more effective delivery teams.

PARTICIPANTS WILL LEARN TO:

* Identify and address potential or active workplace barriers affecting career advancement.
* Leverage tactics to avoid or navigate their own potential “interruptions” related to work, family and relationships, health, and finances, as well as those of their teams.

Initiate and hold difficult conversations inside and beyond the workplace about “interruptions.”

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about **Suzanne Knight**, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***BE UNINTERRUPTED: NAVIGATING CAREER INTERRUPTIONS***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, click on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

1. How do you plan to apply the strategies learned in the *Be Uninterrupted* Leadercamp to address potential workplace barriers hindering career advancement?
2. Can you share a personal experience where you successfully navigated a work or life interruption that positively impacted your career progression?
3. How will you initiate difficult conversations within your workplace to address interruptions and foster a more supportive environment for career growth?
4. What actionable steps can you take to create a workplace culture that promotes uninterrupted success for all individuals?
5. What are some potential workplace barriers you have observed that may be hindering career advancement for yourself or your team members?
6. How do you plan to implement the lessons from the Leadercamp to proactively recognize and address interruptions to ensure continued career growth and success?