

MCCA Women in Leadership Conference Workshop

Workshop Title

More Than a Job: Finding Joy in Work Through Purpose, Value and Service

Workshop Description

Joy in work comes from a simple equation: on one side is the individual—their gifts, perspectives, and attitude. On the other side is the workplace—the environment, culture, and systems that allow people to flourish. When these two sides are in balance, organizations achieve their goals, strengthen stakeholder relationships, and spark innovation and productivity.

This workshop, inspired by the story of “Aunty Peggy,” a custodian who found deep pride and meaning in her work, explores the three essential elements that create joy at work: **Purpose, Value, and Service**. Participants will examine how these elements can be intentionally cultivated—both individually and organizationally—to foster engagement, resilience, and a positive workplace culture.

Through reflection, discussion, and practical strategies, participants will learn how to “work both sides of the equation” to create environments where employees are energized, respected, and connected to the people they serve.

Learning Objectives

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

- **Define** the three core components of joy in work—Purpose, Value, and Service—and explain their impact on individual and organizational success.
- **Assess** their own work experience using the “Joy in Work” equation and identify areas for personal and team growth.
- **Apply** practical strategies to foster a workplace environment that supports employee engagement, innovation, and collaboration.

- **Develop** an action plan to strengthen both individual contribution and organizational culture for sustained workplace joy.
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Facilitator

Andrea Canada

CEO of Canada Consulting and Training

Facilitator Bio

Andrea Canada is a proud Métis woman from the North End of Winnipeg. A compelling keynote speaker, Andrea brings stories, heart, and insight to audiences seeking to create more meaningful, human-centered workplaces. Her keynotes are grounded in over 25 years of experience in leadership, Indigenous engagement, human resources, and workforce development.

Andrea holds a Bachelor of Arts in Political Science from the University of Winnipeg and is pursuing a Master of Arts in Political Studies from the University of Manitoba. Her area of interest is in political psychology.

A gifted facilitator and trainer, Andrea has taught workplace success skills in both workplace and post-secondary settings. For 26 years, Andrea worked with Manitoba Hydro, where she was recognized as a leader in the recruitment and retention of Indigenous employees in skilled trades and professional roles.

Andrea is known for her ability to connect deeply with audiences through story. She helps leaders and organizations rediscover the power of purpose, value, and service to inspire joy at work and unlock the full potential of their teams.



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