

## LiveWorkPlay Board Member Biographies for AGM 2025 (June 16)

---

**Robin McIntyre** is a management consultant specializing in service transformation and the implementation of large programs and projects. Her recent work includes an Interchange Assignment with Employment and Social Development Canada (ESDC). In this position, she developed program and project management strategies in several functional areas, including risk management. She also supported the planning and delivery of complex transformation programmes to modernize services and IT systems for Canadians.

Robin graduated from the University of Waterloo and holds a US/European patent. She recently completed the Master of Digital Transformation and Innovation program at the University of Ottawa. In 2010, Robin received her ICD designation from the Institute of Corporate Directors. She has served in a variety of governance roles in the nonprofit community and dedicates her time to causes that promote healthy living and inclusion to build stronger and more vibrant communities.

With LiveWorkPlay, Robin previously served as Chair of the Stewardship Committee and was elected Chair of the Board in June 2022.

**Kate Sherwood** holds Bachelor of Arts degrees from the University of Maine in International Affairs and French, including time studying in France and the French West Indies.

Kate has spent over 20 years working in both corporate and non-profit arenas, primarily in business development and marketing roles. Her experience ranges from banking and financial services to the voluntary and social support sectors.

The brands and organizations Kate has partnered with through her professional roles include some of the most recognizable names in professional sports in the US and Canada; colleges and universities across the US Northeast; financial institutions; numerous corporate foundations; as well as international and regional non-profit agencies. Throughout her career Kate has excelled at developing rapport with her clients, understanding their goals for the partnership, aligning strategies and initiatives to achieve them and drive value for both parties. She is currently a consultant with Rise Up Strategies in Ottawa.

Kate has been a lifelong volunteer and is proud to have been involved with LiveWorkPlay since 2015 as a member of the Employment Task Force and as a member of the Board since 2019. Kate has served as the Governance Chair and is currently the board Vice Chair.

**Daniel Spagnolo** is a Chartered Professional Accountant (CPA, CA) and graduate of the University of Western Ontario (B.A.C.S. – Finance and Administration and Economics). Since 2008, Daniel has worked at the Office of the Auditor General of Canada in the development of audit methodology and as an auditor specializing in the performance of special examinations of Crown Corporations.

Prior to his work in the federal government Daniel was a financial audit manager at PricewaterhouseCoopers in Toronto and Ottawa. In that capacity, Daniel developed industry knowledge and expertise in the Mining, Manufacturing, Software and Technology, Health Care, First Nations and Not-for-Profit sectors.

Daniel became involved with LiveWorkPlay as an Employment Task Force and Federal Employment Strategy Group member, and has served previously as Chair of the Board, and currently as Chair of the Stewardship Committee.

**Carole Sheppard** was matched with a LiveWorkPlay member in 2013. They have been meeting regularly ever since for rousing games of Scrabble, joke-telling, and visits to the local Lebanese bakery. She considers herself very fortunate to have had the opportunity to become friends with her match who is sweet, sensitive, and very funny.

Carole was a lawyer with the Public Prosecution Service of Canada where she worked "for a very long time" before her retirement in 2022.

Carole previously served on the Board of Directors of Service Coordination Support (SCS). Prior to that, she was a member of the Board of WaterAid, a charitable organization devoted to bringing clean water, sanitation, and hygiene education to communities in the developing world. Carole was thrilled to travel to Kenya to see some of the funded projects and meet people in the communities served.

Carole previously served as a member of the Board and the Stewardship Committee and is excited about the prospect of returning and making additional contributions in service to LiveWorkPlay members, families, and partners.

**Kaye Kwok** started volunteering with LiveWorkPlay in 2016 supporting Friday Meetups. She joined the board in the summer of 2023. Kaye currently works at the Bank of Canada (Central Bank) as Director, Accounting Operations. She is a Certified Professional Accountant (CPA, CGA) and an MBA holder with more than 28 years of professional experience in accounting operations majority of which are in financial sector.

Volunteering with LiveWorkPlay has enriched Kaye's life experience. She is moved by the important work that LiveWorkPlay does in support of its members, their families and community. This motivated her to join the board to contribute to supporting important cause of LiveWorkPlay