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Kiersten N. Amos is a partner with McInnes Cooper, a large regional law firm in Atlantic Canada, where her practice is focused in the areas of labour, employment, and pension law. Kiersten regularly advises pension and benefit plans on such matters as governance, trustee obligations, regulatory requirements and obligations, and plan amendments. She also represents clients before the courts, tribunals and labour boards as well as at arbitrations. Kiersten also provides strategic advice to clients on a wide range of labour relations, employment law, and human resources issues. She also acts as chief negotiator in collective bargaining. When not practicing law, Amos is an active volunteer in her community. She is currently a member of the board of trustees of the Mental Health Foundation of Nova Scotia, where she chairs the governance committee, and a vice president of risk with her local minor hockey association. Kiersten is currently a member of the International Foundation of Employee Benefit Plans and an instructor for the Advanced Trust Management Standards (ATMS[®]) program.