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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. She regularly advises pension and benefit plans on such matters as governance, trustee obligations, regulatory requirements and obligations, and plan amendments. Kiersten also represents clients before the courts, tribunals and labour boards as well as at arbitrations. She provides strategic advice to clients on a wide range of labour relations, employment law and human resources issues, and acts as chief negotiator in collective bargaining. When not practicing law, Kiersten 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, is a Board member and annual conference chair with the Canadian Association for the Practical Study of Law in Education (CAPSLE), and is the 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.