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Karen Reed is a principal and senior actuarial consultant at Eckler Ltd. and has more than 20 years of pension consulting experience. She is an expert in the design and oversight of corporate and multi-employer pension plans across a broad range of industries and jurisdictions. Areas of expertise include strategic risk management with a focus on real-time modelling and projections tools to help stakeholders understand the key factors impacting their pension plans' long-term sustainability. Reed is also involved in managing Eckler's pension administration practice, giving her a deep understanding of the day-to-day operations of a pension plan, member communications, and pension legislation across the country. She remains active within the pension community through speaking engagements, articles and education materials. Reed contributed to the current edition of the International Foundation book *Employee Benefits in Canada*. She graduated with an honours bachelor of science degree in actuarial science from the University of Western Ontario. She is a fellow of both the Canadian Institute of Actuaries and the Society of Actuaries.