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Sophie Cournoyer is vice president and leader of the pension asset management practice at Optimum Actuarial Consulting. She has been in the field of actuarial consulting for more than 30 years and has developed her expertise within international, national and local actuarial consulting firms. Sophie is frequently contacted to sit on pension committees. She is a member of the pension, audit, longevity and responsible investment committees of the Pension Plan for Employees of Concordia University. Sophie is an independent member of the pension committees, and the investment subcommittee, of the pension plans of the City of Laval. She is also a member of the traditional investment committee of the Investi Fund, a fund dedicated to ESG and sustainable investing launched in May 2023 by Finance Montréal. Sophie was vice president of the Canadian Pension and Benefits Institute (CPBI), Québec region, for six years. In this role, she organized several conferences and training sessions. Sophie holds a bachelor's degree in mathematics from l'Université de Montréal and a master's degree in business administration from HEC Montréal. She holds the titles of Fellow of the Society of Actuaries, Fellow of the Canadian Institute of Actuaries and Chartered Financial Analyst from the CFA Institute. She received the Institut québécois de la planification financière diploma and the certificate in ESG Investing from the CFA Institute.