

Sean Jensen

Calgary, AB

seanj@shaw.ca | (403) 993-8114 | www.linkedin.com/in/seanjensen | Sean Jensen

Long Version Resume 2025-08 | strategicitexcellence.com

Summary

Certified Project Management Professional (PMP) and PRINCE2 Practitioner with over 13 years of experience delivering complex IT and business transformation projects across public and private sectors. Proven success managing software solution migrations, vendor transitions, IT Infrastructure modernization, and multi-disciplinary teams in both Agile and Waterfall environments. Skilled in organizational change management (OCM), risk mitigation, stakeholder engagement, and aligning business and IT outcomes. Known for building trust, leading through uncertainty, and driving adoption of modern service delivery practices.

Core Competencies

- Project & Program Management (PMP, PMBOK, PRINCE2, Agile, Waterfall, Hybrid Methodologies)
 - Business Process Outsourcing (BPO) | Managed Services | Vendor Management and Governance
 - SLA Management | Risk & Issue Management / Mitigation | Organizational Change Management (OCM)
 - Financial / Budget Accountability | ROI Tracking & Progress Reporting | Business Case Development
 - Stakeholder Engagement | Executive Communication | Cross-Functional Leadership
 - End-to-End Project Delivery (Initiation to Close-Out)
 - Software & System Migrations | Solution Adoption | Application Lifecycle
 - MS Project | Excel | PowerPoint | Word | SharePoint | ServiceNow | Visio | Jira
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Professional Experience

Project Manager | Norton Rose Fulbright | Nov 2023 – Feb 2025

- Led transition of IT services to new Managed Service Provider (MSP), managing a \$1.4M program across Canadian operations.
- Coordinated e-bonding integration of ServiceNow (Incident, Request, Change, Problem modules), ensuring SLA alignment and business continuity.

- Delivered project 4% under budget with zero downtime: recognized for executive-level communication and vendor relationship management.
- Built phased delivery roadmap, chaired bi-weekly steering committees, and maintained proactive risk and change control.

Project Manager | Shaw Communications | May 2021 – Aug 2023

- Directed \$1.7M in IT infrastructure projects including Oracle Exalogic replacement to PCA deployment recreating the entire middleware stack using Red Hat OpenShift, VMware host consolidation and upgrades, and security hardening initiatives.
- Delivered operational efficiencies and reduced risk exposure through proactive infrastructure lifecycle management.
- Partnered with Finance to create detailed project budgets and roadmaps that reported on ROI metrics on infrastructure investment, improved forecasting accuracy and stakeholder transparency.

Project Manager | Edmonton International Airport | Oct 2020 – May 2021

- Oversaw AWS Landing Zone, VPN setup, and cloud backup integrations supporting digital modernization.
- Delivered public-facing system upgrades and digital transformation (Visual Paging, Info Booths) aligned with accessibility standards and regulations (WCAG).

Project Manager | Associate Clinic | July 2019–Feb 2020 & Apr 2021–Dec 2021

- Delivered the Accuro Electronic Medical Record (“EMR”) integration to Alberta Health Services (“AHS”) Netcare Community Information Integration (“CII”) and Netcare Central Patient Attachment Registry (“CPAR”)

Project Readiness Coordinator | Suncor Energy | July 2019 – April 2020

- Supported multi-cloud platform rollouts (Azure, AWS, OCI) with integrated governance, leveraging Flexera CMP.
- Coordinated vendor timelines, budgets, and risk assessments for strategic IT transformation programs.

Project Manager | AESO | Dec 2017 – Apr 2019

- Managed \$3.1M IT project portfolio across 10+ concurrent projects including Wi-Fi modernization and contract management system replacement upgrade.
- Drove cross-departmental planning and reporting for executive IT steering committees.

Project Coordinator | TransCanada Pipeline | Apr 2017 – Nov 2017

- IT Field Communication Lifecycle Infrastructure Project to upgrade communication hardware (Cellular, Data Radio, VSAT) at Field sites including

Meter Stations, Compressor and Pump Stations and Field Offices in both Canada and the US.

- Lync 2013 upgrade to Skype for Business 2016 and migration of 10,000+ users

Project Manager | Calgary Airport Authority | Mar 2015 – Dec 2016

- I was a part of the IT Integration Team working on the International Facility Project.
- Delivered IT projects for new international terminals, including digital signage and PA systems, ensuring compliance with WCAG accessibility standards and secure data transmission protocols.
- Worked with airport security teams to validate infrastructure security and align with regulatory requirements.
- During the contract I held a Transportation Security Clearance and Restricted Area Identity Card (RAIC)

Project Coordinator | Cenovus Energy | Dec 2009 – Dec 2014

- Supported capital projects including \$16.3M Bow Building and \$2.8M Maximo programs through schedule, budget, and resource planning.
- Improved project delivery quality by enforcing adherence to PMO processes and compliance standards.

Certifications (see link for larger list)

- Project Management Professional (PMP) – PMI #4121215 | June 2025
- PRINCE2 Practitioner – PeopleCert #GR466027048SJ | Feb 2025
- Certified Associate in Project Management (CAPM) – PMI #2595013 | 2019

Education (see link for larger list)

Network and Internet Security Specialist Diploma – CDI College | Jan 2004

Computer Programming and System Analyst Diploma – ACTC Technologies (a division of University of Calgary) | Aug 1991

Tools & Technologies | Skills (see link for larger list)

MS Project 2024 | Jira | Visio | SharePoint | Teams | ServiceNow & ServiceNow PPM | ITIL Process | Oracle PCA | VMware vSphere | ClearPass NAC | Azure Stack HCI | AWS | NAC | RHEL | SCCM | Accuro EMR
