

WORKING SMARTER

The history behind Surface Land 101

BY RANDENE SEEMAN



Growing up in small-town Saskatchewan gave me the mindset that you work hard and reap the rewards. So I spent many years working on the farm, going to school, working part-time jobs and spending time with friends. Despite this lifestyle, I always felt that a small town was not where I belonged. Even as a young girl, I imagined a life in the big city working amidst skyscrapers, becoming a successful business woman and having a respected seat at the table. I pushed and pushed, and over time I found myself “living the dream.”

I have always pushed boundaries in the right direction. My natural default setting is to work as hard as I can with the understanding that this is what takes to be the best. The

position I was in didn't matter; if I worked hard, I just *knew* I would continue to be successful. Everything was in my control.

I worked for some of the largest Oil & Gas producers and took any opportunity to understand the full process of the industry. I deliberately educated myself in understanding the flow and expertise required, while remaining regulatory compliant. I then applied that knowledge when working for small producers. As they grew, I applied the skills learned and honed my craft. I also had the opportunity to wear numerous “hats” in these smaller-scale operations, which grew the breadth of my knowledge. Of course, this work life didn't go without stresses, push backs and struggles. However, I was persistent in my need to understand and accomplish what needed to be done. I was proud of myself.

Even looking back, I find it hard to believe that I would ever “break.”

The Unexpected Downfall

In 2016, I found myself working extensive hours and dealing with personal and professional stress. I started to lose sleep and my body eventually got so exhausted that when I closed my eyes to rest, it felt like I was having out of body experiences—standing over my body watching myself sleep. Much to my relief, a doctor assured me that I wasn't crazy. Apparently, this was simply a mechanism produced by my body so as to disassociate from the issues I was encountering in my life in order to avoid something much worse, such as a heart attack or stroke.

Needless to say, I was shocked. I was young and in the prime of my life. I had always believed that the harder I worked, the further I would go. Being a strong, independent, working professional was who I was, so to be advised that something was wrong with my way of thinking was disheartening and confusing.

Confronting My Illness

My situation escalated and one day, I just knew I was sick. But having a disease that was not easy to detect medically or physically was very difficult. Soon, self-doubt started to kick-in. What did I do wrong? How could I have allowed this to happen to me? What were the signs?

I found myself justifying my illness—even when I ended up in the hospital from stress-induced vertigo or explosive diarrhea from shingles (I was 36 at this point—not something you want to have to deal with). Now looking back, there were signs that I just didn't see, couldn't see or simply wouldn't see. And not one person asked about my changing behaviors. I felt like I was on an island alone.

Looking at the Facts

Statistically speaking, one in five Canadian adults will suffer a mental disorder in their lives. Furthermore, 90 percent of people who take their own lives have a diagnosable mental disorder. I am proud of myself for taking the right steps. I got diagnosed and then worked extremely hard with my doctors. I was lucky; I was able to cure my disease. Many are not as lucky and must live their entire lives with conditions like this.

Once I finally healed, I realized that my perspective and understanding had changed. I was now able to identify unrealistic expectations and I learned to work smarter, not harder. I felt like I was, once again, that young Saskatchewan girl with her dreams of being a business professional.

The Outcome

Having been through this experience and upon realizing that I was one of the lucky ones, I decided I needed to do something to push forward my new perspective on life. I needed to take what I learned and apply that life lesson in a way that would benefit others. And what better way to do that than to apply my new perspective to my work?

I gathered all my knowledge and all my experience to create a program that paralleled what I sought in life: simplicity, organization and reassurance. I call it **Surface Land 101**. This program provides itemized tracking tasks from project idea all the way to production, while staying compliant. It breaks down every step of the full surface land process including templates for documentation, and provides live chat with a regulatory specialist.

In today's energy sector, operational efficiency and regulatory compliance are key. Surface Land 101 will help

you and your team realize efficiencies by providing you with standardized forms that are updated to comply with the changing requirements laid out by regulators. Reporting capabilities keeps stakeholders up to date while allowing you the insight you need to identify and address delays and measure your improvements. The ability to live chat with a regulatory specialist will provide you and your team with the support you need to navigate the regulatory licensing process and the full detail of the surface land process.

In Summary

Success is all about learning from your experiences—both positive and negative ones. Surface Land 101 provides key industry information to ensure that the necessary knowledge is readily accessible, allowing for time and cost efficiencies, regulatory compliance, strategic organization and your ease of mind. Learn from my experience and work smart. 🌟

For more information, contact 403-966-2601 or info@surfaceland101.com



A dedicated energy industry professional, Randene Seeman has 15 years Surface Land and 18 years Agriculture experience. As an expert in her field, Randene has represented large international owner/operators to small private owner/operators. Her broad history of experience includes; negotiations in sensitive areas, energy project management, project logistics, vendor and client management, and optimizing cost efficiency.