

Mulkins is a professional landscape architect, an executive in the Federal Public Service and a Commodore in the Naval Reserve. She began her naval career in 1985 in Montreal and has since served as a Naval Warfare (formerly Maritime Surface) officer in Reserve units across the country and as a ship's officer in several classes of ships. Taking time while in university and through occasional leaves of absence from her civilian career, she served in sea-going positions of increasing responsibility which culminated in July 2003 with her assumption of command of HMCS KINGSTON. After two years in command at sea, she worked in Strategic Communications at National Defence Headquarters and in 2006 deployed to Kabul, Afghanistan for a six-month tour with Operation ARGUS, the Canadian Forces' Strategic Advisory Team – Afghanistan. Once back in her civilian career she served in other part-time appointments with the Naval Reserve including as the Operations Branch and Maritime Surface Occupation Advisor, and the Commanding Officer of HMCS CARLETON. In late 2014 she was appointed Regional Captain for Central Region (Ontario), and was subsequently appointed as Commander, Naval Reserve, in June 2015. Since 2018 she is the Reserve Special Advisor to the Royal Canadian Navy and advisor to the Chief of Reserves.

Commodore Mulkins holds a Bachelor of Landscape Architecture from the University of Toronto, a Master's Degree in Defence Studies from the Royal Military College of Canada (RMC) Kingston, and, after a year attending the United States Navy War College in Newport Rhode Island, obtained a Master's Degree in International Relations from Salve Regina University. Upon completion of a three years as Commander of the Naval Reserve she returned to her civilian career, now as an executive in the Department of National Defence where she has worked in the Data, Innovation, Analytics (DIA) branch and currently leads the Departmental Litigation Oversight team. Commodore Mulkins is a member of the Ontario Association of Landscape Architects and the Canadian Society of Landscape Architects.