

Q&A

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Q. What's the first thing you do after getting out of bed?

A. My day starts with a hot shower, hot tea, and a time for prayer and meditation.... a winning combination that works far better than any cup of coffee does to wake me up and get me ready to take on the day.

Q. What is the one thing you always make time for each day?

A. Though I'm not terribly athletic, I really value my daily walk and stretching routine. I can get rather cranky if I don't make time for those simple activities.

Q. Who had the biggest impact on the person you have become?

A. I've been extremely fortunate to have had many great people and mentors who have influenced all aspects of my life – personally, spiritually, and from a career perspective. Perhaps the most influential on shaping who I am today though was my mother...her unwavering love and support combined with being an outstanding role model, in many ways, has formed who I am today. A very close 'second' would be my husband, Keith. He and I have been together for over 40 years – and while we are 'opposites' in many ways, I find that having a ying to my yang has had a profound impact on my life and our life together.

Q. If you could call up anyone in the world and have a one hour conversation, who would you call?

A. There are so many great leaders in the world that display qualities that I emulate. One (or is it two) I find particularly fascinating are Bill and Melinda Gates and the work of the Bill and Melinda Gates Foundation. Aside from revolutionizing so many aspects of our lives through his genius in technology, their belief that *"the best investment any of us can ever make is in the lives of others"*, I find particularly inspiring. And 'investment' comes in many forms. We all can invest every day of our everyday lives, not just through our financial gifts but through our children, our work, our communities. A highly motivating sentiment!

Q. List one thing on your "bucket list" that you still need to do.

A. Keep a journal! That sounds like an easy thing to commit to, right? But after a few attempts, fits and starts, that daily discipline still eludes me.

Q. What's the last great book you read or are currently reading?

A. My literary tastes, at this point in my life, have 'lightened up' considerably from the days when books like *"Good to Great"*, *"Execution: The Discipline of Getting Things Done"*, and *"Five Dysfunctions of a Team"* graced my night table. Now I indulge myself with novels with feel good endings, obscure books on religious sociology, and the odd 'who dun it'.