

Q&A

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

A. I head downstairs, pour a cup of coffee and then check email/work on my kitchen island for an hour. Then walk the dog before I head into the office.

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

A. I make time for me. I tend to think about me first and what I want to do during the day to keep me whole. Some may say that is selfish but if you do everything for others, you will wear yourself out. So I connect with friends or do something that I want to do (e.g. golf; dog walk; read a book; spend time alone). It changes depending on the day.

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

A. I don't know the answer to that question. I have had, and continue to have, many role models and coaches over the years. I like to think I have learned something from each one of them and they have shaped who I have become both professionally and personally.

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

A. Maya Angelou. She had such an interesting life, is a great writer, an amazing number of talents that I don't possess and she overcame many obstacles in her life. I think it would be fascinating to talk with her and learn how she persevered and grew her life.

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

A. I don't have a bucket list. If I want to do something I just do it. And usually it is not anything "big" or "extravagant." The constant challenge for me is making time for the things I want to do or see. I am not great at that, but getting better.

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

A. *The Nightingale* by Kristan Hannah. WWII story told from the perspective of two French women. I like fiction related to real world events. Not as good as *All the Light I Cannot See* (also based in WWII) but very enjoyable and interesting to see the choices people make in times of turmoil or hardship. Different choices are made for different reasons. I also recently finished a book called *Just Mercy* by Brian Stephenson about the wrongfully convicted and how the system in some US states confines people to life in prison without discerning the real danger (or not) that these individuals may be to society. Makes you think about your perspective on punishment for violent crimes.