



LISTEN
LEARN
NETWORK
GROW



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Q. What is your favorite quote?

A. Not sure I have one.

Q. What does success look like to you?

A. Living a healthy balance of work, time with friends and family, fitness and hobbies. It is not easy to do.

Q. What is your mini escape or your best stress reliever during a busy or stressful time?

A. A long power walk outside, preferably around my cottage in the Haliburton Highlands.

Q. What is your best comfort food?

A. My homemade mac and cheese. Hands down.

Q. What is the best song to sing in the car?

A. I can't sing.

Q. What are you most grateful for?

A. Many things. My family, my husband and my health.

Q. What have you let go of that changed your life the most?

A. Trying to do it all. I have learned to say no.