



LISTEN  
LEARN  
NETWORK  
GROW



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**Q.** What is your favorite quote?

**A.** "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." – Maya Angelou

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

**A.** Having a massage or eating chocolate, preferably both!

**Q.** Complete this sentence: "I wonder what it would be like to live in a world where..."

**A.** ...Everyone was empathetic, truthful and respected the values, opinions and beliefs of others.

**Q.** What is your best comfort food?

**A.** Pasta and of course chocolate (see above).

**Q.** What are you most grateful for?

**A.** That I was born with a love of learning and as a Canadian girl/woman I am free to go to school and study whatever I want, wherever I want.

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

**A.** I've learned that there is no shame in letting go of an idea, project, job or a relationship if it isn't working and is no longer serving me. Sometimes the best way to fix something is to let it be.