



LISTEN
LEARN
NETWORK
GROW



**Dr. Karen
MacNeill**

Psychologist,
Copeman Healthcare Centre
Calgary, Alberta

Q. What is your favorite quote?

A. Be comfortable with being uncomfortable.

Q. What does success look like to you?

A. The ability to be the best version of myself in all facets of my life (career, relationships and passions).

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

A. Taking myself on a date to the movies – popcorn and all.

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

A. ...Kindness was the main currency in our world.

Q. What are you most grateful for?

A. My family.