



LISTEN  
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NETWORK  
GROW



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

**A.** I cannot expect perfect results but I can expect perfect effort

**Q.** What does success look like to you?

**A.** Ensuring I leave work with all our clients and employees having everything they need to be successful, and still be home by 5:00 for dinner with my family

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

**A.** Grabbing a coffee without my phone, gives me a 5 minute "breathing" break

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

**A.** ...the hyperloop is a reality... imagine traveling to Edmonton in 25 mins. Amazing.

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

**A.** Is wine food?

**Q.** As you get older, what is the one thing you know for sure?

**A.** Kindness is one of the most valuable attributes we can commit to others every day.

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

**A.** I am more of the CBC Radio type.

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

**A.** My amazing family, especially my husband. I have a set of 1.5 year old twins, 2 dogs and 2 cats. I really wouldn't be able to have such an amazing career without the teamwork me and my husband have. He is my rock and I am grateful every day for him.

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

**A.** I left social media nearly 5 years ago, you cannot possibly imagine how much more productive I am, let alone how much more aware and present I feel