

IMPORTANT TO ME AT WORK AND OTHERWISE:

Being surrounded by positive, mindful, thoughtful, inclusive people. Good communication, humour, optimism and feeling like I'm part of a team. Community. Dreaming big!

I AM THE HAPPIEST WHEN:

I'm productive and making a difference in the lives of the people I support. When I am spending time with the people I love. At the end of a fruitful day I get to go home and snuggle up with my dogs and husband and sip on a cup of good tea.

I am... kind, loyal, caring, dedicated, compassionate, dependable, an advocate for human and animal rights, creative, a good listener and problem solver, enthusiastic.

MY LIKES:

Animals, going for nature walks with my dogs Bianca and Gracie, painting, cooking, traveling, my family and friends, my work, reading, movies, music, discovering new things, going to the beach, DIY projects, the colour turquoise...did I mention animals?

MY DISLIKES:

Injustice, discrimination, ignorance, animal cruelty, people who are closed-minded, inflexible and judgemental, marginalization, traffic, bullies, and fireworks.