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COLLEGE OF THE NORTH ATLANTIC

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College of the North Atlantic (CNA) is the largest post-secondary educational and technical skills training centre in Atlantic Canada. CNA offers more than 100 full-time programs across five disciplines: academics, applied arts, and tourism; business and information technology; engineering technology; health sciences; and natural resources and industrial trades. CNA delivers programs and services to students at 17 campuses throughout Newfoundland and Labrador and across the globe.

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MEET A MEMBER 15 QUESTIONS



What is your favourite spot on your campus? Our library learning commons. It is a bright, airy, colourful, student-centric space. I am very proud of the small part I played in the overall design (colour and furniture selection) of that space as well as the learning commons at eight other campuses.

Have you taken a course/program at your institution? Yes – I graduated from our 2-year Business Administration program in May 2001.

What are your interests outside of work? I have many. Spending time with my four grandchildren (ages 11, 7, 7 months and 6 weeks), interior design, crafting, reading, yoga, walking, and biking.

What is something most people don't know about you? I love interior design. It is my passion outside of my work.

How long have you been a GPOP member? More than 10 years.

What was your very first job ever? My first full-time job was as a hairstylist in my hometown of Stephenville. I worked at the same salon for 10 years after which I left the profession for a new adventure.

What stresses you out? COVID and having to meet too many deadlines (personal and/or professional) in a short period of time.

If you could live anywhere in the world, where would it be? I love my province of Newfoundland and Labrador in summer but would love to live somewhere warm and sunny in the winter.

Who is your role model? My mother, who raised five children as a single parent. Her unflinching love, dedication, and commitment to us never wavered, even when times were very tough.

What would your last meal be? Roast turkey dinner with all the trimmings (Newfoundland style).

Where was your last vacation? St. Pete's beach, Florida.

Who is your favourite band/group/musician? I love so many different genres of music that it is hard to pick a favourite.

What is the best advice you ever received? Believe in yourself and recognize your self worth.

What advice do you have for students? Strive to be your best self, whatever that looks like. Enjoy your time at CNA and use what you learn here as a steppingstone for your future.

What is your favourite thing about working in education? The pride and accomplishment that comes from knowing the part I play in impacting someone else's future.

