



CHESTERMERE

WOMEN IN LEADERSHIP



*A summary of the
Chestermere Towards Parity for Women in Politics Project*

I am **IN**spired.
I am **IN** support of women.
I am **IN**vested.
I am **IN**terested in my community.
I am **IN** charge.

I AM IN.



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SHOWCASING THE FEMALE LEAD

The *Chestermere Toward Parity for Women in Politics Project* was led by The City of Chestermere in partnership with Chestermere Rotary Club and Rocky View Immigrant Services, represented by Project Partners: Karen McKee, Donelda Laing, Akesh Aheer, and Fleeha Ahmad, respectively.

This dynamic project, themed “I am IN” saw over four hundred engagements with project participants over a duration of 10 months. This chosen theme was inspired by the desire to lead with intention, with the goal of confidently claiming a seat at the table.

Initially intended for Chestermere residents, the project garnered the attention of attendees from across the nation and beyond (even as far as Asia). We created an online platform for women to engage in and exchange ideas, stories, challenges and successes whilst receiving information on vital topics from skilled professionals.

At our launch, we surveyed fifty women in the community on what they perceived to be barriers to participating and engaging in municipal politics. Here’s what some of the top barriers women identified:

- Work/life balance
- Child care needs
- Education and experience
- Campaign funding costs
- Confidence, body image, vulnerability, physical, verbal and online attacks
- Fear of showing up in a stereotypically male-dominated arena
- The fear of public speaking
- Understanding the processes/procedures of Council meetings and decision making such as Robert’s Rules of Order
- Pay equity
- Sexism, ageism, and racism

While our online program was just a start on opening a discussion about these barriers, we hope our attendees were inspired by the speakers’ stories they heard, energized by our speaker’s dedication and focus, and we hope they felt included and heard.

In the following pages, you’ll read about these spectacular women who participated in the “Towards Parity for Women in Politics’ project. We hope you’re inspired reading it!



Joanne Kenya Baker
- Project Lead



TOWARDS PARITY: COMMITTEE SPOTLIGHT



Karen McKee

The Rotary Club of Chestermere

What was the best part of this project for you?

The exciting part of this project was seeing the wide spectrum of women who participated in the workshops and hearing their stories, questions and perspectives. It was amazing to witness the brilliance and bravery of the participants and made me think how proud the Women's Liberation Movement pioneers would be to see what their sacrifice and what their hard work led to.

Who inspires you and why?

Many women inspire me, but one in particular whom I follow is Iyanla Vanzant. She is a woman who rose from the broken pieces of her childhood, extreme poverty, an abusive marriage and a racist society to become an American inspirational speaker, lawyer, New Thought spiritual teacher, author, life coach, and television personality. Her book "One Day My Soul Just Opened Up" was given to me by a friend at a difficult time in my life. Little did I know at the time what a pivotal change that book would create in me.

I began to see everything through new eyes, with new hope and a new understanding that no matter where I started from, no matter where I was at that moment, I could change the direction of my future. It's been a long journey with many bumps along the way. And while there were times when I was physically exhausted, emotionally drained or mentally overwhelmed, I kept moving. Sometimes two steps forward and one step back, but I learned to celebrate the progress, gain insight from the setbacks, and most of all forgive myself and others for not always getting it right. I've come to believe that we are all a "work in progress" and that every day is a new opportunity to try to do better. To this day, I still "tune in" to Iyanla's TV Show for a "tune-up".

Is there any wisdom you could impart for women ready to make their way into leadership?

For any women contemplating taking on a leadership role, I wish you all the best on your journey. Holding a leadership position can bring out both the best and the worst in us. Try to get clear on why you wish to take on the leadership role. Write your reasons down and keep them in your daily viewing. There may be times when pressure mounts and you get in the weeds, losing sight of your good intentions; seeing your list of reasons daily before you engage with anyone will help keep you on track. Also, try to engage your heart before you engage your head, and remember that though you mean well, there may be times when you take a wrong step, and you will need to make amends.

Believe me, I've made a few wrong steps in my lifetime and made several apologies. But if we learn the lesson in each wrong step and engage with our hearts, we will do better each time. I'm a Rotary member, and we always begin our meetings with The Rotary 4 Way Test questions. It asks the following four questions:

"Of the things we think, say or do:
Is it the truth?
Is it fair to all concerned?
Will it build goodwill and better friendships?
Will it be beneficial to all concerned?"

As I said earlier, I consider myself a "work in progress", so I can't say that I always get it exactly right, but I truly feel that these four questions help guide me well.



TOWARDS PARITY: COMMITTEE SPOTLIGHT



Fleeha Ahmed

Rockyview Immigrant Services

What excited you about the 'Towards Parity' project?

It was wonderful to see the amount of women within our community willing to move forward and follow their dreams. Regardless of the different barriers each had, they made an effort to participate and learn some valuable tactics. Also, it was an honour to be part of this project with a resourceful team that collaborated to make a difference. I appreciated the speakers who took the time to share their expertise with us all.

Is there a woman who inspires you? Who is she, and why?

Among so many great women, one of my favourites is Maya Angelou. She was a civil rights activist who used the strength of her words to get her messages across. Having lived through a traumatic childhood that silenced her, she broke through and used her poetry and writing skills to become the voice of inspiration for many people in motivating them never to give up.

Do you have any advice for women who are ready to take the plunge into leadership?

We all have dreams, and we all have the choice to make them come true with ambition, hard work and persistence. We all have a light inside of us whose shine we control.

"We delight in the beauty of the butterfly but rarely admit the changes it has gone through to achieve that beauty."

- Fleeha Ahmed

"The purpose of a women's life is just the same as the purpose of a man's life- that she may make the best possible contribution to the generation in which she is living."

- Louise McKinney (1868-1931)
Politician, Women's Rights Activist, Member of Canada's Famous Five



TOWARDS PARITY: COMMITTEE SPOTLIGHT



Tracey Radloff

Director, Community & People
City of Chestermere

What was the most exciting part of this project for you?

The most exciting aspect was watching how quickly the participants connected and bonded over common interests. The ability for a group of women to come together as a community of interest and connect quickly to lift each other up is just amazing, even when sessions ran in a virtual environment.

The eagerness to learn more about leadership and opportunities to further understand local government was really inspiring.

What would you say to women who are ready to take the plunge into leadership?

Enter into leadership because you care about the people or the cause, rather than titles or prestige. A leadership position has already held role or positional power that does not need to be underlined by an autocratic or authoritative leadership style to influence others. Practice and grow your self-awareness to understand the impact you have on others. This can be lifelong work.

Is there a woman who inspires you? Who is she and what is it about her that inspires you?

I can't say I have a specific female idol but have great admiration for any women accomplishing further education or great growth in their chosen fields, particularly for those who break through barriers to become one of a few in that field or achieve levels far beyond what they aspired to in their early roles.

There's a little bit of inner rebel in me, so I'm a big fan of those who speak out or hold their ground as I have great regard for those courageous enough to speak bold truths and break through barriers. I'm inspired by the leaders and influencers who encourage all of us to be better versions of ourselves but not in a superficial way. If I were to think of a few specific women, those that come to mind would be Michelle Obama, Margaret Thatcher, Rosa Parks, Kathrine Switzer.



“I am a believer in women, in their ability to do things and in their influence and power. Women set the standards for the world, and it is for us, women in Canada, to set the standards high.”

-Nellie McClung (1873-1951)
Politician, Feminist, Author, Member of Canada's Famous Five

TOWARDS PARITY: COMMUNITY MEMBER SPOTLIGHT



Olimphy Heramosillo de Elizondo

Community Resource Specialist, Community Support Services
City of Chestermere

What is your community work about? How did you become involved?

My community work began with my volunteer work at The Elizabeth Fry Society Adult Provincial Court in 2001. Part of my role was to offer information about the court procedures to people appearing in court for the first time. I later received a job offer to be a Court Support in the Adult Provincial Court.

While in this role, I saw a gap in the services available to immigrants with regard to information concerning Canadian law and the consequences of appearing in court. To increase immigrants' knowledge about Canadian law, I created the Community Awareness Program for Immigrants (CAPI). CAPI is a prevention program that provides legal education workshops for immigrants: domestic violence, DUI, shoplifting and more. I also continued my volunteer participation, acting as the Director of Projects and Events with the United Nations, the Vice President of the National Local Council of Women, and a Board member of the Calgary Police Latin America and Caribbean group.

I later worked with the Salvation Army Family and Community Resource Centre, where I developed a Parenting Multicultural Group called the Global Cafe Program. Our program was so successful with the Latino community that we expanded the program to other locations and services. In 2015 my daughter told me that the City of Chestermere was hiring for a Parent Facilitator position. I applied and got the job first as a Parent Facilitator and then after a year as Community Resource Coordinator. I continue working with the same passion for identifying gaps and opportunities for our communities.

Is there a woman who inspires you? Why?

I am lucky to have been raised by strong women. I was the youngest of five children. My mother was a businesswoman, which was especially rare at that time in Mexico. She also found time to raise all of us well.

Barb Doran of The Elizabeth Fry Society is also an inspiration to me. When I came to Canada, she helped me realize how strong I was and pushed me to realize my potential. When I began as a volunteer, I was helping my husband look for volunteer opportunities. He got an interview with Barb, who was the coordinator of the program. Barb interviewed my husband but also encouraged me to apply for the volunteer position and take the training. Barb inspired me with the way she treats all people. I saw Barb supporting clients and always going the extra mile. She provided clients with information that changed their life with an open mind and non-judgemental approach. I wanted to be like her and help others. She was such a strong, confident and independent woman and an incredible inspiration for me. My transformation started when I met her, and my life changed forever.

Do you have any advice for women looking to begin their leadership journey?

If you see a gap in the community and no group or program addresses it, make the program, create the group, share your ideas with others. Create your opportunities. Don't be afraid to ask for help. Follow your passions. Sometimes you may feel you are not going as fast as you wish, but that doesn't mean it is not going to happen. Believe in yourself, find your confidence, trust that you will find the answers and try again.

"Here's to strong women. May we know them, may we be them. May we raise them."

- Unknown

WOMEN AT WORK

These are just some of the 'myths' women find themselves battling when it comes to being in the workforce. They all contribute to women still not having achieved equal progression and pay in the workplace.

"The Female Lead", 2021, thefemalelead.com

WOMEN RESIST the term 'ambitious' and suffer inner conflict about being career-focused.

Female workers (particularly mothers) are more **AVERSE TO EMBRACING NEW CHALLENGES** and risk.

MOTHERHOOD trumps all else and **SHIFTS CAREER** and professional identity to a backseat.

IMPOSTER SYNDROME is a significant inhibitor to job performance.

Women are **UNCOMFORTABLE EARNING MORE** than their partners and place less value on their earning potential.



COMMUNITY CONVERSATIONS

*City of Chestermere
Councillors weighed in on
holding public office.*

Councillors Yvette Kind and Michelle Young joined in a conversation about the barriers women face in politics.



“In politics, if you want anything said, ask a man - if you want anything done, ask a woman.”

- Margaret Thatcher (1925 - 2013)
former Prime Minister of the United Kingdom



COUNCILLOR YVETTE KIND

City of Chestermere

As a woman in leadership, what drives you?

I've never viewed myself as being in leadership yet looking back at my life, I have held those roles in a variety of ways since about grade 7. I have always just had a sincere desire to contribute to the best of my ability and to make whatever positive difference I am able to. My four sons have always been my drive in life in anything I do because I know they are watching and learning and they are truly my WHY. They have witnessed many challenges in my life and in my desire to have them grow up to be resilient, I too have had to be.

I live by very simple core values, most of which is to treat others the way you want to be treated and that every single person matters and on our own we can only evoke so much change but TOGETHER as a community we are just stronger and better.

Every woman I know is already a leader. Whether it's through their work, their home, their extended families or friends – they exude leadership - so why not share your gifts and talents and make a difference in yet another way. It's a choice in life, to SHINE your light for all to see or to hide it behind a bushel but when you CHOOSE to shine your light, you secretly empower others to do the same.

What words of wisdom would you like to share with other women that are looking to participate in community leadership?

I would say YOU GO! You can do it. Believe in yourself! No matter what your situation, no matter what your social status and no matter what your fears. You CAN do it! Fear of failing can hold us back from so many things in life “if” you let it, so don't let it. Be stronger and braver than your fears. Enter leadership roles with the knowledge that you WILL face difficult situations but also the confidence that you can get through them. View every obstacle as an opportunity to learn and grow personally because that is exactly what it is. Sometimes you have to go over, under, around or right through the challenge but by being your authentic self and doing your absolute best, no one can say you're doing it wrong.

COUNCILLOR MICHELLE YOUNG

City of Chestermere

What advice would you have for women who are looking to become involved with local leadership?

I love that more and more women are taking that brave step into community leadership. As women, we are usually our own toughest critics and I think so many women talk themselves out of moving into leadership roles with all of those “I can't” or “I could never” statements.

We can do it. We are doing it. Don't be afraid to share your opinion. Don't fear that your voice is too loud. Share your thoughts and stand up for what is important to you and what you are passionate about.

As a woman in City Council, what drives you?

I find my motivation is fueled by the desire to stand up for what is right and do what is best for those around me. As a member of City Council, I try and always look at the ripple effect of a decision and asking those important questions.

Another thing that drives me is the hope that something I have done, or something I have said has motivated another women to stand up and get involved in a leadership role.

A SEAT AT THE TABLE

Women, Leadership and Embracing Diversity.

Teresa Woo-Paw joined in to discuss the topic of engaging diverse voices in leadership.



THE HONOURABLE TERESA WOO-PAW: TRAILBLAZER

Much like Viola Desmond and Annie Gale, the Honourable Teresa Woo-Paw is a trailblazer in her own right. She is a remarkable example of what a 'female lead' should be. She's served as the first Asian woman appointed to a cabinet position in the Alberta Legislature, a distinguished MLA for 12 years, a school board Trustee, and a fierce community advocate in various roles for over forty years. Accomplishing all this and more while being a devoted wife and mother of three is no easy task, but she did it - and shows no signs of slowing down.

Originating from humble Chinese immigrant roots steeped in hard work and passion for one's community, Teresa's parents taught her to fight for disadvantaged people and speak for the immigrant community who could not. Drawing on personal heroes such as her grandmother and mentorship from other formidable women in her life, Teresa brought passion to her journey through leadership and politics.

She's dedicated her time to focusing on equal access to education for all, community social work, standing up for racialized immigrant populations, and opening doors for impacted minorities to participate in the legislative process. Teresa's especially proud of shutting down negative changes proposed to Section 3 of the Human Rights Code - not once, but three times.

Even after a long and successful career in community service and public office, Teresa reflects she wishes she would have been more assertive, aggressive, and more mindful of power when starting. She hopes other women can learn from her experience.

"Women, especially minority women, find it difficult to overcome their deep cultural beliefs in being modest and humble," she says.

She believes women can't be afraid of self-advocating and putting themselves out there.

"In Canadian society, people value directness and assertiveness. Women and minorities should become more cognizant about the importance of power, be more comfortable talking about it, and see it as something positive and good - just as much as men do."

Teresa prides herself on bringing a diverse perspective to everything she does and credits her community leadership experience equally as important as her political accomplishments. When asked about what advice she has for women embarking on their leadership journey, she emphasizes starting wherever you can but recognizing it is an organic undertaking.

"Find somewhere you can make some positive change and get involved. Leadership is 75 percent experience and 25 percent learned and is a progression and a journey," Teresa says. "When you get involved, it will lead to the next phase of your education and journey."

Teresa believes women have come a long way to becoming equal to men in the workforce, but women still have a long way to achieve parity. Identifying the barriers and encouraging leaders to formulate a strategy in removing those barriers (with a direct plan supporting diversity and inclusion) will put more women in leadership roles. But it's up to women to keep existing leaders accountable, for everyone's sake.

A sense of social justice and a strong orientation to community work is what she says keeps her motivated. That and "the ability to give others a voice and to make some necessary changes happen," Teresa says.

She's driven by a sense of equality - equality for women and minorities. She is empowered knowing her family and those before her have a long history of contributing to this country, even though it's not formally recognized in the Canadian history books. Rightfully, she feels it's about time.

Keep up with Teresa on Twitter - @twpyyc

STYLE FOR LEADERSHIP

Women, wardrobes and winning.

Julie Murrell, certified image consultant, joined us for an online webinar about Style for Leadership.



JULIE MURRELL: JULIE MURRELL IMAGE

Coming from a family of sisters and a strong mother, Julie Murrell found her passion for finer things and aesthetics at an early age. She differed from her sisters in that she meticulously picked out her outfits and made sure she looked ready and confident to face the day. Clothes helped Julie learn more about what felt authentic to who she was. She experimented and tried different things and eventually got quite interested in psychology in university, mainly in how self-esteem and confidence affect oneself. One day she stumbled upon image consulting, which combined her love for psychology and clothes.

Julie recognized self-doubt and her own impostor syndrome when she was younger, but now she's overcome those feelings to help others believe in themselves. She helps her clients now realize their potential.

"In some ways, learning about yourself and accepting yourself is key," Julie says. "Being able to train your mind that you are good the way you are, you don't have to be any different for others to accept you." These are the principles she advises her clients.

Julie credits her mom for her independence and strength. She also looks to her grade three teacher for her early love for style – who was always well dressed and put together. Today, Julie looks at other coaches and online inspiration such as life and business coach Marie Forleo and Oprah Winfrey.

In the beginning, image consulting was to combine confidence and self-esteem with style – not so much with consumerism. Buying more things is not what Julie advocates. It's about using what you have to make yourself comfortable in your skin.

She quickly realized in-person consultation set out limitations for her, so she embarked on an online platform instead. She learned about business models, marketing and sales, and used her learnings to feed more into her position of positively influencing more people in more places at once.

"I create content for the specific struggles women have. Mainly around self-worth and commanding respect," Julie explains. "From there, I suggest strategies and techniques to improve your self-talk and the way you see yourself mentally and physically. From there, I suggest how to dress for your success."

She suggests women looking to make a change in their professional standing be intentional about how they present themselves; It's important to practice self-care.

What's next for Julie? Nurturing her online brand, Julie Murrell Image. She's growing her online presence and is taking time to create content based on an intellectual and academic stance and incorporating the science of self-image and self-perception.

Follow along with Julie on Instagram - @juliemurrellimage

CINDER SMITH: REGISTERED PSYCHOLOGIST

Becoming a registered psychologist was not Cinder Smith's first choice. Like many people, she tried one thing and quickly discovered her heart lay elsewhere. Initially wanting to become a teacher, she grew fascinated with the human mind after a couple of psychology courses. She swiftly shifted her focus to become a registered psychologist instead.

Cinder has been doing just that ever since. Her practice today focuses on assessment, consultation, and therapy.

As a mother to three with a thriving psychology practise, she makes it a point to set time aside for herself. She's a runner, barre instructor, chef, and an avid Calgary Flames fan. She has the entrepreneurial spirit in her - making Cinder driven and sometimes stubborn by her own admission.

It's that drive and her former non-existent work-life balance that pushed her to go out on her own. She took a leap of faith encouraged by her mentor, family, and friends.

"I'll either land on something hard, or I'll learn how to fly," Cinder remembers as she describes her start.

Cinder draws inspiration from the likes of famous self-help gurus such as Brenè Brown and Gabby Bernstein. Her original passion drives her to understand the human mind and the complexities derived from mental health, and she enjoys practicing in men's mental health, working with couples and those with anxiety issues. Ask her what keeps her motivated, and Cinder will tell you she thrives on seeing the value in helping clients heal from their wounds and scar tissue.

"I get the privilege of seeing people work through their issues," Cinder says. "I see the change they go through as we talk, as they heal."

Cinder is proud of the network of people with whom she's maintained solid professional relationships and proud of accomplishing her education and becoming a registered psychologist - which was not a walk in the park. She's experienced many moments of humility and many moments that have humbled her.

In the future, she wants to share her ideas about mental health on a larger platform, possibly through a podcast or online videos. She's expanded her practice this past year and would like to focus on supports for family members of those with addictions.

Visit smithpsychology.ca for more about Cinder.

WOMEN, BODY IMAGE AND LEADERSHIP

How are these related?

Cinder Smith talked about the power and influence body image has on women in society these days, as well as women in politics and/or leadership positions.



RESILIENCE, WOMEN AND LEADERSHIP

Patricia Morgan lead a workshop seminar on resilience and women in leadership.



PATRICIA MORGAN: SENIOR-PRENEUR

When you get the pleasure of meeting Patricia Morgan for the first time, you immediately feel the energy radiating from her. Take a few more minutes and you'll quickly realize why she calls herself, "Your Spunky Seniorpreneur." She is savvy, unapologetic, insightful, funny, and full of wisdom – which gives her license to speak her mind. Plus, she writes one heck of a blog.

Patricia is always researching something or teaching herself something new. Her inspirations, stories, and solutions are developed from solid research and extensive training in the field of Humanistic Psychology, Positive Psychology, and resiliency. She's also a therapist, group facilitator, and agency director.

Once she moved from Ontario to Alberta with her husband and three kids at age 40, she quickly fell in love with public speaking. Patricia turned her passion into a successful career as a sought-after keynote speaker, authored several books (some award winning), and was named Global TV and the Calgary YMCAs, Woman of Vision.

"As a Canadian speaker, I truly feel honored to help people cope with challenges, strengthen their resilience, and celebrate their accomplishments," says Patricia. She continues on with this today by mentoring emerging professional speakers and is responsible for developing programs and manuals for success in public speaking.

Offering a dedicated keynote presentation on famous Canadian women in history, Patricia looks to Nelly McClung, Lois Hole and Rachel Notley for inspiration. She is a pioneer in her own right, forging her own path and using her skills to help usher the women behind her. Patricia works with women to help strengthen their resilience and celebrate their accomplishments.

"I find that when I use my strengths, I get energized," Patricia says. "If I have an opportunity to help people where I can see positive results and use my creativity, it's very exciting for me."

She encourages women to be authentic, embrace how you're feeling and look after yourself and your body.

She looks back fondly at her professional journey so far, with a highlight being the day she published her first award-winning book, "Love Her as She Is: Lessons from a Daughter Stolen by Addictions".

Going forward, Patricia isn't letting up. She continues to hone her public speaking and is continuing her journey of lifelong learning.

For more on Patricia, visit solutionsforresilience.com.

DARING LEADERSHIP

Nicole Owen facilitated part two of our conversation about empowering women to engage in municipal politics.



NICOLE OWEN: NICOLE OWEN COACHING

Imagine putting yourself out there as a performer on stage, baring it all for your audience to take in. It requires strength, audacity and, above all else, letting yourself feel vulnerable. As a former performer herself, Nicole Owen, an accredited personal life coach, dedicates her time to walking her clients through a journey of self-discovery to discover their vulnerability. She gives her clients the confidence to showcase themselves and achieve their own creative goals.

Nicole bases her guidance on the methods of Dr. Brenè Brown, the author of "Daring Greatly" and the 2010 TEDx Houston talk "The Power of Vulnerability" (one of the top ten most viewed TED talks in the world, with over 14 million viewers). Like Dr. Brown, Nicole encourages her clients to live courageously, to be seen, and to know their worthiness.

Rooted in a musical and performance background, Nicole realized she craved a creative outlet. Stifled by a lack-lustre job, she sought out a personal coaching path to help other artists accomplish their goals. Eventually, she discovered Dr. Brown, became educated in her methods, and now uses her techniques to help others.

"Show up and give yourself permission to be you," Nicole advises. "Be fully embodied in who you are, be connected to your message, and stop listening to all the rules of how you're supposed to be."

Nicole's advice applies to not only the stage but to all women seeking leadership roles. She encourages women to find their self-worth, their passions and values when self-doubt and shame hit.

Nicole continues her journey by working towards creating a coaching curriculum for performance excellence and possibly transferring her guidance into a book one day.

Learn more about Nicole Owen at nicoleowencoaching.com.

MEGAN K. HUNTER: PEAK & PRAIRIE CO.

Megan Hunter is no stranger to daring out on her own; after all, her parents were entrepreneurs in their own right, owning a successful small business for years. She set her own path and spent time teaching abroad in Switzerland and living in California, furthering her education before coming back home to Alberta to start her career.

It wasn't until years later that she realized a need for mental health education in the workplace during her own mental health struggles. She set out to carve her path and share her knowledge in a way that was true to herself.

Armed with a background in kinesiology, mental health, and education, she leaned on that entrepreneurial spirit her parents instilled in her and started her own consulting business, Peak + Prairie Co. Megan ventured to spread the message of mental health her way and in her terms.

Today, Megan's passion is to help organizations develop policies and programs to assist with their employees' physiological health and safety. Her primary focus is physical and mental health injury prevention and reduction in the workplace.

A key to her success has been her family and friends. "Once you let people know that you are taking that step forward (and starting something new), it's amazing who comes out of the woodwork to support you," Megan says.

Her advice to women starting a new venture is to "find your cheerleaders and love them hard, because they'll encourage you along the way."

Megan teaches mental and physical health and encourages all women to make it a priority. She makes a point of scheduling time for herself, staying active and eating well. Not being too hard on yourself is also crucial. "I think we need to drop the expectation of perfection for ourselves," she says. "We don't have to be perfect in everything we do."

Megan is also a children's book illustrator in her spare time. Her first book, "The Ancient Song of Life," was published earlier this year. Next, she plans to develop a psychological health and safety handbook for organizations operating during COVID-19 and how to manage staff mental health during and after the pandemic.

Discover more about Megan's services at peakandprairieco.com



WOMEN, LEADERSHIP, AND MENTAL HEALTH

Megan Hunter hosted a web series that took us on a journey through the important insights on women, leadership and mental health.



CHESTERMERE



This City of Chestermere project was created in conjunction with:



Celebrating Diversity in Chestermere

Rotary Club of Chestermere



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FCM

FEDERATION OF CANADIAN MUNICIPALITIES

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