## 1. WHY ARE YOU INTERESTED IN THIS POSITION?

Since staring my journey as a sonographer in 2005, I have always had one long-term personal goal: to do more for my profession. I do not consider ultrasound as just a job. It is a career. It is an opportunity. I have a passion for the profession of sonography and strive to provide excellence in our field to all our patients. I have a desire to make a difference in how sonographers are educated, certified, and regulated. I want to continue to make a difference in our profession, not only as a personal goal, but for the future of our profession.

Since 2019, when I was elected the Sonography Canada Board of Directors as a Director-at-Large, I have learned so much. There is so much behind the scenes that must happen in order for Sonography Canada to maintain its national voice. It has been a rewarding role during my current 3-year term. If re-elected for a role on the Board, I look forward to continuing to participate and to learn from other valued sonographers across Canada.

The connections and contacts I have made already have provided me with a strong network of professionals to consult and learn from. I feel like, even though I've been in my role for 3 years on the Board, it's like I'm just getting started. There is so much to learn and absorb. I believe the position will continue to give me a wonderful opportunity to meet exceptional people, build new relationships, advocate for our profession, and affect change.

I am excited to assist and encourage the development of our national organization. I find one of the biggest national issues we continue to face is inconsistency in skills and requirements for practicing sonography in Canada. I am passionate about educating the next generation of sonographers. I want to help encourage excellence in patient care, and professional relations. I know that Sonography Canada promotes the highest standards of professional practice amongst its members, and I would love to continue to advocate for our members and be able to do my part!

## 2. WHAT PERSONAL STRENGTHS CAN YOU BRING TO THE BOARD OF DIRECTORS?

Trained in abdomen, obstetrical, generalist, breast, nuchal translucency, musculoskeletal, echocardiography and vascular sonography (including arterials and carotids), I have a vast array of knowledge in multiple sonography specialties. I have over 16 years of experience at Insight Medical Imaging in Alberta. I have been trained on multiple systems, have great computer skills, and a comprehensive knowledge of diagnostic imaging procedures and practices. My strong service-oriented professional experience and personal qualities make me a viable choice.

Over the past 16 years, I have shown my ability and my commitment to excellence in patient care and quality control. I am professional, dependable, and encompass strong leadership skills. I value respect, honesty, and reliability. I am competent, hardworking, and believe that I would continue to be a great asset to the Sonography Canada national Board, acting as a liaison between technologists, the administrative staff, and the Board, while maintaining my role as a sonographer.

I believe my personal qualities and professional experience make me a suitable choice for a position on the Board of Directors. I will continue to promote diversity while maintaining professional excellence. I have also been working on the College of Physicians and Surgeons of Alberta (CPSA) Accreditation Committee as an assessor for a few years. This has allowed me to understand how sonography fits into a multi-modality community more effectively. The policies and protocols that are followed for the accreditation processes are heavily influenced by our national organization.

## 3. WHAT PREVIOUS VOLUNTEER EXPERIENCE DO YOU BRING TO THE BOARD OF DIRECTORS?

I enjoy training new staff and have been assisting with new graduate training for many years, educating them on proper work completion and adherence to company and professional standards. In the past, I have had the privilege of assisting NAIT with interviewing future students for the DMS program.

In 2014, I accepted the role on the Board of Directors for our provincial society, the Alberta Diagnostic Sonographers Association (ADSA), as Treasurer. I am now currently the President. There has not been much happening in Alberta in the past few years, as far as regulation and educational conferences, which are ADSA's main priorities.

I have been on Sonography Canada's Board of Directors, as a Director-at-Large since 2019. Now that I have been on the Board for one (3-year) term, it has allowed me to become more effective, efficient, and knowledgeable on Board discussions. Since 2020, in addition to my Director-at-Large position, I am also the Secretary-Treasurer for Sonography Canada's Board of Directors. I also have a position on Sonography Canada's Finance Committee and an additional Ad hoc committee - The Governance working group. From 2014 until the changes in early 2020, when we were no longer able to serve on a committee as well as on the board, I served on the Professional Practice Committee. It was an excellent experience to be a part of and I would have loved to continue working on the development of professional policies and practices for our organization.

I have also been working on the College of Physicians and Surgeons of Alberta's (CPSA) Accreditation Committee as an assessor for a few years. I feel like I can be a strong advocate for sonography in the province when I understand the role of a sonographer in a multi-modality department more deeply.

The information that I have gained from being on the Board has allowed me to understand the standards and policies on a whole new level.