

Laura Prince, CRGS (Ontario)**WHY ARE YOU INTERESTED IN THIS POSITION?**

To be a member of the Sonography Canada (SC) Board of Directors is a privilege that comes with great responsibility as Sonography Canada is the voice of Canadian Sonographers. I have had the privilege of serving on the Board of Directors for the last three years in the role of Director-at-Large. Together with the other excellent members of the Board, this position afforded me the opportunity to help enable substantive change in the organization, making profound impacts on Sonography Canada's ability to support sonographers and help move our membership into the future. I feel that I have learned much in these three years and am now able to apply this knowledge to a second term with a position on the Board. As a 25-year veteran of this profession, I believe, now more than ever, that we need a strong team of individuals who are passionate about Sonography and who will support the members fully. The past few years have brought great challenges to our profession across the nation as we've all navigated through the pandemic and are still feeling the effects. I feel that these challenges have proved to make us stronger and more resilient as a group.

During my time as Director-at-Large, I have seen firsthand the important work that is being done by Sonography Canada and the impact this work is beginning to make. Particularly, work in advocacy at all government levels, improved member benefits, access to convenient and timely continual education in person and virtually, and a professional presence across all provinces.

The continuation of advocacy of sonographers is important to me, challenging politicians and educating the public, essentially ensuring our voices are heard and our concerns are addressed. Secondly, the availability of useful and effective member-driven continuing education is crucial in these busy times. As a board member, I was able to work with the Continuing Professional Development Committee, a group that was successful in amplifying the education portfolio and found new ways to bring valued education to sonographers in whichever method worked for them. In the future, I look forward to participating in networking and promotion of the profession, gaining value for members within the public and private sectors, as I have had the opportunity to participate in some professional promotion and have enjoyed it. I intend to work for the members while striving to stay focused on Sonography Canada's strategic plan and mission and vision.

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

Through my experiences, I have learned that good communication is the key to success in many endeavours. The ability to listen effectively and find common language enables swift completion of projects with best outcomes. In my role as a sonography team lead, I have worked within our imaging department leadership team to develop policies and practices for Ultrasound and Medical Imaging, participated in a key performance indicator working groups geared to improve the Ultrasound department efficiency, other budget supporting initiatives, all ultimately fostering best practices. Other aspects of my role that are contributory to a Board position with Sonographer Canada are budget monitoring, finance, sonography health human resources, procurement, resource utilization, professional collaboration, and sonographer issues such as post pandemic compassion fatigue and burnout. I was the site lead for our organization's recent Accreditation process, garnering our department a perfect score while learning health system's quality improvement and assurance. Through the creation and implementation of an MSK sonographer's course online with the Michener Institute

Continuing Education program, I have learned instructional design and adult learning content creation. Finally, I hold a Master of Education degree specializing in distance, virtual and online learning.

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

As I mentioned, my most recent experience with volunteering includes being a member in the first term of a seat on the Board of Directors as Director-at-Large. In this role, I have participated in Nomination and Continuing Professional Development committees, in addition to Board work. During this term, I am most proud of the updating and completion of a new strategic plan for the organization, bringing focus and attention to current professional issues and modernizing the organization.

Prior to this position, volunteering included two terms as Chair of the Sonography Canada Awards committee, with over eight years as a committee member. During that time, the committee revamped the award selection process and the award criteria to make award recognition more appealing to the membership. To me, recognizing, acknowledging and appreciating Sonographers that have passion and exuberance for the profession acts to support those that will inevitably move the profession forward in the future and be our Sonography leaders. I also enjoyed lecturing at a Sonography Canada conference, performing assessments on external candidates for Sonography Canada, and participating as a guest in a strategic planning group for the organization.

Outside of Sonography Canada, I have guest lectured for many years at two local Sonography schools and also proctored skills labs for students. I feel that spending time with students gives me the opportunity to share my knowledge while learning what is important to them as incoming members of our profession. International volunteering is something I have been lucky to experience. Working with the Toronto Addis Ababa Academic Collaboration (TAAAC), I was fortunate to visit Ethiopia and support medical residents learning Sonography skills and techniques in Addis Ababa, impressing upon me the importance of giving back and the value in supporting international learning for best patient care. In my workplace, I am an ultrasound team lead at a busy hospital within Unity Health Toronto. This role has provided me insight into the aspects of management within health systems amidst the political climate and reduction of funding in health care. I enjoy this role as it gives me the opportunity to be a leader within our profession.

In my former role as a sonography clinical educator, a role I held for over twenty years, I had the privilege of working with over 50 students. In that time, I had worked to promote each student's strengths and helped them through their learning challenges, enabling good inclusive patient centered care. Experience with teaching has enabled me to work on team projects, finding the best outcomes from discussions and allowing others to express their ideas safely. Receiving the Michener Institute Team of Inquiry and Innovation Award in 2017 and the 2020 Unity Health Interprofessional Practice in Sustained Excellence in Teaching Award, is evidence of this.

Currently, I support interprofessional collaboration through committee work on our organization's Collaborative Learning Committee, Collaborative Practice Committee, Corporate Ethics Committee, and our upcoming Quality Assurance Committee. On these committees, I work closely with different professions on topics such as policy, practice, directive approval, critical event review, ethical issue reviews, and learner support across the organization. I have created and proctor an open access collaborative learning course in compassion fatigue for health care workers and on the experiences of patients undergoing early pregnancy loss and health professional's role.

Also currently, our imaging leadership team and organization is currently working to implement a new electronic patient record over the next year, in which I participate on several department level working groups. Finally, I was honoured to receive the Sonography Canada Fellowship award in 2020 which has inspired me to continue giving back to the profession and its future in any way that I can and hopefully inspire others to do the same. I feel through my experiences and knowledge, I can continue to be an asset to the Board of Directors of Sonography Canada and am looking forward to all that I can support as a member of this dedicated and knowledgeable group of Canadian Sonographers and executive team. My intention is to provide the best possible service to all Sonography Canada members.