

EDUCATION

- MSc. (Biology, Specialization in Environmental and Chemical Toxicology)**, University of Ottawa 2025
- Thesis: Development of a Quantitative Optimal Diet Model to Estimate the Impacts of Climate Change on Coastal First Nations Communities in British Columbia
- Honours BSc. (Biomedical Sciences- Bioinformatics)**, University of Waterloo 2022
- Awarded Merit Scholarship; Extracurricular: Marketing Director for Science Society and member of the Youth Council for the Minister of Diversity of Inclusion and Youth

PROFESSIONAL EXPERIENCE

- Graduate Researcher and Project Lead**, Climate Change Food Security for Four Nations Jan 2023 - Sep 2025
- Integrated and analyzed multidisciplinary datasets (environmental, dietary, socioeconomic, health, and market data) in R (tidyverse, dplyr); implemented fuzzy matching algorithms to resolve data inconsistencies across hundreds of records
 - Built SAS OPTMODEL framework to optimize diet cost and nutrient adequacy under climate scenarios, reducing modelled basket cost by 11% while achieving >95% of RDA targets; results informed climate adaptation policies and funding proposals for Haida and Tla'amin First Nations
 - Co-designed and facilitated engagement with Indigenous partners and Elders to align research priorities with community needs, embedding Traditional Ecological Knowledge (TEK) into data interpretation and model development
 - Authored Climate Change Adaptation Summary Report and developed community toolkits in PowerPoint used by government and Indigenous leaders to shape grant proposals and local adaptation objectives.
 - Led multi-institution collaboration (UOttawa, UBC, UMontreal, Stockholm Resilience Centre), managing research timelines, stakeholder communications, and data-sharing protocols to deliver actionable climate-adaptation outputs

- Research Assistant**, "Improving Canadians' health literacy regarding the prevention of cancer" Feb 2025 - Present
- Co-lead on research activities such as development of methodologies, manuscript writing, and conference presentations
 - Worked on developing educational framework on combating cancer misinformation in collaboration with UBC medical school, BC Center for Disease Control, and U of Alberta Law school

- Teaching Assistant**, University of Ottawa Jan 2023 – Dec 2024
- Evaluated 200+ assignments per semester and mentored students through office hours and personalized feedback, promoting academic growth, problem-solving ability, and consistent achievement of learning outcomes
 - Facilitated tutorials and laboratory sessions, translating complex course material into accessible learning experiences and reinforcing key theoretical and practical concepts

- Project Implementation Manager**, Manulife, Waterloo, ON July 2022 – Dec 2022
- Managed a portfolio of 70+ cross-functional initiatives, tracking milestones, risks, and dependencies in Salesforce while aligning legal, operations, and finance teams on approvals and delivery timelines
 - Translated complex financial and policy implications into clear stakeholder recommendations, ensuring alignment with client equity and compliance goals
 - Drove project execution discipline through weekly decision cadences, enabling the closure of 25+ projects and improving overall on-time delivery and interdepartmental accountability

- Research Assistant**, Dr. Naahidi Lab, University of Waterloo May 2019 – Aug 2020
- Supported the development of computational origami models for hydrogels using Python to advance solar energy technology
 - Contributed to the presentation and writing of a research article by drafting methodology and assisting with data presentation in PowerPoint

- Manager**, Williams Fresh Café, Waterloo, ON June 2016 – Mar 2020
- Supervised and coached a team of 8 employees, managing scheduling, payroll, and daily operations to maintain efficient workflows and consistent service quality
 - Led staff training and performance development programs that enhanced customer service standards, operational efficiency, and improved employee retention and engagement
 - Drove sales growth and customer satisfaction by fostering a collaborative, high-performing team culture; consistently exceeded corporate targets for service quality, cleanliness, and operational excellence

LEADERSHIP EXPERIENCE

- Co-Chair for Ottawa-Carleton Institute of Biology (OCIB) Symposium**, Ottawa, ON Oct 2024 – Oct 2025
- Secured \$25 000 in industry sponsorships and facilitated a two-day event for over 300 researchers which included 20 interactive sessions, enabling participants to share insights
- Board of Directors for St. Mary's General Hospital Volunteer Association**, Kitchener, ON Sept 2021 – July 2023
- Co-led annual campaigns and donor stewardship activities contributing to \$1M+ raised; presented monthly financials and forecasts; strengthened volunteer retention by 25% through recognition and training

SKILLS AND QUALIFICATIONS

Technical skills: MS Office, R (tidyverse, lme4/nlme, RMarkdown), Python (Pandas, NumPy, Matplotlib), SAS, Salesforce

Soft skills: Growth-mindset, project management, stakeholder engagement, consensus-building, effective communicator