

PROFESSIONAL EXPERIENCE

Research Consultant, Sentinelle Nord (Sentinel North), Université de Montréal Present

- **Partnered with Inuit communities and interdisciplinary researchers** to develop adaptation strategies supporting sustainable food security
- **Synthesized research findings into strategic storytelling stakeholder-facing materials** to inform community decision-making and **policy discussions**
- **Integrated** environmental, socioeconomic, and public health **meta-datasets in R** to develop systems-level understanding of Inuit food systems

Project Lead and Graduate Researcher, Climate Change Food Security for Four Nations Jan 2023 - Dec 2025

- Served as **primary partnership lead** for Indigenous leadership, academic institutions, and government-adjacent partners, ensuring trust-based engagement and timely delivery of commitments
- **Developed and applied statistical and optimization models in R, Python, and SAS** to integrate environmental, health, socioeconomic, and market data, supporting evidence-based recommendations aligned with community priorities to inform funding proposals, and policy discussions
- Produced **decision-ready reports, executive briefings, and strategic storytelling reports** used to inform policy discussions, grant submissions and local adaptation strategies
- **Led multi-institution collaboration** (UOttawa, UBC, UdeMontreal, Stockholm Resilience Centre), managing research timelines, stakeholder communications, and data-sharing protocols to deliver actionable climate-adaptation outputs

Advisory Panel Member, “Improving Canadians’ health literacy regarding the prevention of cancer” Feb 2025 - Present

- **Co-led national knowledge mobilization** campaign in partnership with UBC medical school, BCCDC, and U of A Law School; co-developed **strategic educational frameworks** for public engagement and behaviour change
- **Co-led** on research activities such as development of methodologies, **manuscript writing, grant proposals and conference presentations**

Teaching Assistant, University of Ottawa Jan 2023 – Dec 2024

- Provided **individualized academic advising and learning support** to undergraduate students through office hours and one-on-one consultations, strengthening problem-solving skills, conceptual understanding, and confidence with course material
- Facilitated tutorials and laboratory sessions, **translating complex course material into accessible learning experiences** and reinforcing key theoretical and practical concepts
- Partnered with instructors to **identify learning gaps and adapt instruction**, contributing to improved engagement and comprehension

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**

Assistant 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

LEADERSHIP EXPERIENCE

Co-Chair for Ottawa-Carleton Institute of Biology (OCIB) Symposium, Ottawa, ON Oct 2024 – Oct 2025

- Planned and delivered stakeholder convening, workshops, and symposium style events **including securing \$25 000 in industry sponsorships** and facilitating programming that strengthened long-term partner engagement

Board of Directors for St. Mary’s General Hospital Volunteer Association, Kitchener, ON Sept 2021 – July 2023

- **Led strategic community partnerships and annual campaigns and donor stewardship activities** contributing to **\$1M+ raised**; presented monthly financials and forecasts; strengthened volunteer retention by **25%** through recognition and training

EDUCATION

MSc. (Biology, Specialization in Environmental and Chemical Toxicology), University of Ottawa 2025

- Thesis: Scenario-Based Optimal Diet Modelling to Evaluate Climate Change Impacts on Food Systems in Two Coastal First Nations 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**

Project Management Professional (PMP) Certificate, University of Toronto (School of Continuing Studies) Expected Aug 2026

SKILLS AND QUALIFICATIONS

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

Soft skills: Stakeholder engagement, partnership development, environmental strategy, climate adaptation, cross-sector collaboration