

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