

# ALAN MICHAUD

## Biography

My name is Alan Michaud, and I am an MS1 at Western. I studied Kinesiology at the University of Waterloo where I completed their co-op program and a course on project management.

As a student, I found work that developed into a fruitful and exciting six-year journey producing over a dozen papers. These ranged from systematic reviews covering pressing public health topics with the Ottawa Hospital Research Institute and Cochrane Response to diagnostic imaging guidelines with the Canadian Association of Radiologists. These experiences have taught me how to manage project timelines and deliverables, integrate professionally with teams across time zones, prioritize and allocate tasks and resources, and navigate multiprofessional teams.

I came to love and realize the importance of advocacy work in achieving effective public health action as a future physician, having thrown myself headfirst into developing the appropriate advocacy and leadership skills. I have done so by working as the current Schulich GAAC Jr, participating at the CFMS National Day of Action, acting as a Medical Education Day of Action committee member, and sitting on the Governance Committee working on numerous projects.

In my free time, I love to run and have worked up to full ultramarathons prior to medical school. In the summer you will often find me jogging around the city and forest trails. I also love chess and have played consistently since undergrad.

Thank you for your consideration.

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