

Biography

I am an incoming 3rd year medical student at Dalhousie University, committed to advocacy, collaboration, and facilitating between Atlantic students and CFMS. I have fostered strong communication and connections with Atlantic medical students and student societies in my various work experiences in and for the Atlantic region, from student wellness, outreach, communication for francophone students, to supporting the medical education for the Atlantic medical students. These experiences including working on 2 CAMSA Committees for 2 years, being the VP Logistics of the upcoming Atlantic Med Games and the 2023-2024 Director of Skills and Workshops, have shaped my belief in regionally responsive advocacy that reflects the voices and needs of students across the Atlantic Region. I am eager to serve as the Atlantic Regional Director and help bridge the connection between the Atlantic Region and the rest of our fellow medical students in the CFMS.

Outside of school, you can usually find me on hiking trails, baking delicious brownies and taking care of my mint plant (which is so delicious in a morning cup of tea!).

If elected, I would prioritize strengthening connections between Atlantic medical schools, supporting local student-led projects, and ensuring our region's priorities are well-represented at the national level. Including supporting bilingual learners, and fostering inclusive, sustainable student leadership. It would be a privilege to serve the students of the Atlantic region and work collaboratively with the CFMS to develop open communication, stronger relationships, and promote diversity and equity to provide a safe, supportive and inclusive community for everyone involved.

Regional Director Application

I am excited to submit my candidacy for Atlantic Regional Director. I am an incoming 3rd year medical student at Dalhousie University, committed to advocacy, collaboration, and facilitating between Atlantic students and CFMS. I have fostered strong communication and connections with Atlantic medical students and student societies in my various work experiences in and for the Atlantic region, from student wellness, outreach, communication for francophone students, to supporting medical education.

Throughout my medical training, I have been actively involved in various associations such as the Canadian Atlantic Medical Student Association (CAMSA) for the past 2 years, serving on both the Medical Education and Communications' Bilingualism Committees. These roles have allowed me to contribute to the development of accessible medical education across our region through the creation of the first edition Residency Roadmap resource and educational content that meet the needs of students and areas of gap in education; while also championing linguistic inclusivity and supporting Francophone learners by artistically translating them to french. I collaborated on advocating for student feedback and creating resources to help students feel supported in their training.

In 2023–2024, I had the privilege of serving as the Director of skills and workshops for the annual Conference of Atlantic Medical Students. This experience was incredible, allowing me to bring together students from across the region for a dynamic and engaging weekend. The conference featured a diverse range of workshops—from mindful yoga and art workshops to practical clinical skills such as lumbar puncture and trauma simulations. It was a rewarding opportunity to blend wellness and medical education, while building inclusive leadership and peer connections, discovering areas of need. These experiences have not only honed my leadership and communication skills but have also deepened my passion for creating inclusive, learner-driven spaces.

Growing up and continuing my medical journey in the Atlantic region, I remain committed to advocating for medical students, supporting language diversity in healthcare, and helping build a stronger, more unified Atlantic medical student community. I believe that our region has a powerful voice that deserves representation at the national level, and I am deeply motivated to advocate for initiatives that reflect our communities' lived realities.