

Education

High School
Mealy Mountain Collegiate, Happy Valley Goose Bay, NL
2008-2013

Mobile Crane Operator Certificate
College of the North Atlantic, Stephenville, NL
January-July 2014

Bachelor of Science in Nursing with a certificate in Public Health and Epidemiology
Dalhousie University, Halifax, NS
2018-2021

Doctor of Medicine
Memorial University of Newfoundland and Labrador, St. John's, NL
2023-Current

Grades

Mealy Mountain Collegiate

- 84% overall average
- Graduated with honours

College of the North Atlantic

- 95% overall average
- Awarded the President's Medal of Excellence for the highest academic standing

Dalhousie University

- Overall GPA of 4.0/A/85-89%
- Dean's List for every semester
- Member of the Golden Key International Honours Society

Work Experience

Registered Nurse, Labrador Grenfell Health (August 2022-December 2023)

- Emergency Department RN in Happy Valley-Goose Bay.

Registered Nurse, Eastern Health (October 2021-December 2023)

- RN in the Health Sciences Centre Emergency Department.

Youth Program Coordinator, Labrador Friendship Centre (December 2015-July 2016)

- Responsibilities include: planning, coordinating and implementing programs and activities for Indigenous youth, overseeing the operations of and promoting the Urban Aboriginal Youth Program, preparing funding proposals and other reporting documents, managing staff and overseeing events and activities.

Extracurricular/Volunteer Experience

- Traditional crafting (seal skin mitt making, slipper making, crocheting, embroidering, dream catcher making, etc.) 2000-Current
- Snowshoeing 2005-Current
- Cross-country skiing 2005-Current
- Captain for paddling team with the Labrador Canoe Regatta 2009, 2010, 2011, 2012, 2013
- Relay for Life team Captain 2011, 2012
- Student council 2011-2013
- Indigenous Representative on the Youth Advisory Committee with the Labrador Friendship Centre 2011, 2012, 2013
- Graduation committee 2013

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- Volunteer with the Labrador Winter Games 2013, 2016
- Yoga/Meditation 2014-Current
- Inuktitut language lessons 2016, 2022
- Volunteer with the Extrajudicial Measures Committee 2016, 2017
- Volunteer with the Kindness Connection 2016, 2017
- Atlantic Indigenous Representative for the National Aboriginal Youth Council with the National Association of Friendship Centres 2015, 2016, 2017
- Director on the Board of Directors for the Mokami Status of Women's Council 2016
- Director on the Board of Directors for the Melville Public Library 2016, 2017
- NunatuKavut Youth Representative on the Census Board for the Mealy Mountain National Park Development 2017
- Volunteer with the Dalhousie Student Union Sustainability Office 2018, 2019
- Volunteer firefighter 2019, 2020
- Film Jury Member for the St. John's International Film Festival 2021-2023
- Volunteer with the NunatuKavut Youth Community Engagement Project 2021-2023
- Research participant conference board of Canada Nursing Study 2022
- Plasma Donor, Canadian Blood Services 2024
- DEIR Council Member, Eastern Health 2023-2024
- Facilitator of the MUN Indigenous Health Interest Group 2023-Current
- MUN Medicine Peer Facilitator for the Gathering Rounds 2023
- Equity, Diversity, and Inclusion Committee at MUN 2024-Current
- Focus group participant for MUN's Faculty of Medicine strategic planning 2024
- Atlantic Regional Director with the Indigenous Medical Students Association of Canada 2024-Current
- Indigenous medical student representative with the Indigenous Health Advisory Board 2025-Current