

As a Registered Social Worker based in Waterloo, Ontario, Canada, I am excited to bring an international perspective to the role of Member-at-Large. I currently work in a multidisciplinary athletic facility as a mental health provider specializing in athletes and high performers. Long before I became a social worker, I competed in and coached synchronized swimming at the national level, later performing professionally.

I began my social work career supporting adult and young offenders in both custody and community settings before transitioning to working with youth and families experiencing complex mental health and addiction issues. Working in these settings taught me how to relate to people from different backgrounds and respond to a wide range of needs, often in challenging circumstances.

Despite spending most of my life involved in competitive sport, I had never considered combining social work and sport professionally. That changed in 2020 when I came across the Alliance of Social Workers in Sports (ASWIS) and enrolled in the Sport Social Work Certificate program. Since then, I've continued to pursue further education in the field and became one of the first 66 people worldwide to complete the International Olympic Committee Diploma in Mental Health in Elite Sport. I'm currently completing graduate coursework in applied sport psychology as I work toward the Certified Mental Performance Consultant (CMPC) designation.

ASWIS has been an important part of my professional development. I've attended various events and meetings, and one of the things I've valued most is the people I've met and the connections I've made. Over the past year, I've become more involved as a member of the Conference Planning Committee and through developing and co-presenting a workshop at the 2026 symposium.

As a Canadian member, I think it's important to continue strengthening ASWIS's international membership. Having members from different countries and cultures brings valuable perspectives. As Member-at-Large, I'd like to help strengthen the voice of international members within ASWIS and explore opportunities to bring members together, including establishing an international working group. I've attended both PROMISE conferences as well as the GAMeS conference in London, which have given me opportunities to connect with professionals from different disciplines around the world working in sport. I'd also like to use those connections to help raise awareness of ASWIS and the unique role social workers can play in the field.

Having been part of ASWIS for six years, I've seen how much the organization has grown, along with the involvement of social workers at all levels of sport. ASWIS has had a significant impact on my career, and I'd like to help create similar opportunities for others.