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Born and raised in Ottawa, I graduated with a BA from Carleton University in the early 1980s, and recently completed my MBA at the University of Ottawa. I have spent my 25 year career as a human resources professional and executive business leader. Currently I am employed as the Vice President of Human Resources at General Dynamics Canada where I participate as an active member in the corporate executive team. In this role, I have spearheaded a series of strategic programs to transform the organization's structure and culture including the introduction of corporate programs targeting the development of new leaders, benchmark employee surveys and policies to provide greater opportunity for employee work-life balance. As a result of these activities General Dynamics Canada has been recognized as a Financial Post Top 10 Employer in Canada, a Top 100 Employer in Canada for 5 consecutive years, and an Ottawa Top 10 Employer for the past six years.

I am most proud of the fact that I have been able to ascend in my career while raising twin daughters who themselves are now preparing to join the work force. As a mother and a mentor my advice to them and other women looking to succeed in business is simple. Never lose your authentic self in order to succeed and don't accept that you have to. Leave your environment, whether it is your community or company, better than when you entered it.