



## MEET OUR DELEGATES

### Vanessa Agira – Forum alumna 2010



My name is Vanessa Agira, I am an Environmental Health Officer working in rural First Nation communities in Quebec with Indigenous Services helping to address the social determinants of Health that affect many around the world. I started my studies at the University of Saskatchewan in Arts and Science and soon after moved to Cape Breton NS to pursue a degree in Public Health.

From a young age, I wanted to experience many avenues, give back and create an impact. I often found myself juggling school, volunteering and work and never wanting to give anything up. At the age of 10 I joined Navy League and worked my way up the command chain which I believe is where my desire to be leader emanated. Next I found myself in the diocesan youth council, president of the school society at age 15, captain of my sports teams, and in university I was elected the VP of the Public Health society.

I have deep passion for volunteering. I started volunteering as a candy striper at the Prince Albert Parkland Health region and my passion progressed to Operation Red Nose, humanitarian work in Tanzania and in Guatemala, Hope Air, Montreal General Hospital and the Red Cross. We often volunteer to give back, however, in my volunteer experiences I believe that I receive more than I give. I meet such amazing and inspirational people who motivate me to continue in my journey.

My education, environment, work and volunteering experience has really shaped who I am today as I never once thought I could not accomplish anything due to my gender, race or ethnicity as I believe that "YOU ARE YOUR OWN LIMIT". My desire for impact, change, collaboration, equality, advocacy and giving back is stronger than ever. We need to unit our voices and create change!!

I look forward to my journey as a "She Moves, Elle en Mouvement" delegate as I believe that TOGETHER we can change the way the world views the strength of women!!

### Aïssatou Baldé – Forum alumna 2018

Hi, my name is Aïcha, I am a 19 year old Canadian originally from West Africa. I have a passion for politics, social advocacy, community engagement and human rights. I currently hold a number of leadership positions in my community, including coordinator of women condition in the youth committee of a political party. I am also a volunteer, representative and ambassador for various organizations for which I commit myself as an ambassador for cultural communities and advocate for social issues related to inclusion and racial discrimination. Furthermore, I have the opportunity to be a youth ambassador for the international organization ONE Campaign, which advocates, among other things, for women's rights in sub-Saharan African countries. As part of this experience, I participated in the Commonwealth Youth Forum and the Meeting of Heads of Government in London in April 2018 where I was responsible for promoting peace and education for young girls. As an activist, I also invest time and strong effort to promote social, community engagement and inclusion by offering advocacy and politics workshops to high school students. With a passion for human rights, civic engagement and advocacy, I began my university studies, this year, in the field of political science. Being committed, open and active by nature, I believe that it is essential to engage to better understand the world around us and in order to have greater impact on it.





## Vicky Barham – Forum alumna 1981



I'm Vicky Barham, and I'm a professor in the Department of Economics at the University of Ottawa; I'm also the Vice-Dean of Undergraduate Studies and External Relations for the Faculty of Social Sciences. As a researcher, I have a particular interest in the economics of the not-for-profit sector, and specifically the economics of philanthropy. I have also worked on issues to do with health care, political economy, and financing aboriginal self-government. In my role as Vice-Dean, I am particularly focussed on trying to make sure that the years students spend at university are rich in opportunities for both intellectual and personal development. I love to mentor undergrads, and write dozens of reference letters every year.

I've a long-standing interest in promoting equity, diversity and inclusion, and believe that these concerns need to be front-and-centre as we start to navigate the profound social and economic changes that will occur in the next two decades, as the digital revolution (and in particular AI), globalization, and climate change transform our workplaces and our personal lives. I have also been a committed community volunteer, particularly in the field of music education, and have taken great joy in helping youth develop their teamwork skills and leadership potential through musical endeavours. I am particularly proud of the fact that, although I was born in New Zealand, and immigrated to Canada as a teenager, I have become a fully bilingual adult.

## Lizzy Berg

I'm Lizzy, a proud She Moves delegate. I am currently the Student Experience Coordinator at Forum for Young Canadians and have been working with the organization for over a year now. After graduating from Carleton University with an Arts degree in Psychology, I was determined to continue my career in developing positive youth engagement. My passion towards empowering the younger generation stemmed from working as a youth programmer in low-income communities across Ottawa during my university years. I saw how brightly these youth shined, despite their life circumstances, and the resilience seen from them inspired me to make sure their voices were heard, and will stay heard.

I knew my path was solidified after accepting a summer position at BC Easter Seals Camp for children and youth with disabilities. Again, these children and youth shined so brightly, despite the obstacles they face every single day. Each day I learned so much from them, including what it means to be marginalized in society.

The youth voice is often not heard, and this affects female youth the most. Young girls and women are at the highest risk for having low self-esteem, which is something I am passionate about changing. I hope by through the She Moves initiative, I can combine my passion for both youth engagement and women's rights to create an outstanding change that impacts girls and women across Canada.





### Liz Craig– Forum alumna 2009

Hi, I'm Liz Craig and I'm so proud to be part of the She Moves delegation. As a female business owner and community leader I often see how "old boys clubs" still dominate decision making in some of Canada's largest and most respected institutions. I hope that through empowerment of women, we can challenge the status quo.

I have always loved music and had the privilege of studying with Juilliard alumnus Dr. David Moroz at the University of Manitoba where I graduated with a Bachelor of Music degree in Piano Performance. After completing my degree, I moved to Toronto and founded my wedding & event music business ([www.lizcraig.ca](http://www.lizcraig.ca)) which today has grown to offering performances for over one hundred clients each year.

I've also been teaching piano and mentoring an average of 30 students a week since 2006. I enjoy encouraging them in their studies and to pursue their dreams, regardless of their gender or any other factor!

I am proud to engage and lead my community in the areas of music education and arts advocacy. I am currently serving my second year as President of my local branch of Registered Music Teachers and have had many opportunities to expand my outreach working with music festivals and organizations across the country.

Gender inequality is still very much alive and so I'm excited to be part of this delegation to see where I can add value and support to this worthy cause.



### Rielle Gobbett– Forum alumna 2018

My name is Rielle Gobbett, and I am 19 years old. I attend the University of Ottawa for History and Political Science, although originally I am from small-town Saskatchewan. As shown through my choice of studies, I am very passionate about Canadian politics and history: one of my favourite subjects to study is the history of women's rights in Canada. I view Emily Murphy (as well as the rest of the Famous Five) as role models.

Apart from politics, I also enjoy a number of different hobbies. I enjoy running, reading, dancing, and knitting. I also am working on my cooking skills: however, those are a work in progress!

In the future, I aspire to become a lawyer. Eventually, I would like to open my own firm and work with victims of domestic abuse and sex trafficking. I am very passionate about helping young women escape situations of abuse and trafficking: I believe I was given a loud voice for a reason and want to devote my life to eradicating sex trafficking in Canada.

I believe that attending these conferences will help me further my dreams of helping women escape trafficking and abuse. By interacting with different delegates with the same vision, I will be able to learn, grow, and make connections that will prove invaluable in the future. I am looking forward to meeting other young women who, like myself, are passionate about the empowerment of girls and women through the She Moves initiative.







### *Bibi Saleema Hakim – Forum alumna 2016*



I am a young woman from Toronto studying at the University of Ottawa in the joint honours political science and public administrations program. I am passionate advocate for mental health and women's rights and passionate about politics. As a woman of colour I am proud to be part of many pushing the dial on gender inclusion. I am a member of Champions of Change a club established by Plan Canada tirelessly advocating for equality.

My aspiration is to be the first elected woman of colour to be our nation's Prime Minister; I want to represent my riding and my country. I am a Forum for Young Canadians alumna and Duke of Edinburgh's gold award recipient. This experience allowed me to pursue my passions. It is opportunity like this that allow women to build and take a course of action.

In my spare time, I often volunteer in my community both here in Ottawa and at home in Toronto be it as a Forum for young Canadians logistic, the political science students association, the Etobicoke North youth council communication chair, community police division events or even volunteering with an MP.

My goal everyday is to make at least one person smile. I live by the motto "believe you can and you can conquer anything". There is no such thing as the perfect moment instead take the moment and make it perfect and if opportunity does not know put yourself out there and build a door.

### *Justine Hendricks – Forum alumna 1990*

My name is Justine Hendricks, I am a proud Canadian born and raised in this wonderful country. I have 3 daughters Camille 14, Celeste 10 and Penelope 10 whom I love and cherish and have been working at Export Development Canada for the past 15 years.

I am a passionate woman who aims to make a difference in this world each and every day whether through my work with Canadian exporters, my mentoring of young professionals at EDC or within the local business community. I have a strong connection to youth as I believe that investing in young people and helping them navigate along the way is a must as the world is becoming more and more complex. I also believe in giving back and enjoy looking for the uniqueness in someone and to then give them an opportunity to demonstrate what they can do. As a leader for the past 25 years I have always sought to bring out the best in people around me and to allow them to thrive in a comfortable an engaging environment through trust and support.

As Chair of the Board of Forum for the past 5 years it has been an honor to engage with youth from across this wonderful country eager to learn and experience how our government works and aiming to make a difference as our future leaders. As a Board member for the Digital Opportunity Trust it is fascinating to see unfold in front of us the power of technology and how it can make such an impact in our local communities around the world. It is also fascinating to see how young women can bring such creativity and innovation when given the opportunity to do so.

As a "She Moves" delegate I look forward to learning and sharing with others on how we can all make a different and positive impact each and every day.





## Jennifer Kolz – Forum alumna 2000

Hello, I'm Jennifer, a former educator in the Ontario Catholic school system, academic, Massey College Don of Hall, participant on the Privy Council's 'Canada Beyond 150' project and current HR Advisor - Learning Design Specialist at the Canada Border Services Agency (CBSA).

Throughout my journey, I have found myself and met others within distinct spheres where gender inequality persists. As a result, I have sought to create opportunities and establish platforms to promote dialogue and amplify the voices of women and girls. Recently, I helped to establish the Indigenous Affairs Secretariat at the CBSA in order to foster a better relationship with Indigenous Peoples and support the wellbeing of Indigenous women within the Agency. This is not merely my job, but my passion, which reflects respect, efforts to engage and partner with Indigenous women in order to: support recruitment and retention; increase awareness; eradicate sex discrimination, sex trafficking and gender-based violence; and, facilitate the free flow of Indigenous people and their sacred goods across the border. Now as I co-lead the CBSA's distinctions-based Indigenous Training Strategy, I continue to strive to support Indigenous women by increasing knowledge, respect and cooperation across the workforce.



Gender equity is the binding thread that will ensure the success of: Reconciliation, sustainable development, socio-economic inclusion and feminist government. Each of these challenges have greater impacts on women and, without women, will remain insurmountable. *Women Deliver 2019* presents the *She Moves* delegation with a unique opportunity to continue to weave this thread. I am extremely proud to join this delegation, and look forward to collaborating with my fellow delegates; returning home with a renewed commitment to equity.

## Marie-Michèle Laferrière – Forum alumna 2004



Je suis franco-ontarienne. I am very proud of my French-Canadian roots and identity. I have been happily married to my best friend for 8 ½ years and I am the proud mother of two young children (Soukaina, 5 years old and Gabriel, 2 ½ years old). Every morning I wake up, hoping to be an example of a strong woman. A woman who is capable of managing and balancing a career, which is very important, but also being there for my family that means the world to me. I want my daughter to know that she can take on leadership roles, that she can break the "glass ceiling", that she can speak up and be loud and clear; that she is strong, beautiful inside and out, and that she can accomplish anything she wants. I want my son to be grateful and respectful of the girls and women around him. I want him to understand their daily challenges and I want him to support and love them throughout his life.

At the age of 26, while I was completing my Master's program in Conflict Studies, I had my first experience as Executive Director of a provincial foundation that supports the Franco-Ontarian community. I sit on many Boards in the hopes of doing my part and contributing to shaping civil society. Today, 15 years after my participation as a Forum delegate, I have the incredible privilege of being the Executive Director of the Foundation for the Study of Processes of Government in Canada that runs the Forum for Young Canadians program. I lead by example, I love teamwork and collaboration and most importantly, love to share experiences and learn from those that surround me.



### Soumaya Marhnouj – Forum alumna 2016



My name is Soumaya Marhnouj and I am a second-year student at the University of Ottawa, studying Conflict Studies and Human Rights. I am passionate about community involvement and advocacy, especially in regards to human rights issues, women's rights and minority issues. My volunteer commitments include being youth representative for the Assunnah Muslims Association of Ottawa, where I have been involved in community engagement efforts for the majority of my life.

My passion for women's empowerment is evident through my involvement as a member of the executive team for Indigo Girls Ottawa, an organization for young women by young women. I also am one of the co-leaders of a bi-weekly program for young women, which provides a safe space for discussion, activities and friendship. I have been involved as a member of the programming team for the ILEAD conference, which is a yearly conference for the Muslim community in Ottawa-Gatineau area. I am also a dedicated Forum for Young Canadians volunteer, where I continue to have a positive and enriching experience year after year!

I am always willing to try new things and I love to lend a helping hand whenever needed. Throughout my life, I was taught to be the best person I could be and stand up for what I believe in. Today, I use this mentality to get through my day to day life and it is what inspires me to advocate for what is right!

### Kinga Nolan – Forum alumna 2016

My name is Kinga Nolan and I have been politically active since my first campaign at the age of six, helping my mother deliver literature and install signs for a federal candidate. Since then, I have volunteered on over a dozen campaigns at all three levels of government. I am a Calgary's Mayor Youth Council alumni and now maintain several political board of director positions where I promote youth civic engagement. This past summer, I saw the inner workings of the Alberta Legislative Assembly through employment as a Constituency Office Assistant for an MLA. Additionally, after sustaining a head injury, I advocate for this cause as a guest speaker at events, government advocacy work, and public education campaigns to increase awareness and reduce occurrences of head injuries. I am also passionate about the environment and Canada's agricultural industry, which is often underrepresented.

In addition to my political interests, I have an interest in science, business, and agriculture. These interests along with my activities in politics resulted in receiving a prestigious \$80,000 Schulich Leader Scholarship in science. Subsequently, I began my studies at the University of Saskatchewan pursuing a Bachelor of Science in Agricultural Economics. One day, I hope to represent my fellow Canadians in the House of Commons.

As a She Moves delegate, I will take the opportunity to develop strategies to address political representation and head injury prevention and learn about other issues facing women both domestically and internationally. Working with fellow delegates to innovate solutions for these issues would allow me to develop leadership skills and contribute to a network of emerging female leaders across Canada.







## Dariya Petryshyn – Forum alumna 2015



Hi! My name is Dariya Petryshyn and I am a student at Carleton University, studying in the Honours Law program with a minor in French. I am proud to say that I am also a member of the Carleton Golden Key Honours Society. Originally from Winnipeg, with a Ukrainian background, I moved to Ottawa last year to build my pathway towards becoming a lawyer and to be closer to The Forum for Young Canadians office so I could give back to such an amazing organization. This past year I volunteered at two of the three sessions, once as a logistics assistant and the other as logistics leader and have been given the incredible honour of receiving the Volunteer of the Year award.

I speak a number of languages including English, French, Ukrainian, Russian and a little bit of Spanish, Italian and Polish and it is one of my life goals to learn more languages so I can advocate for anyone. I want to open a law firm that would “speak your language” and advocate for women’s rights, including mental health issues and helping women and their children out of domestic abuse/violence. I am very passionate about 3rd world issues and am an active supporter and volunteer for the organization WE (previously known as Free the Children). I volunteer within the organization by fundraising for the 5 pillars, assisting at WeDay and raising awareness and helping low income families within my community, both in Winnipeg and Ottawa.

I am excited for this conference because I will be traveling to a place I have never been to before with 19 other amazing young women, exchanging ideas, thoughts and action plans, all while being a part of such an amazing, once in a lifetime event. I am honoured to have been one of the lucky few Forum alumnae to be selected to partake in this experience. Forum continues to provide me with such amazing experiences, teaches me about new topics and issues everyday and continues to expand my horizon for networking and meeting new people from various different cultures and backgrounds.

## Lindy Quann – Forum alumna 2015

Hi! My name is Lindy Quann, and I am a student at the University of Ottawa. I am currently studying Biopharmaceutical Sciences with specialization in Genomics, but am ultimately hoping to pursue a career in law. I am extremely passionate about health care and human rights, and am especially interested in the implications of these issues as they relate to women and girls worldwide. I have been extremely fortunate to have had numerous opportunities to work within and explore these fields in depth. I have participated in an internship with an NGO in rural India where I worked to establish a community health centre designed to fill the systemic gaps in the healthcare system faced by women. In addition, I have learned the importance of policy and regulatory processes during my work terms at Health Canada and the Canadian Food Inspection Agency. In my spare time I enjoy reading and writing, as well as physical activities such as swimming and curling. I have volunteered with Forum for Young Canadians for the past five years, am currently an ambassador for the University of Ottawa’s co-operative education program, have participated as a board member on the Town of Pictou’s Parks and Recreation Committee and have coached minor soccer. I am incredibly excited to take part in this initiative; I look forward to not only having meaningful discussions about important global issues, but also using the insight gained to promote real change within our communities.





### Kristina Reed – Forum alumna 2013



Hi, my name is Kristina Reed. I am a 4th year undergraduate student at Carleton University, where I am completing my Bachelor of Arts, Honours, in Political Science- specializing in North American Politics and minoring in Communications Studies.

I currently work for the House of Commons as a Proceedings and Verification Officer with Hansard, the official record of debate, within the Procedural Services branch. You can often find me with a book in hand or with my headphones on, listening to music or a podcast. I am an avid supporter of the Arts and I am always looking for opportunities to visit festivals, museums and galleries. I try my best to live out the credo that there is something new to learn every day, we need only the courage to seek it out.

As a young woman living with a permanent disability and working in government, I am a strong believer in bringing an intersectional approach to policy making. Women represent a diversity of lived experiences that make us key stakeholders in the future of our country. It is essential that we continue to support and elevate each other as we advocate for our place at the decision-making table. I am grateful to the community around me which consistently challenges me to further develop my ideas by rooting them in empathy, active listening and collaboration in order to promote meaningful discourse. This mentoring has strengthened my resolve to continue advocating for greater visibility for the disability community and pursuing gender equality.

### Sandra Sawers

Hello, I'm Sandra, the Director of Stakeholder Relations at Forum for Young Canadians and a proud single mother of two adult children. I have battled depression, anxiety, and other trauma related side effects since my 20's and for many years I put my family first during a series of life-challenging circumstances that ultimately affected my personal and professional development.

With a Bachelor of Science Honours in Biology from Queen's University, I reinvented myself by returning to academia as a mature student, completing both a certificate in Management for Women and a master degree in Philanthropy and Nonprofit Leadership at Carleton University. The nonprofit sector is a perfect fit for my values, unique skill set and lifelong learning opportunities.

For over 28 years, I have excelled as a dedicated volunteer, business manager and nonprofit sector professional. My leadership style is authentic, entrepreneurial, collaborative and innovative. I feel great satisfaction in supporting others (especially women) and lifting them up to meet challenges in their own lives and careers. I believe in the value of connecting people and ideas to achieve collective impact, build important networks and produce resilient communities. I am interested in advancing women as social innovators and philanthropists, empowering women and youth, and environmental conservation.

I am honoured to take part in this delegation and as a mature woman, I feel I have meaningful experience and wisdom to share and grow with my fellow delegates.







### Roya Shams – Forum alumna 2016

My name is Roya. I am in my fourth year at the University of Ottawa where I have been studying international development and globalization. I am very interested in promoting equal rights for women and girls in Canada and abroad. Having been born and raised in Afghanistan where women are still struggling to acquire equal rights in a patriarchal society, I am committed to ensure that all women should have equal rights and opportunities. Despite the well-established barriers against women's equal treatments in Afghanistan, I tried to help overcome those barriers by teaching literacy skills to older women who had been prevented from learning them because of their subservient position in society. I also tried to help young girls to read and write as well as advocate in the media that they have the right to get an education and should not continue to allow themselves to be victims of cultural stereotypes.

In Canada I continued to advocate for the rights of girls and women by being an ambassador for Canadian Women for Women in Afghanistan. In addition I have volunteered with the Agha Khan Foundation by campaigning to raise funds to support gender rights in developing countries. By speaking to various groups I have brought awareness about the inequalities that women face both in developed and developing countries. My recent project to advance the rights of girls and women is a foundation which will make provision for education in Afghanistan for girls. I am grateful to participate in this project so I can expand my knowledge on issues surrounding women rights and wellbeing. Participating in this project will enable me to learn and understand women and girls needs so I can better help them in the context of my project and future endeavors.



### Emmanuella Tshinyama Kasonga – Forum alumna 2019



My name is Emmanuella Tshinyama Kasonga. I'm 19 and was born in Belgium. I am the eldest of a family of five children, and we all live with my mother. Since I was little, I have always been passionate about dance. For me, dance allows me to unload myself from all difficult situations. Another passion I have is law. Since I was in elementary school, I have always wanted to work in the field of law. Now that I live in Canada, I really want to help people like me. Being a girl who is overweight, black and an immigrant is not always easy. On several occasions, I was belittled or criticized because of the things that make up me. This created low self-esteem in myself, and I became afraid to be who I am.

One day when I was talking to a friend, she helped me understand that everything people said about me was wrong. Today, I am no longer afraid of what people tell me. I find myself beautiful. I am very proud of myself because I was able to overcome my insecurities. I know my story helps many people who live the same situation as me.

I graduate this year at the age of 19. It was not easy. I remember one day my director made me think that university wasn't for me, and that I should be a hairdresser or a carpenter, but not someone who attends university. Today, I am proud to say I am a girl who is taking pre-university courses and who will be what she wants to be.

Through this conference, I would like to learn several things that will help me help young girls around the world. I hope to impact women across Canada through this conference and by sharing my story.



## Solange Tuyishime

Like many, I am a wife, a mother and a hardworking citizen who wants to succeed while making this world better. As the President and CEO of Elevate International, today I dream of a world that has more decision making opportunities amongst leaders in our society and girls are growing confidently into the leaders they are meant to become.

At the age of 13 I escaped from war and genocide and moved to Canada where I obtained a Bachelor in Journalism and Honors in French from St. Thomas University, and a Masters in Public Administration from University de Moncton.

I have been very fortunate to have developmental opportunities that have shaped me to be the leader I am today. My professional career began as an internal auditor for the Atlantic Canada Opportunity Agency, which would lead me to move from New Brunswick to Ottawa for an opportunity to work Department of Innovation, Science and Economic Development Canada (ISED) in the Audit and Evaluation Branch where I was responsible for managing the Departmental Audit Committee. I also worked with the Human Resources Development Executive Group Services supporting the department on executive leadership programs.

My education and experiences have allowed me to contribute and serve this world as an international speaker, Social Entrepreneur and Philanthropist. I continue to dedicate my life to advancing inclusive leadership and social responsibility while elevating women and girls through the advancement of leadership, economic growth. As a philanthropist, I remain committed to helping save the lives of mothers and children locally and globally through the work of UNICEF.

Let us continue uniting and make this world better for everyone today and generations to come.



## Teagyn Vallevand – Forum alumna 2014

áyjnzhi Aatagwéix'i ùuye

Hello my name is Teagyn Vallevand, my Tlingit name is Aatagwéix'i, and I live in Whitehorse, Yukon which is located on my traditional territory of Kwanlin Dün First Nations. I belong to the Ganaxteidi - Raven people.

I am very passionate about empowering youth, the conversation around real "Reconciliation", and addressing violence against Indigenous women and girls. In 2016, I co-founded Youth For Lateral Kindness with my partner Aurora Hardy where we facilitate Blanket Exercises and youth Lateral Kindness workshops. We started this work to address lateral violence among Indigenous youth in our community and bridge the gap between Indigenous and Non-Indigenous people of Yukon when it comes to our Shared-History. I also sit on the Board of Directors for Skookum Jim Friendship Centre as the Youth Director, and am part of the Shared Wisdom Project through the organization VIDEA, which aims to address gender-based violence within indigenous communities.

This past October it was an honour for me to be the first-ever selected Indigenous Delegate to attend the 2018 Girls20 Summit which was held to Buenos Aires, Argentina. I also had the opportunity to travel to the University of Stellenbosch, South Africa in December 2018 to present at a conference around Recognition, Reparations, and Reconciliation. Because of my dedication to creating positive change within my community I received a National "Everyday Political Citizen" Samara Canada Award in 2017.

I look forward to being a She Moves delegate and bringing my own experiences as a young Indigenous woman to the discussion around feminism and gender-equality, as well as learning valuable tools which I can then bring back home to my community.

