



## Meet your **Gr. 7 & 9 Mental Health & Well-being Counsellor...**

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I was born and raised in Montreal, Canada, where I received my B.Ed. in Education from McGill University. I have worked as a teacher for more than 25 years in Canada, the US, Taiwan, Japan and Germany. I also hold a Master's of Education from Brock University (Canada) and completed a second Master's degree in Psychology and Counselling in Educational Settings from the University of Derby (UK) in 2022.

Having worked at ISD as a teacher for the last 12 years, I am very happy to join ISD's Counselling Department this year. I have been passionate about the well-being of my students, which also led me to become a certified Positive Discipline Teacher trainer and ISD's SrS Positive Discipline Coordinator.