

Committee: **diversity, inclusion and anti-oppression advisory**

Organization/Sector represented:

Name: **Rasha Nasser**

Occupation: **Registered Nurse**

Work experience: **new graduate registered nurse who is very ambitious about inclusion and eliminating discrimination**

Education: **BA in nutrition and families (HEc) 2016 BScN -2018 currently working as a mental health nurse**

Skills: **working as a mental health nurse gave me knowledge and experience of how stigma and discrimination impacts people's lives negatively and how many individuals end up in a revolving self destructive cycle as a result of not being understood and appreciated by society**

Interest reason: **I always had a passion for advocating for people with mental health problems, I want to help individuals understand that mental health diseases are just like many other physical diseases, in that people may not have control over it and also in that help should be sought and offered. I want to reduce stigma surrounding this and help people with mental health problems integrate better to society by changing society to be more accepting of all people**

Contributions: **I will contribute passion and hard work. I will also utilize my leadership skills to increase acceptance for all people in society**

Past contributions: **I was a volunteer at brescia university college for the international student bridging program where I helped students who felt out of place and were new to Canada fit in by providing them with support, an open mind and acceptance. I also was part of organizing cultural shows while at university, and this was a contribution to increasing and celebrating differences within our society at a small scale. I believe I am ready to help celebrate differences at a larger scale within our community**

Interpersonal: **As a nurse, I am constantly advocating for my patients and their families, I listen to health teams suggestions , I listen to my patients and I also abide by my union and hospital policies, so I am always exchanging my views with others. I also have the ability to appreciate differences in opinions and flexibility in views. Again in my nursing practice, I focus on what is best for patients from their own view and how I would apply this in the diversity board by actively listening to opinions, being an advocate while also respecting and abiding by laws, I will also keep the voice of minorities heard and accepted.**

Interview interest: **Yes**