



ROLE MODEL BIO: Originally from Sucker Creek First Nation reserve in Northern Alberta, Linsay went on to graduate from MacEwan University with a Bachelor's degree in Child and Youth Work and is the founder and owner of her business, *Dreams in Motion Inc.* The company is a youth empowerment agency that provides self-esteem and confidence building workshops to schools and community groups. Linsay is also a fashion model and was runner up on Canada's Next Top Model. Her ambition and dedication along with her life and career successes make Linsay an ideal role model within our network.

LEARNING GOALS:

- I will make connections between a role model's life experiences and my own

SUCCESS CRITERIA:

- I can identify 3 specific actions that helped Linsay achieve her goals
- I can connect examples of these themes to my actions in my own life

IDENTIFY *Some of the themes below are discussed in the Fireside Chat with Linsay Willier.*

*overcoming low self esteem
positive influences*

*perseverance
self-care*

*community support
mental health & balance*

How have these themes have been present in Linsay's life?

- Listen to the interview
- Record notes of relevant themes and examples

CONNECT *Reflect on your own journey. Where do these themes appear in your own life?*

Discuss with a friend or family member. Record your connections in writing, drawing or with music.

"If you decide to leave your community, it will always be there. When you leave it is not forever".

-Linsay Willier

EXTEND *Put into practice what took Linsay so many years-- believing in yourself!*

**Moving forward, use a mantra to challenge negative self talk.
Write it on your mirror, look at yourself in the mirror and say it out loud.
Repeat this daily.**