

Cyn Bio

1. **How long have you worked at NHA and how did you find yourself here?** I first worked for NHA for a short contract in 2012 and then came back as the full time Communications and Engagement Specialist at the end of 2016. I had kept tabs on Norfolk's work throughout those years in-between so I was fortunate to learn of the opportunity when it arose. I applied and I got the job, meaning a move back to Calgary and setting up life here after 4 years abroad.
2. **What does 'home' mean to you?** Home, to me, is wherever my pug is. I don't need much in the way of comforts as long as I have her.
3. **What's your go-to recipe when it's your turn to cook?** I love to make a chickpea curry or a lentil stew, and often fall back on a greek salad with a veggie burger, even several times a week!
4. **Who is your favourite superhero and why?** Superman was always my favourite because he could fly and as a kid it made me giggle that no one could tell the difference just because he took his glasses off (I sometimes feel like that now as an adult!). But since the release of Wonder Woman last year, he's got some serious competition for my fave spot because I love to see strong females on screen.
5. **Do you have a favourite quote? What is it and what does it mean to you?** Something that's been resonating with me a lot lately is the quote "you are the sum of the 3 people you spend the most time with". I always want to be improving, learning, and growing as a person so this reminds me to be conscience of the people and the mindsets I'm surrounding myself with, and to strive to be around kind, positive, uplifting people.
6. **What is your secret talent or skill?** I can sense the slightest shifts in someone's mood and am acutely aware of people's emotions, which can be wonderful, but can also be very tiring as I am constantly feeling all of the feelings 😊
7. **How do you de-stress after a tough day?** I like to take my dog, Daisy, for a big walk around the river or go for a run on my own, pour a big glass of red wine, and pick up something for dinner so I don't have to cook.
8. **What's the closest thing you've seen to real magic?** This is an odd one but...bridges! Every time I step on a bridge, big or small, I am amazed by the beauty of the architecture and the sheer magic of the math – how do they stay up!? It's crazy to me. I love it. In another life I would have been an engineer I think.
9. **What's one thing you wish people knew about you?** I value honesty above all else and struggle sometimes with social or professional settings because I can't (or don't want to) hide my feelings – to me, it feels insincere.

10. **Coffee or tea?** Coffee all day every day. But sometimes a tea on a cold night can be nice.