



Release Upon Receipt
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MEDIA ADVISORY

interVivos launches its Winter 2019 Mentorship Program Launch Kicks off Mentorship Program for Change Makers and Connectors

What: interVivos is hosting its 14th mentorship launch, kicking off another six-month mentorship program bringing volunteer mentors together with protégés in Edmonton. interVivos cultivates leadership through dialogue, engagement, and mentorship. We are a non-partisan non-profit that has existed in Edmonton since 2006. Our vision is a generation of inspired and informed leaders. More at interVivos.ca.

Who: Our mentors and proteges come from a variety of fields such as entrepreneurship, information technology, consulting, government, communications, healthcare, culinary arts, politics, and non-profit. Our program aims to match people from diverse backgrounds. While some people look to mentorship for career development, our six-month program focuses on the importance of a reciprocal relationship for mentors and protégés. Our mentors and proteges have worked on a variety of things together such as personal growth and development, workplace challenges, career changes, building networks, challenging comfort zones, and work-life effectiveness.

Mentors participating in the Winter 2019 Mentorship Program:

- [Ammneh Azeim](#), User Experience Manager, [Alberta Health Services](#)
- [Andrew Livingstone](#), Manager, Communications and Public Relations, Legal Aid Alberta
- Bonnie Islam, Pediatrician, Associate Teaching, Alberta Health Services, University of Alberta
- [Debra Kasowski](#), Founder/CEO, [Debra Kasowski International](#)
- [Hin Lai](#), President, [Sidekick](#)
- [Jesse Meyer](#), Principal, Incite
- [Kathryn Joel](#), Founder / Owner, [Get Cooking](#)
- Kimberley Warawa, Improvement Specialist, Government of Alberta
- Matthew Garrett, Owner/Baker, [Doughnut Party](#)
- [Ricardo Casanova](#), Managing Partner, [VisitorBay Inc.](#)
- Rowena Cui, COO / Owner, [Planit Sound Inc.](#)
- [Sarah Burghardt](#), President, [Insight Human Resources](#)
- [Simon Underwood](#), Owner, [Doughnut Party](#)
- [Tim Gourlay](#), CEO, [Fitset Ninja](#)
- [Tyler Sherard](#), Executive Director, [Friends of University Hospitals](#) / McMullen Gallery

When: Tuesday, December 10th, 2019 from 5:30 - 9:00pm

Where: The Pint off Whyte, 8032 104 Street NW, Edmonton, AB T6E 4E2

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