

# MANITOBAABORIGINALHEALTHCAREERS.CA

## Q & A



**Dr. Lisa Monkman**  
 Family Practitioner / Dauphin

**WATCH LISA'S STORY**

<http://youtu.be/JlwLxsFM2WE>

### Q: WHAT IS YOUR FIRST IMPRESSION OF [ManitobaAboriginalHealthCareers.ca](http://ManitobaAboriginalHealthCareers.ca)?

A. It really is full of an incredible amount of information .It's easy to navigate. When I was younger and seeking out information on health careers and being a doctor, I vaguely remember finding information on different websites. To be able to go to just one place and have access to all the information I was looking for would have been great, but [ManitobaAboriginalHealthCareers.ca](http://ManitobaAboriginalHealthCareers.ca) is even more than that. It's about the stories. It's about being able to see people who look like you and come from your culture, overcoming obstacles, doing what they love and being successful. The key message,that weaves through is that everyone has struggles, some more than others, but everyone persevered and is experiencing success.

### Q: WHAT DO YOU HOPE OTHERS WILL TAKE AWAY FROM YOUR VIDEO PROFILE?

A: I hope that they are inspired, I hope they feel a sense of community and belonging, basically to believe in themselves more. We've all had experiences where we felt we didn't belong or didn't fit in or that our goals were too big or too far into the future to be able to visualize it happening in our own lives. I'm a real person, and that happened to me, If someone watches my video and they can see just a little part of themselves in my story, and it helps them see things in a more positive way, that would be great.

### Q: WHAT ARE YOUR HOPES FOR THIS PROJECT - [ManitobaAboriginalHealthCareers.ca](http://ManitobaAboriginalHealthCareers.ca)?

A: My hope is that it achieves the goals it set out to do, which is have information and real stories more accessible to the general public and average person. I had no idea what the daily life of a doctor was like until I graduated medical school. to be able to see Indigenous people in a wide variety of careers in the health sector and to be able to have our most rural and northern communities access that with a click of a mouse, it will make a difference.

### Q: WHAT DO YOU WANT EDUCATORS TO KNOW ABOUT [ManitobaAboriginalHealthCareers.ca](http://ManitobaAboriginalHealthCareers.ca) ?

A: I would like to encourage teachers, educators & guidance counsellors to look through the website. To explore the depth of resources.available. I encourage them to become very familiar with the website and what it has to offer, so you can help guide your students or clients through it. As Indigenous people we need to be educated and give our young people a vision of success. We need to inspire them to create their own path and to offset the negative stereotypes as well.

### Q. IF THERE WAS ONE MAIN MESSAGE YOU WANT PEOPLE TO TAKE WITH THEM AFTER EXPLORING THE WEBSITE & PORTAL AND FROM WATCHING THE SUCCESS STORY VIDEO PROFILES ON [ManitobaAboriginalHealthCareers.ca](http://ManitobaAboriginalHealthCareers.ca) WHAT WOULD IT BE?BE?

A: I want everyone to who comes to the website to explore and watch stories to know you are not alone. You might feel alone but you are not. There is an entire community surrounding you that are waiting to help. That's why I think a career in health is wonderful, there is an entire network of people with different skill sets, changing things for the better.

THIS COULD BE YOU.

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**HEALER**

