

# Meet Ingrid

My name is Ingrid Wilson and I am a member of the Humber River Health (Humber) Board of Directors as Vice Chair of the Quality Assurance Committee and serve on the Finance and Audit Committee.



## **What drew you to join the Board of Directors at Humber River Health?**

One of my community pillars and focus is on health equity and the lack of equitable access for my community as well as other communities, groups, and identities. Throughout my years volunteering within the community, much of this work has been in the area and in the community Humber serves. The population and community in the Humber area represents a wide range of diverse cultures and language with a variety of needs and perspectives and healthcare needs. This community includes a significant number of immigrants and refugees, representing various culture, age groups and family structures. This demographic landscape highlights the importance of culturally sensitive and equitable health care, aligning with my commitment to health equity for all.

## **How has being part of this organization influenced your own leadership journey?**

Quite frankly, being on the Humber Board has provided visibility for my community and health equity work and has validated the skills, abilities and contributions that I bring to a Board. The pathway to stepping on Boards, other than community Boards, can be complicated for Black women and people in my community. For me, being on this Board sends a message to other women and women in our communities of what is possible, and to be proud of the value and contributions we bring to the table.

## **As an influential leader with a wide range of experiences, how have your skills or expertise evolved since you started with Humber River Health?**

My career journey as a Human Resources (HR) Professional started in healthcare at Wellesley Hospital. Over the years, although my HR practice has taken me through other industries and experiences, I have always come back to healthcare and the importance of equitable access for all people. My experience at Humber has given me a greater understanding of healthcare innovation and how this can positively impact community and all people. As a member of the Finance and Audit and the Quality Assurance Committees, I have enjoyed expanding my knowledge of healthcare and this everchanging landscape to make people's lives better.

## **What has been one of the most rewarding moments for you as an HRH board member?**

One of the most rewarding experiences was joining the Humber River Health Foundation (HRHF) Marketing Committee and being part of the Brand Strategy development and launch campaign for 'Healthcare Lives.' Healthcare Lives recognizes and honours our communities, the right to equitable and culturally aware healthcare, and access and the importance of innovation to strengthen healthcare and access for all.

## **What advice do you have for future generations of leaders looking to make a positive impact in fields such as healthcare and beyond?**

Anything is possible! It is important to value your own skills and abilities. Ask those who can help you by sharing their experiences and through mentorship opportunities. For those of us in leadership roles- reaching back to lift up others is also very important.