

If the founding visionaries of UVic had not committed to opening its doors, my parents may never have met in that fateful French class where my father fell in love with my mother at first sight. Perhaps, I would not even be here to consider putting my name forward for this year's Senate. I couldn't be more grateful I am here to do so.

I also couldn't be more happy to be in my second undergraduate degree, in psychology. Am I the only one who swoons when learning brain biology? As a mature student, I feel called to serve UVSS's student body to continue bringing countless unknown visions, connections, careers & families together while cultivating excellence in the fields of world renowned research and education.

My nomination to the Senate brings my personal & professional experience in post-secondary, Indigenous & not-for-profit governance. This is now complemented by my entrepreneurial success & educational passion for the neuroscience behind Conscious Leadership practices.

The world is changing. AI overtaking delivery jobs & fact finding. War and famine still affect so many & generations upon generations into the future wondering where food, water & sustenance will come from.

We need Conscious Leadership to work together better. Leadership that invites collaboration in its diversity, sober thought & rational discussion. Decisions made need to reflect and honor traditional wisdoms & science for the future. My experience brings this forward.

My heart-centered desire to serve comes from: 1. my willingness to step into becoming a trusted leader who understands the complexities we face together; 2. the excellence we can instill in all that we do; &, 3. finding the ways to create a future we are proud of while honoring traditional knowledge.

My name is Sonja Foss and I hope to make you proud of the work we can achieve through the University of Victoria's Senate.