

The value of training

A PARTICIPANT PROFILE

The City of Mississauga Aquatic Leadership programs have been a very valuable and beneficial experience for Delene. She shares some of her passion with us.

What lifelong skills did Aquatic Leadership courses teach you?

From my first Aquatic Leadership class, **Bronze Star/ Bronze Medallion**, to volunteering as a **Junior Instructor** at my local pool, I learned how to handle stress, be professional, responsible, improve my communication skills and manage my time. As a result of these leadership courses, the development of self-confidence helped me improve my presentations at school and in engaging people comfortably in conversation.

Tell us about some of your experiences.

I was very nervous during my first **Bronze Medallion** class, but the instructor helped me feel comfortable through a positive learning experience. My Aquatic Leadership courses helped me build relationships with my peers, instructors and coworkers who shared similar goals while giving me the encouragement I needed to succeed. Participation in fun and challenging programs like the **National Lifeguard Service** and **First Aid courses** helped keep me focused on achieving my goals.

Where do you see Aquatic Leadership programs benefiting your future career goals?

Aquatic leadership programs promote an active and healthy lifestyle, with relevant skills and lifesaving techniques that can or may be used regularly. Many of my peers have found their aquatic experience has helped them further their career goals in becoming firefighters, paramedics, nurses, doctors, teachers, and many other customer service based jobs. It has provided me with many new opportunities to grow personally and professionally.

Any final thoughts you would like to share?

Becoming a lifeguard and swim instructor for the City of Mississauga has given me a sense of belonging to a community that I have grown passionate about. I would recommend Aquatic Leadership programs because of the lifelong skills they offer that can be applied to any future career.

For more information on the Aquatic Leadership programs and opportunities, please visit your local pool or go to mississauga.ca/aquatics

