



"BE PROUD OF THE
OUTCOME IF YOU'VE
PUT YOUR BEST FOOT
FORWARD."

A Profile in Excellence

MELISSA MOORE

If a team leader is a person who instills confidence and provides guidance, inspiration, and structure, then perhaps nobody fits the bill better than Melissa Moore. A true leader bred from years of playing team sports, Melissa has effortlessly translated her knowledge of athletics and leadership into her day-to-day routine with students. As it was during her days as a competitive athlete, she places a strong importance on self-reflection and personal growth, and encourages a shift in focus away from 'achievement' and toward a 'growth mindset'.

BIO

Born and raised in the foothills of North Vancouver, Melissa's high school days were consumed by basketball practice, soccer and volleyball games, discus and shot putting, and leading a team as the President of the Student Council. It wasn't until she was recruited to Brandon University in Manitoba to play basketball that she started focussing on a career in education. Melissa is currently working toward her Master's in Education Leadership at Vancouver Island University.



Amazing Race

I did the ALS Adventure Challenge, which involves tackling an adventure (running, mountain biking, and kayaking) while raising funds for people suffering from ALS. I did this because my aunt passed away from this disease and was so brave during her six-year battle. I learned to appreciate to move and never take anything for granted. She demonstrated strength that I did not know was humanly possible and she will always be my hero.

HOW DO YOU PROVIDE SUPPORT FOR STUDENTS FACING CHALLENGES?

1

If a student isn't reaching their potential, I won't tell them that. I will, instead, ask questions. For example, I'll ask them, "What are your passions?"

2

I give them space to allow them to reflect on their mistakes.

3

I share my own experiences and struggles to encourage them not to hold anything back.

WHAT IS YOUR ROLE IN THE MIDDLE SCHOOL?

Making sure every student knows that I know them. This goes beyond what they're doing in the classroom - I want them to know I care about what's going on in their life. For their parents too, it's important to know that my door is always open and that I care.

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FAVOURITE FORM OF EXERCISE?

Running. It's a time for me when I can turn off everything, practice active mindfulness and centre my mind and body.

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BREAKFAST OF CHAMPIONS?

A smoothie. I always add spinach, kale, fruit and lemon juice.

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CURRENT BOOK ON YOUR NIGHTSTAND?

Formative Assessment and Socio-Emotional Learning in the Classroom.

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BEST MATCH OF THE YEAR?

Mexico vs. Canada (mens) game at BC Place. My 13-year-old nephew and I sat behind a crowd of Mexican fans and had a total blast - he was so excited!



'CHANGE
'I CAN'T DO THIS'
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WHAT MEL LEARNED THROUGH SPORTS

LEADERSHIP

"There are times to be a leader, and there are times when the most important role you can play is to support," Melissa explains. It is understanding this balance that can make all the difference - and Mel has found this to be true on and off the court.

VISUALISATION

Like any outstanding athlete, Mel discovered the secret to enhancing her physical and psychological performance: visualisation. She learned it is just as important to warm up mentally as it is physically, and through visualisation, it is possible to condition your mind to think more clearly when performing under pressure. This lesson extends beyond any field or court, and into her daily life.

HOW TO LOSE

Nobody enjoys losing, but some of life's most valuable lessons are taught in the face of defeat. "When you lose a match, you need to learn to bounce back - there's no time to dwell," Melissa says. The same goes for injury. When you overcome an injury, it's not just conquering the physical impact, but the psychological one, as well. Melissa tries to teach students to understand that injury will happen, and the key is to view it as a learning experience. "It's important to see these 'roadblocks' not as a blockage, but a change in direction - a new opportunity."