

Growth Year: 2023

Name: Shelley Moore

Age: 44



**I am...**

- Danish, learning to speak Danish
- Queer, She/Her pronouns
- Bowen Islander, Albertan, Settler
- Teacher, Researcher
- Mom, Wife, Sister, Daughter, Friend

**I really like and/or what to learn more about:**

- Gardening, BBQ-ing, travelling, camping, carpentry
- Universal Design for Learning, disability justice, Inclusive practices, curriculum design
- How to parent a 2 year old, potty training
- Watching movies, naps, eating anything my wife cooks
- The Edmonton Oilers, going to MLB baseball games, playoff spots, the Olympics

**I am really good at and/or could teach others:**

- Storytelling, making complex ideas accessible
- The pros and cons to owning an Irish Terrier
- Renovations and design
- Deep cleaning and organising
- Travel itineraries
- Being impulsive and adventurous
- Understanding the rules to boardgames and sports
- Social media & technology

**I want to grow in these areas:**

1. Increase my physical activity
2. Balance my work and family life
3. BBQ the perfect steak

**I need support in these areas to grow:**

- Anxiety & depression
- Managing frustration and anger
- Memory
- Communicating through writing

**I need this in my garden to grow:**

- Purpose, time to be creative, rest, medication, routine
- Positive encouragement
- Collaborative problem solving
- Representation
- Connection, relationship, community
- Windows of time, name tags, technology

**This is what makes it hard for me to grow:**

- The pace of change
- Attitudes towards Queer and Disabled identities
- Misunderstandings about inclusion
- Political tensions, white supremacy & the patriarchy
- Assessment models
- Standardized curriculum

**Thank You For helping me GROW**