

INGRID UHRYN

Born and raised in Regina, Ingrid has deep roots in the cooperative sector and believes that people need to come together to meet a common need.

With over 30 years of HR experience working with outstanding organizations and leaders in SK, nationally, and globally, in the cooperative, private,



non-profit, and public sectors, Ingrid is a progressive and strategic HR leader who is in touch with today's five generation workforce and the organizational challenges this can bring. In her current senior leadership role, Ingrid is a change leader and is privileged to oversee the strategic delivery of all HR services and programs on behalf of the organization, and also provides HR advisory support to Boards across the province.

A Chartered HR Professional and a Certified Leadership Coach, Ingrid studied Business Administration and completed various post graduate programs in HR at the Universities of Regina, Royal Roads, and Queen's. She also maintains various HR certifications and designations and is actively engaged in her professional community.

Ingrid and her husband enjoy travelling, golfing, attending concerts, and spending time with family and friends.