

## INGRID UHRYN

Born and raised in Regina, Ingrid and her family have deep roots in the cooperative sector having been members as far back as 1950. She grew up learning that people need to come together to meet a common need and make a difference. Ingrid is passionate about health care and has experienced firsthand how critical it is to have excellent primary health care, supporting services and patient education available to everyone in our community. Ingrid was first appointed to the RCC Board of Directors in 2022 and was re-elected in 2023.



She was Chair of the Human Resources Committee and co-chairs the Governance and Human Resources Committee. Her reasons for her interest in being re-elected to the board have not changed from 2022. The RCC has been a hidden gem in our healthcare system and she has personally heard from patients who have received outstanding care and service from the clinic, and the time needed to inform and educate patients on what they need to do to stay healthy.

During her time on the board, Ingrid has had the opportunity to improve the performance evaluation and planning process for the Executive Director role by focusing on the key result areas as outline in the strategic plan. To support this, she has streamlined the ED's HR reporting to the board and made the reporting process easier and more aligned to the plan. This past year, the HR committee has engaged an external consultant to assist with developing a Succession Planning model both for RCC's leadership positions and the board. Her continued interest is that the clinic is now in a very good place. With excellent executive leadership and having highly skills board members to guide and oversee the organization, the clinic has been able to better serve its patients and members. This will also positively impact organizational culture, its hardworking staff, and will enable the clinic to continue to attract physicians.

Ingrid's previous board experience includes the Regina Chamber of Commerce, Leadership Regina, the Chartered Professionals of Human Resources, and she has volunteered for the Canadian Diabetes Association, the Cancer Society, and the Heart and Stroke Foundation. With over 30 years of strategic HR experience, Ingrid is a change leader who challenges the status quo to ensure the best possible outcomes for those being served are achieved. AS the executive HR leader for a government funded agency, Ingrid is privileged to oversee the strategic delivery of all HR services and programs for the organization and provides advisory support to boards across the province, but she always says she couldn't do this without her team working and collaborating together to meet a common goal. Prior to this role, Ingrid worked in the cooperative system with Conexus Credit Union and with Credit Union Central of Saskatchewan in various senior HR, governance, and strategic planning roles.

Ingrid studied nursing, and then business administration. She completed various postgraduate programs in strategic HR, Organizational Development and Design from Royal Roads, and Queen's University. She maintains various HR certifications and is actively engaged in her professional community. She is also a chartered HR professional, and a certified leadership coach. She is also a trained vocalist and was the recipient of the Royal Conservatory of Music Medal for the highest mark across Canada. Ingrid and her husband Terry enjoy travelling, music, and spending time with their great nephew and two nieces.