

# MIKAIL TATE, (BHSC)

## Facilitator

Mikail holds a Bachelor of Health Sciences degree from the University of Lethbridge, majoring in Addictions Counselling. She has worked in a variety of roles including youth & preschool program development and delivery, fundraising, crisis intervention, and addictions support work. She is passionate about community development, adult education, and capacity building. Mikail loves learning, and is fascinated with the neurobiology of feeling safe. She loves acquiring new knowledge in these areas and integrating this into use of practical skills in work and in life. Mikail has been involved in the arts as a lifelong learner, and lover of various art forms. As a former dance instructor and summer camp enthusiast, she aspires to inspire and empower others to embrace their creative side as a means to promote well-being and personal growth.

**First Responder to Sexual Assault  
and Abuse Training™**

