

## VOLUNTEER SPOTLIGHT

### COURTNIE MOODIE: SPRING 2021



Courtnie Moodie fell in love with the work of the Women's Breast & Heart Initiative the first time she attended outreach, and when she learned about the WBHI Community Partner Program, she wanted to join right away.

Courtnie decided to become a Community Partner because it gave her a chance to take on more responsibility than an occasional volunteer. "It's a great opportunity to engage with the community on a different level," she says. Courtnie loves that she can lead teams, which has helped with her timidity and personal growth.

One of her favorite parts of Door-to-Door Outreach begins before she even knocks on the first door. In her words, "I always give my team a 5 to 10-minute pep talk. It's exciting to share with my team what I've learned so far and cultivate an atmosphere that makes them want to come back again. We talk about their hopes, fears, and goals for the day". She truly enjoys leading her small

groups and getting to know more about the other members of her team.

Courtnie is currently applying to medical school with the intention of practicing family medicine, eventually opening her own community health center. Her involvement with WBHI has helped prepare her for this next step since she has learned about community health disparities of which she wasn't previously aware. She also has gained skills to better connect with people from many different backgrounds through their stories. Courtnie says, "The most important thing I've learned is how to engage people where they are, as we go to them – they don't come to us. It teaches us empathy. It teaches us compassion".

Courtnie encourages everyone to volunteer because "it's a great opportunity." We thank Courtnie for her commitment and love of having her on our team!