

BARBADOS '24

Leadership in Action

IMPLEMENTING RESEARCH, EMBRACING CULTURE

Healthy Games

My mission in Barbados was to develop a database of games for the Heart and Stroke Foundation of Barbados to use in their informational workshops that they conduct across the entire country. In this photo, you can see one game where kids had race to create the healthiest plate with a limited stock of ingredients!



Public Speaking

One of the key skills that I developed was public speaking, to different audiences. Here, you can see me running a workshop to a group of children ages 8-13. In other contexts, I presented to health experts, political leaders and key advocates.



Exploring the Island

Thanks to the new friends I made, I was able to visit many of the Barbadian landmarks across the island. In this photo, I am at the beginning of a hike that goes all the way to northern Atlantic coast. I was also able to try delicious foods, snorkel and scuba dive!



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