

# NBASW Featured Social Worker Series

WENDI NIXON, RSW



Where are you from?



I was born and raised in Fredericton.

How long have you been a social worker?



My social work career began here in 1985 in the child welfare field.

Where do you work? What do you do there?



By 1990, I transitioned into private practice; working with groups, families, couples & individuals. I did some teaching through the years, as well. I love stress management.

What is an achievement (professional or personal) that you're proud of?



In 1974, I passed the Canada fitness test; my goal now in my senior years is to be as healthy and fit as possible for this stage in life.

## If you could give one piece of advice about self-care for social workers, what would it be?



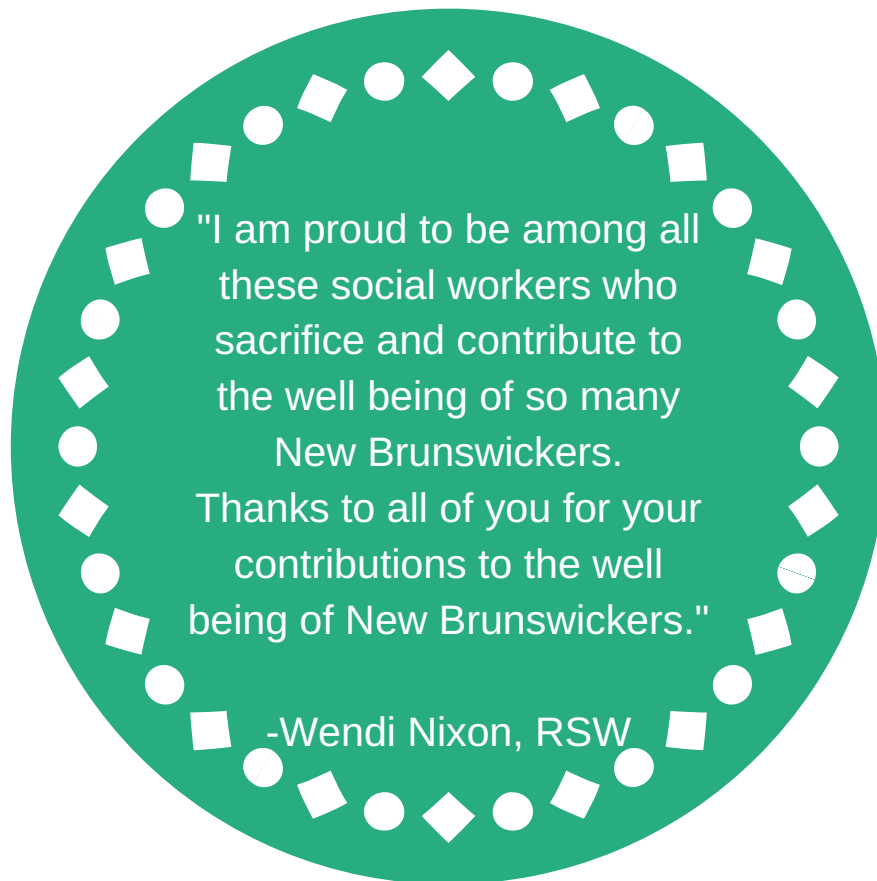
My suggestion to all my social work colleagues is to make fun & fitness a priority throughout your career. You are all worth it.

## What's a fun fact about you that most people don't know?



At this point, I am nearing retirement from my practice and also from the NBASW Board of Directors. I am concentrating my time on gardening, exercise and games. I play in cribbage clubs and a mahjong group.

## Why are you proud to be a social worker?



Thank you, Wendi for agreeing to be featured by the NBASW and helping us celebrate the diversity of roles held by NB Social Workers!