

NBASW Featured Social Worker Series

ZOE BOURGEOIS, RSW



Where are you from?

Fredericton, NB

How long have you been a social worker?

Less than a year (registered a year later in April 2017) Graduated class of '16.

Where do you work?
What do you do there?

Partners for Youth Inc. I am the Program Coordinator for the New Brunswick Youth in Care Network.

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

My biggest accomplishment besides my two children is the defining statistics. I have with the help of others managed to transition from a foster child to a University graduate to a Registered Social Worker.

Thank you Zoe for agreeing to be featured by the NBASW and helping us celebrate the diversity of roles held by NB social workers!

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

.....

I think it's important to realize that self-care is an ongoing thing for Social Workers. It's not a one-time deal, or once a month break. It's crucial to implement small self-care habits everyday. It's important to give your life a little bit of love and attention. I started writing down a "compliments file" where I document every nice thing a person has said about me, so when I am feeling down, I pull out this folder and read those comments. I also take time to "unplug" from technology. At work, I am constantly on social media, emailing, talking on the phone so I make sure to take time in my day to free myself from that world. It's a nice mental break.

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

.....

I am a photographer on the side. I offer low session prices so every family can afford a record of their memorable moments. This past year, I took part in the #Beccatoldmeto campaign and offered one year of free photography for the public. To date, I have photographed over thirty families.

Why are you proud to be a social worker?

"I am proud to be a social worker because I get the opportunity to work with people from all walks of life. Each person brings new life experiences, and I love being the person they need support from. I enjoy building relationships and learning from the people I work with. They challenge my thinking which helps me grow as a Social Worker. I have the opportunity to help change someone's life or peoples lives for the better. As a Social Worker my work helps me to learn what my strengths and limitations are while working with people in need of assistance. As a Social Worker, I am always growing".

-Zoe Bourgeois, RSW