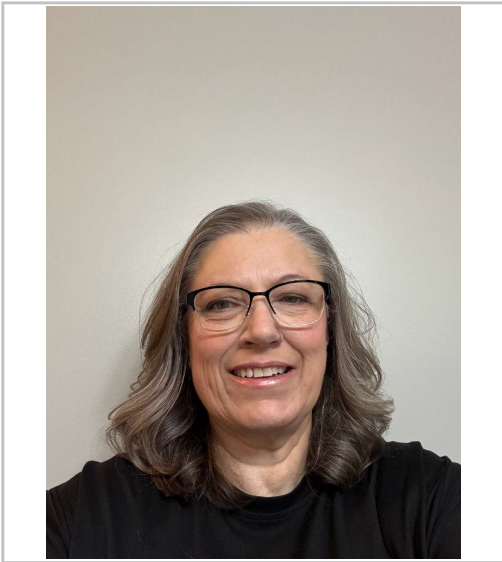


## Candidate Form



Please provide your contact information  
below that you would like shared with the  
Local Unit Executives & membership.

**fidgenom@yahoo.com**

Personal Email

**587-664-3196**

Phone Number

My name is Laura Fidgen, and I am a nominee for the HSAA Calgary District Board. I have worked in healthcare for more than 25 years in both Canada and the United States. My career has provided me with the opportunity to be involved in many boards from multi-million-dollar retailers to condominium groups. I enjoy volunteering and offering my experience and knowledge to offer solutions and make positive changes.

Alphonse De Lamartine, a French author, poet, and statesman, once wrote "There is a woman at the beginning of all great things." At the HSAA Annual Convention in 2024, I had the privilege of listening to a panel of strong and dedicated women discuss their role in the (r)evolution of females in unions. It was powerful, educational, and motivating and it inspired me to become involved in my local HSAA union executive as secretary. This past February, I was nominated and elected Chair of our local union executive.

On February 25, 2025, a HSAA press release spoke to a survey done between November to December 2024 of 1260 HSAA members working in the Alberta healthcare system. HSAA reported that 89% of those members polled agreed Alberta healthcare is in crisis. I am fortunate to collaborate closely with physicians, medical office staff, and extended healthcare team members as an Electronic Medical Records Specialist with Mosaic Primary Care Network. I have witnessed overworked clinical staff forced to work in clinics and other healthcare facilities that are under-staffed causing unrealistic workloads that are not maintainable. Who pays the cost? Our valuable healthcare staff and our patients. Why do I want to become a board member? To use my 25 years of healthcare experience, knowledge, and voice to become the 'woman' at the beginning of something great.

I asked two of my nominators why they believed I would be a good board member, and I was humbled by their words. A. Rollins wrote, "You're logical and smart, you consider everyone's opinions and ideas and you're great at thinking outside the box. You're a great problem solver and genuinely want what is best for the employees." C. Percival wrote, "You are patient, rational, objective, and an active listener. Confidential, understanding of the mission and values of both Mosaic and HSAA. Strategic thinker and great communication skills."

How would I represent my fellow Calgary district members? I would leverage the experience and knowledge of our members. As healthcare workers we realistically know 10% about our patients and the remaining 90% is below the surface, like an iceberg. David Rock, author of Quiet Leadership, writes that employers only know 10% about each of their employees through their actions and behaviors. Ninety percent of an employee's talent goes unleveraged. We need to show Alberta Healthcare leaders that rapidly changing processes are not the way to sustain positive change and improvement to our broken system. Who knows the Healthcare system best? Our dedicated and knowledgeable healthcare members. By leveraging the 90% of unused potential, experience, and knowledge of 30,000 HSAA members could change our Alberta Healthcare system crisis to a story of success.

I would be grateful for your support, and I urge you to use your voice and vote. Our collective experience and knowledge can make a difference!