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**June 14th 2021: Encore: Using challenge to cultivate resilience**

Even on the best of days, challenges exist, and they can come in all shapes and sizes. As challenges magnified this past year with COVID-19 they didn't stop Teara Fraser, founder of Iskwew Air, the first airline founded by an Indigenous woman in Canada. A trailblazing, Indigenous Entrepreneur who does not shy away from barriers that are put in front of her! In this week's episode Teara joins the resilience conversation with Beth to share how she uses challenges to cultivate resilience as she works on the world's to-do list!

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### Featured Guest



#### Teara Fraser

Teara traveled to Africa & while a passenger in a small airplane for the very first time, as she accelerated down the runway her 'heart came to life'. She returned to Canada to fly her first solo flight a few months later. Within one year her Commercial Pilot's Licence was in hand & she has been flying commercially since. Becoming a pilot was transformational, truly giving this young Indigenous woman wings. In 2010, she started KÍSIK Aerial Survey Inc. (KÍSIK is a Cree word for sky and eye). She built this business from the ground up with an amazing, inspiring, exceptional tribe. In 2016, she sold the business, handing over the controls for a new exciting chapter of excellence & growth.

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