

SCYP Profiles An Interview with **Lorna Knudson**

Former SCYP Program Officer, facilitator/consultant extraordinaire

Name? Lorna Knudson

Where do you live? Regina

What do you do for work?

I do some organizational development/facilitation consulting and work part-time as Director of Operations for the Regina Community Clinic

What kinds of skills and knowledge do you use in the work that you do?

Facilitation, presentation, listening and consulting skills

How were you involved in SCYP?

I was a participant, worked as a summer student, youth program manager assistant, manager of provincial youth/co-op consultation project and youth program manager. (That sounds like a lot jobs! This was over a period of 5 or six years in the late '70 and early '80s. I don't think I should admit the years.)

How did your involvement in SCYP influence you?

I was raised in a family with strong co-operative values.

However, that very first seminar was significant. It reinforced my basic understanding and beliefs about co-operatives and their importance to communities and the broader economy. I knew I wanted to work in the sector.

What influenced/led you to do the work that you are doing now?

I had worked primarily in the co-operative sector in Saskatchewan and Alberta, when as a family we decided to move to Regina at the end of 1992. I started doing consulting work while raising my young boys and have continued as they have grown. I like the diversity of work and the flexibility that consulting provides. One day I might be doing a staff training session for casino employees and the next day, I could be doing a team development session for health care workers.

What do you find inspiring in your work?

I like working with different people and learning new stuff. Each contract is a new challenge. Every person or organization, with whom I have ever worked, truly wants to build a better organization.

What else inspires you?

Family, friends, ... the human spirit.

I am also working with a group of concerned citizens in Regina who are starting a funeral co-operative – now this is an inspiring group of people!

If you could go anywhere in the world, where would you go?

Somewhere warm – especially today as a blizzard is raging outside.

Actually in 1986 my partner and I bought “round-the-world” tickets and spent approximately six months travelling. We visited the South Pacific, New Zealand, Australia, Indonesia, Thailand, Nepal, a number of Mediterranean and European countries. I would like to do that again someday.

Favourite summer activity?

Catching a big fish on a Saskatchewan lake on a hot summer day!

Last book you read?

Life of Pi by Yann Martel

Anything else you would like to tell us about yourself?

My memories of my years with the SCYP are all good. For me it was time of immense personal development and growth. I am doing what I am doing today because I attended that first co-op youth seminar. 🌱

