

# SABINA FINNIE

FIRST MATE, MASSAGE THERAPIST, OUTDOOR EDUCATOR, NURSE



I graduated from CVR in 2000. I went on to do my D.E.C at Dawson in social sciences, with a focus in geography and anthropology. At that point, I wasn't quite ready for university. Inspired by the geography courses I'd just taken; I saved up some money and decided to do some exploring of the world. My first big jump into the unknown was signing up for a 6 month yachting course that would result in me obtaining my captains licence. Understand that I had VERY minimal experience in sailing (none really), but I had an interest and was determined to see it through. I went on to work both on sailing yachts and private motor yachts for the next 4 years. I was privileged to the chance to get paid to

travel the world. I visited the UK, Mediterranean, Australia, the east coast of the USA, the Bahamas, the Caribbean, Bermuda, Mexico, Venezuela and crossed the Atlantic twice. Make no mistake, it was extremely challenging at times, with even a couple serious near deaths (a man overboard, and a sinking ship). But it was also some of the best times of my life and worth every challenge

In 2007, I felt I needed a change from the ocean, and took off traveling on my own for five months. I finished my travels back in Canada, deciding it was time to put down some "roots". I had decided that since I had spent four years in constant summer, making the most of winter and mountains was next on my list. In February of 2008, I moved out to Revelstoke, British Columbia. I worked on the ski hill, and snowboarded almost every day. That summer I pursue my interest in health services and enrolled in a massage course. This led to me working as a massage therapist for a prestigious Heli Skiing Operation out of Revelstoke called Mica Heli. I spent the next three winters working with them. During the summers, I had embarked on the adventure of working with the National Outdoor Leadership School (NOLS) which is a school that takes young adults into the wilderness for a minimum of 30 days with the purpose of developing leadership, communication and outdoor living skills. I equally spent three summers working with them in the Yukon, traveling between BC and the north every spring and fall. I loved NOLS so much, that I became an instructor for their sailing program in Mexico.

After a total of eight years of being somewhat nomad, I felt a pull for something else. My interest in health services were still quite strong, and led me to decide on becoming a nurse. So at 28 years old, I moved back to Quebec, went back to school, and became a nurse. I currently work in Montreal in the Emergency Department of a big hospital, and I love it.

The message I want to share with you, is make sure you follow your heart, no matter how crazy it may seem to others. Many people thought I was crazy and tried to talk me out of my various choices along the way. And sometimes they were right, and plans didn't always go as I had wanted. I failed many times at various things. But in the end, I followed my path, my interests, learned my lessons, and I feel it was all worth it. So don't be afraid to explore and to things differently. You might just surprise yourself.