

Community

Many Edmontonians pride themselves in assisting the youth in their community. One of those leaders is named Harriet Tinka. Here you will learn about her extraordinary journey, and her quest to reach out to teens in our community.

Here is a list of activities you will work on:

- KWL Chart
- Reading
- Video

Look at the KWL chart below. What do you already know about Harriet Tinka? Write what you already know in the "K" column. What do you want to know about Harriet Tinka? Write down what you want to know in the "W" column of the chart.

KWL chart

K	W	L
What I know about Harriet Tinka	What I want to know about Harriet Tinka	What I learned about Harriet Tinka

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READING**Harriet Tinka**

Harriet Tinka is a motivational speaker, life coach, and mentor whose goal is to inspire teens to reach their full potential.

Harriet began her career as a model and has over sixteen years of experience in an international and local modeling career. After a tragic life altering experience in university, she was encouraged to move forward and use her pain to inspire others. As she saw more and more models coming in with unrealistic expectations of beauty, and low self-esteem, she started teaching extensively in modeling school, helping the models boost their self-esteem and overcome negative self-talk in order to love themselves unconditionally.

After receiving much encouragement, she established the non-profit organization 'Empowered Youth' with the motto "I Believe in Me Because...". The organization aims to inspire, educate, empower, value, and support all youths to have a sense of purpose and live to their full potential.

To her students, she is known as a "Powerhouse Role Model who makes being genuine the most powerful thing of all". On June 7, 2014, Harriet Tinka was officially inducted into the "National Wall of Role Models" by the Black Canadian Awards.

Harriet Tinka continues to test the limits and be the best at everything she does.

VIDEO

Information from the videos and audios will also be included in the quiz.

In this video you will learn about Harriet Tinka's journey to becoming a mentor.

<http://globalnews.ca/video/1979281/woman-of-vision-harriet-tinka?iframe=true&preview=true>

FUN FACTS:

Here are some quick interesting facts about Harriet Tinka:

- Harriet is originally from an East African country named Uganda and now lives in Edmonton
- Her workshops which she runs in schools are called, "Believe in Me Because..."
- In 2013, Harriet completed the 12 mile Tough Mudder Whistler military challenge!
- One of her role models is Maya Angelou, a very gifted Black American author and civil rights activist who died in 2014
- Harriet loves to challenge herself! She is afraid of heights, but decided to face her fear and rappelled (which means to jump using a rope) 28 floors down the Scotia Place Skyscraper in downtown Edmonton!

REFERENCES

This is for more information. You do not have to study the references.

Harriet Tinka, <http://empoweredyouth.ca/harriet-tinka/>

<http://blackcanadians.com/harriet-tinka>

<http://www.avenueedmonton.com/May-2015/Global-Woman-of-Vision-Harriet-Tinka/>