

**ROLE MODEL BIO:**

Krista Paul is a mother of two, from Saskatoon in Treaty 6 territory and has been involved in the hair industry since 2009. Krista believes in the power of make-up and styling to enhance people's natural beauty and to bring out their confidence. Krista is passionate about her career and is committed to constantly educating herself with the latest products techniques and skills for her clients.

**LEARNING GOALS:**

- I will make connections between a role model's life experiences and my own

**SUCCESS CRITERIA:**

- I can identify 3 specific actions that helped Krista achieve their goals
- I can connect examples of these themes to my actions in my own life

**IDENTIFY** *Some of the themes below are discussed in the Fireside Chat with Krista Paul.*

*creating a career from passion      confidence      self-discovery*  
*growth mindset      self-love      gratitude*

How have these themes have been present in Krista's life?

- Listen to the interview
- Record notes of relevant themes and examples

**CONNECT** *Reflect on your own journey. Where do these themes appear in your own life?*

**Discuss with a friend of family member. Record your connections in writing, drawing or with music.**

**“Love yourself. That’s I think, the biggest thing....Just get out of your shell and do you!”**

- Krista Paul

**EXTEND** *Krista sets a strong example of practicing a growth mindset as she takes times to invest in herself by creating positive habits that allow her to be constantly learning and refining her skills.*

**What positive habits can you start to practice today that will help build a growth mindset?  
In what ways does a growth mindset contribute to your outlook?**