

## 2022 MTAM Mentor of the Year Award KERRI HOLDEN RMT



To the world today there are many kinds of leaders and mentors. Some, highly visible, lead the charge from out front. Others, like Kerri Holden, lead from alongside while engaged in their own daily work.

Those who lead from alongside are often the hardest to see yet may be among the most deserving of recognition for being an embodiment of good character and professionalism. Nominator and colleague Susan Dupuis explains: “Kerri exemplifies the perfect RMT consistently each day. She mentors informally by example. She is conscientious and focused while carrying out her duties.”

Kerri graduated in 2015 from the Wellington College of Remedial Massage Therapies, where she was reminded of the Hippocratic Oath's teachings to do no harm. This oath had also been recited during her previous training as a pharmacy technician. Kerri reminds herself of this ideal every day at *reactive massage therapy*, where she has been working for the past eight years. She believes that to truly help a client and do no harm we must work as a team to help a person as best as we can.

Kerri explains: “Each massage therapist has their own unique skill set that may help a client in different aspects. When we refer clients to other therapists and help other therapists develop interests and skills in various techniques, we help our clients get the best treatment they need. I find clients respect my advice and home care suggestions more when I am honest with them on what I have to offer and who they can see if they need a specific type of treatment and/or assessment which I can not provide. Helping other massage therapists to develop their specialized

training benefits my clients as well as honours that client's trust for me to do no harm.”

Kerri’s professional philosophy includes building morale by helping colleagues and creating a positive, nurturing environment.

“A simple task that might take a few seconds to do could make a world of a difference to a colleague who is having a tough day and struggling to keep their thoughts in the right place. We become a successful team when we support each other, from the receptionist to practitioners in other modalities. A client will inevitably pick up on a healthy, nurturing and team-oriented environment, facilitating their treatment process,” says Kerri.

Susan also notes that Kerri takes initiative by stepping into a leadership role when needed, and then steps back after the initiative has concluded.

Since charting and customization is one of her many strengths, Kerri offered to guide her clinic colleagues in a mini workshop, and then made herself available for one-on-one help for those who had additional questions. This is one of the examples demonstrating how Kerri supports the growth of those around her.

Her generosity of time is especially valuable as she takes care to balance work and home life while caring for her young family.

The MTAM Board of Directors is pleased to present the 2022 MTAM Mentor of the Year Award to Kerri Holden in recognition of her impact on the professional lives of her MTAM colleagues.

Congratulations Kerri!