

Honourable Mention



2019 Dr. Paul E. Garfinkel Volunteer Awards



Jane Lambert

In Kingston, Ontario, Jane Lambert specializes in Career Counselling and Life Skills Coaching; a passion she brings to her work as a Rise volunteer mentor.

Jane grew up in a family that valued hard work and tenacity, and she learned early on what skills she'd need to overcome obstacles to succeed; skills such as problem solving and the ability to seize opportunities.

In 1992, Jane launched AccessAbility, providing training, facilitation and Life Skills coaching to a variety of organizations, including Loyalist Training and Development Centre/Human Resources Development Canada, local businesses, First Nations communities and Canadian Forces Base Kingston.

Jane taught programs in the Ontario Management Development Program at both St. Lawrence College and Loyalist College. She has also worked as a coach and trainer at local agencies including Opportunities Kingston, Peer Support of Kingston, Frontenac Community Mental Health Services.

Recently, Jane brought one Rise mentee through a number of exercises to ensure her new business was positioned for success. The mentee reports that they learned a lot about themselves and have taken the right actions for their fledging company. "I feel more focused and organized and able to stay on task," she says. "This is a direct result of spending time with Jane."

Why did you choose to volunteer with Rise?

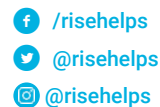
"People have helped me at times in my life and I would like to do the same for others. The mentoring work through Rise is similar to what I did for Opportunities Kingston, so I felt I was a good match for the program."

– Jane



Empowering people
Launching ideas

Rise Asset Development is a registered **charity** that provides low interest small business loans, training and mentorship to men and women with a history of mental health and addiction challenges.



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