

Youth Director at First Light

A Testimonial by Sophie Bennett

Kwe' my name is Sophie Bennett, and I had the privilege of serving as the **Youth Director** on the **First Light Board of Directors** for the *past six years*.

When I first joined, I was a university student who didn't even fully understand what a board of directors was—I just knew there was food at the meeting! But that simple decision became one of my life's most rewarding experiences.

Serving in this role has allowed me to grow personally and professionally in ways I never expected. I've gained *leadership experience*, attended Indigenous governance training, and participated in national conferences through the National Association of Friendship Centers. Most importantly, **I've seen firsthand** how First Light supports Indigenous and non-Indigenous youth, creating safe spaces for friendship, culture, and leadership development. Whether through afterschool programs, employment opportunities, or providing a space to share culture, First Light continuously uplifts youth in our community.

Looking back, I am incredibly grateful for the *mentorship, learning, and friendships* this role has brought me. It gave me **confidence, strengthened my voice**, and **connected me** with a network of inspiring people who truly care about making a difference. Now, as I transition into a general director role, I encourage other youth to step forward and take on this position.



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“If you’re considering applying or know someone who would be a great fit, I want you to know that **you don’t need to have all the answers**—you just need a willingness to learn and grow.”

The board members are incredibly welcoming, and I am more than happy to mentor whoever steps into this role.

This is an opportunity to make **a real impact**, and I promise it will be one of the most fulfilling experiences of your journey. I hope to see new youth leaders step forward and continue this important work.

*Wela’lin,
Sophie Bennett*

