

Amanda McGillivray

2020 4-H Canada Leadership Excellence Award of Distinction Recipient, Environment & Healthy Living

Amanda McGillivray of Kamloops, BC has grown up on her family's cattle ranch, raising purebred and commercial Angus herds.

For the past nine years, Amanda has been part of the Tod Mountain 4-H Club. She is grateful for all the opportunities that 4-H has given her, and enjoyed her time spent at 4-H events, and competing across BC in public speaking, judging and beef projects.

Outside of 4-H, Amanda has been engaged in her school and community, getting involved in many school groups, including leadership and peer tutoring. She has also volunteered at the Kamloops Royal Inland Hospital where she enjoyed helping to make patients more comfortable during their stay. Amanda has also been active in competitive dance for the past 10 years and has loved being part of her studio's dance team.

Looking to the future, Amanda is focused on dedicating her efforts to studying psychology, a subject she is highly passionate about. Through 4-H, she has become aware of the many challenges within the agricultural community, including the increased risk of anxiety and depression for ranchers and farmers. She is committed to using her experiences and upbringing to pursue a career as an industry speaker and counsellor, specializing in the agriculture community.

Amanda plans to earn a psychology degree at the University of Victoria, before moving on to a master's in clinical psychology.

L.E.A.D. Perspective

"Rates of mental health issues and suicide are higher among people who work in agriculture as compared to the general population. Farmers and ranchers face many factors outside their control, such as weather, markets, public scrutiny, regulations, and the responsibility of crops and livestock. These factors increase stress levels and work-life balance can become hard to maintain, family relationships can be damaged, and succession of family operations can be affected. In addition to the health of its producers, agriculture is essential to the health of the world. Safe, nutritious food is essential for physical health, and is also important for mental and social health. Healthy living for agriculture workers and the world's population allows for future generations to prosper."

