

Shelly Phillip LaForest



Shelly has been a Registered Nurse for 24 years. Originally a diploma-trained nurse, she returned to school to complete a Bachelor of Nursing Degree, a Master of Nursing Degree, and is currently enrolled in a Doctoral degree program. She is a Full-Time College Nursing Professor and has worked in various clinical practice roles with expertise in paediatrics, vascular access, education, and leadership. She is a member of the CNO, RNAO, and on the Executive Committee for Epilepsy Ontario. She has also been an invited speaker and panelist at various conferences and events.

In 2021, Shelly founded and is the Executive Director for the Ontario Black Nurses' Network and founder of the Black Nurses Leadership Institute. These not-for-profit initiatives have been instrumental with strengthening the voice of Black Nurses and nursing students in various healthcare forums. She has recently been recognized as one of "Canada's Top 100 Black Women to Watch - 2023"

In this presentation titled Making a Ripple: A Social Change Journey Towards DEI, Shelly will discuss the impact and development of the Ontario Black Nurses Network (OBNN), the Pan-Canadian Association of Nurses of Black Descent (PCANAD), using with her own personal journey to realizing her Blackness, her own power and privilege, and how she has been able to discover positive ways to use this to push forward.