



SARA JORDAN

EXECUTIVE DIRECTOR

Sara Jordan (she/her) is an accomplished, wellness-oriented, highly relational executive leader who is focused on achieving results through evidence-based decision-making, partnerships and collaboration.

She grew up in northern British Columbia and began her career as a Medical Radiation Technologist. Over time, she moved into different management roles in the health care sector, including quality and patient safety, and large acute hospital administration. Following studies in the Bachelor of Arts program from the University of Calgary (specializing in Law and Society), Sara received her Master of Business Administration in Executive Management and Leadership from Royal Roads University in 2009.

She has a wide range of professional experiences tied together through common threads of health and leadership. Past roles have included being a Site Manager with Rockyview Hospital, a Project Manager with the University of Calgary, a Senior Consultant with Pricewaterhouse Coopers (PwC), Executive Director, Healthy Living, Population Public & Indigenous Health with Alberta Health Services, and Executive Director at The Manor Village Life Centers.

She also created her own leadership consulting business. Throughout these roles, Sara has honed executive management skillsets in all aspects of business development, service design and delivery, and operations including human resources, financial, IM/IT, capital asset, and quality and risk management.

Sara is passionate about supporting mental health and enabling others to live healthy lives. As Executive Director, Sara leads a dedicated team at Canadian Mental Health Association - Calgary Region (CMHA Calgary) of approximately 120 employees to address the needs of those living with a mental health or substance use concern through community-based mental health programming. As the Executive Director, she is responsible for guiding the creation and execution of the organization's Strategic Plan, leading the Senior Leadership Team (comprised of directors and senior managers) and reporting to the Board of Directors.

Outside her time at CMHA Calgary, Sara has a passion for the outdoors, spending time in the mountains, and enjoys snowboarding, mountain biking, and kayaking.



Canadian Mental
Health Association
Calgary
Mental health for all