

Rachel Askett

Wellness and Education Lead | Occupational Health, Safety, and Wellness

Rachel Askett is the Wellness and Education Lead within Occupational Health, Safety, and Wellness. She works alongside the OHSW team to advance psychological safety within healthcare setting guided by the National Standard of Psychological Safety in the Workplace.

Her approach to education is strengths-based and focuses on facilitating connections for knowledge sharing.

She holds a Master of Public Health from Queen's University, obtained a bachelor's degree in health education from Laurentian University, and has completed a Knowledge Translation Professional Certificate from SickKids Hospital.

She has implemented workplace wellness initiatives within the Mining and Manufacturing Industry, the Canadian Armed Forces and now, Nova Scotia Health.