



Association for Leadership Science in Nursing

3416 Primm Lane
Birmingham, AL 35216
205-823-6106
<http://alsn.info>
office@alsn.email



September 2023



An interview with

Sonia Udod, RN, PhD

Please share with us a summary of your career path.

Sonia Udod, an Associate Professor at the University of Manitoba, has always had a passion for nurse leadership. She received her BSN from the University of Saskatchewan and began her career as a nurse in a geriatric assessment unit. After moving to Manitoba and working on a surgical/trauma unit, she moved with her family to New York to complete her master's degree at Pace University. Upon completion of her master's degree, she moved back to Canada and accepted a position in Alberta as a nurse manager. Although passionate about leadership, Sonia decided that her true interest was in studying nurse leadership and the work environment for nurses. Shortly thereafter, she began teaching at the University of Manitoba as an instructor and completed her PhD in 2011. Sonia currently enjoys research and teaching leadership in both the undergraduate and graduate programs. Her favorite part of her job is the possibility of impacting the nursing profession to help improve work environments and implementation science.

Is there a highlight of which you are most proud?

Sonia is most proud of the research awards she has received based on her exemplary research. Specifically, she received the Researcher in Socio-Health, New Investigator Establishment Grant Award through the Saskatchewan Health Research Foundation in 2013 and the Research Award of Excellence from the Association of Regulated Nurses of Manitoba in 2023. Sonia has also received four Tri-Council grants to support her research in looking at the health and wellbeing of health leaders and nurses in the context of organizational resilience.

What is your connection with ALSN?

Sonia has been a member of ALSN since 2007 and served as the International Director from 2019-2021. Although she no longer serves ALSN as a board member, she is committed to the international growth of ALSN and helping create bonds between Canadian professional organizations and ALSN.

Your keynote topic at the ALSN 2023 conference focuses on international concerns with DEI. Would you share a “teaser” with us about this topic and your panel presentation?

Sonia is honored to be a part of the panel presentation regarding EDI [note: Canadian acronym] at the conference in October. She recognizes the global challenges related to DEI and plans to discuss high level challenges such as economic, and technological issues, and global crises. Additionally, she will advocate for health promotion and access to care for all patients in our communities and addressing disparities. Sonia will also address how to implement DEI solutions using evidence-based strategies such as an emphasis on intentionality, leader accountability, and DEI initiatives in nursing programs.

What are three things about you personally that you would like the ALSN membership to know?

In true commitment to Sonia’s passion for leadership, she loves to read biographies to learn more about human behaviors. Most recently, she read a biography about the U.S. Presidential Wives and was enlightened to learn how people use power and leadership in their personal and professional lives. Sonia also enjoys cooking her Ukrainian ethnic dishes and anything dessert related! She balances that with exercise to fuel her soul.