



Métis Women
British Columbia



REGION 7 REPRESENTATIVE

CATHERINE RUDDELL

Catherine Ruddell is a communication strategist, decolonial facilitator and Indigenous coach committed to social impact through stories and truth telling. She became the Region 7 Representative for the Métis Women of British Columbia in the fall of 2024.

She is Métis on her mother's side, her family signed for scrip at Dunvegan and lived in the areas of Spirit River, Smokey River, and Jasper House in what is now northwest Alberta. Her settler family travelled from England, Wales, Ireland and Scotland. She is a member of the Fort St John Métis Society as well as Metis Nation of BC. With gratitude she lives and builds relationships on the lands of the Dane Zaa in Treaty 8 Territory, also part of the historic Métis Nation homeland.

The career contributions closest to her heart include designing, managing and eventually selling a popular local cafe, being an ambassador for a municipal energy conservation project, as well as amplifying the impact of arts-based programming with Indigenous youth as director of a national non-profit.

Catherine completed a BA in Professional Communication at Royal Roads University in 2022, earning both a President's Scholar Award, as well as the Founder's Award for excellence in leadership and sustainability.

A serial entrepreneur, Catherine is committed to anti-oppressive business practices and the life long work of decolonizing. Creatively Sustained is the business vehicle that drives her social impact interests, including creative and community based projects with local youth. She is also a passionate gardener who loves to turn over her compost pile.