



My name is Mireille Poulin

I Soldier On since 2015

I grew up in the province of Quebec and joined the Canadian Armed Forces in 1997. I served with the Royal Canadian Navy for 10 years and then with the Canadian Army as a medical technician for six years. I enjoyed a very challenging but incredibly rewarding career, including tours in Afghanistan, before I decided to change trades and become a Search and Rescue Technician.

In 2014, I sustained a major traumatic accident while parachuting. I thought my accident meant that I would lose everything I had come to love. It wasn't until I started getting active again that I realized there is life after injury.

Soldier On helped me realise that disability should not limit me from achieving goals I set for myself. I was a high level athlete before my accident and I loved extreme sports and activities of all kinds; physical activity and involvement with sport before and after my injury ended up being the most important factor in my rehabilitation.

I was introduced to competitive sport again in 2016. Less than two years after my injury, and with the help of Soldier On, I was able to compete at the 2016 Invictus Games in Orlando, FL. Once again, I found myself proudly representing our country!

As I learned to adapt to my new reality, Soldier On gave me back confidence in myself and the opportunity to achieve a better quality of life, by doing what I love to do.

Mireille Poulin, retired

