



Judy Lan

HOMETOWN: Edmonton, AB

SCHOOL: NAIT

TRAINER: Alan Dumonceaux

TRADE: Baking

What was the first thought that went through your head when you realized you had made Team Canada?

The first thing that went through my head was that I felt glad to not be disappointed and that practice and taking time off work was not a waste of time. Also that this was not the end, more practice is coming and that I'll have a year of hard work to do.

What are you most excited to experience in Lyon, France?

Competition related would be seeing all the different trades and the opening ceremony with all the different countries, also meeting new people. As for France itself, I am excited for all the breads, pastries and desserts.

What do you love about your trade/technology?

My favorite thing about my trade is that once you learn how to create something, everything looks amazing, pretty, and delicious. It is also a good present idea and very useful when cheering someone up.

What has been the best part of your Skills journey so far?

The best part of it would be the day of the competition, proving to myself that I can actually do it. Also being able to take a sugar showpiece with Klein in France.

Do you have any words of encouragement to future Skills competitors?

Confidence is very important, also the ability to manage an ideal life-work-practice balance for yourself is crucial too.

