



Ben Rainforth

HOMETOWN: Lacombe, AB

SCHOOL: Red Deer Polytechnic

TRAINER: Lee Yasinski

TRADE: Welding

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

It was a very surreal moment, I felt satisfied that my time and effort had paid off. I was also very excited that I could continue on and compete at a world stage, something I had hardly dared to dream about over the last few years I've been competing.

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

Definitely excited to see how other countries will tackle the challenges we're faced and just being involved in such a life changing event!

What do you love about your trade/technology?

I love welding because every day is a challenge, everything you do helps develop your skillset and there is no end to how far you can push yourself to do better!

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

Being involved in Skills has been rewarding both personally and professionally. Competing in something you're passionate about is an incredible experience that I am very fortunate to have! Although making Team Canada was a surreal moment, the best part of my Skills journey has been the countless hours of training. Spending time perfecting what I love to do is something not many people get the chance to do, and I am extremely humbled to have this experience.

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

Learn to enjoy failure but don't get comfortable with it. Stay positive and learn from mistakes, use them as motivation to get better!

