

Angele Chambers

1. Where did you go school? When did you graduate?

Canadian College of Massage and Hydrotherapy in Toronto, graduated June 2005

2. What do you do for work outside of WCCMT?

After many years of working in a home-based practice, I am starting a mobile massage business focusing on patients in the Westshore region.

3. What inspires you about the profession of Massage Therapy?

When treating a patient, I love the challenge of figuring out which massage techniques, breathing exercises, homecare, words of encouragement will help restore the patient's well-being. There are instances where a patient arrives for treatment doubled over in pain and leaves walking upright and with a lot less pain. What a privilege and gift to be able to make a difference in someone else's life using the simple power of touch. I have had several careers in my life, none as rewarding as massage therapy.

4. What do you enjoy doing in your time away from work?

When not working, you will often find me in the kitchen cooking and baking. I also love to travel, spend time with family and friends, and explore the abundant nature with my dog Dexter.

5. What do you enjoy about working with the students and teaching at WCCMT?

The students have a whole life ahead of them and are excited about their future profession. It excites me to be a part of that journey, doing my best to guide them and arm them with the best skills and ability to problem solve. I really want them to find success in their future practices. Their curiosity and interest in learning motivate me to also continue to challenge myself in different areas of my life. It is a very symbiotic exchange.

6. Are there any other interesting pieces of information about yourself that you would like people to know?

My husband and I owned a restaurant called Schnitzels and Shawarmas in Barrie Ontario in 2017. Yes, a strange combo but it worked. I do come from a long line of chefs and excellent cooks. My younger son calls me the alchemist! There are often strange concoctions fermenting in jars. I have a passion for cooking and baking, trying different ethnic foods, and experimenting with different cooking techniques and types of food. I believe making a meal and giving a massage are quite similar. Both require some type of recipe and instructions, a few tools, a lot of caring and attention to detail, working with your hands, to create a great dish or to complete a great treatment. Both are tactile experiences requiring all senses to have the best outcome.