

Sally O'Sullivan

Sally O, as we affectionately call her, was born in London, England. When she came to Vancouver at age 23, it was love at first sight.



Why did Sally choose to become a BC Notary?

She says, “I had sent away for the application forms a number of years before. I took one look at them and put them in a drawer. I was hired at a law firm to replace paralegal Amber Goddyn—now a Notary in White Rock—who was leaving to have her first child. Amber used to return to the firm to cover me when I went on vacation. We became fast friends.

“One day at lunch, Amber said she was taking the Notary course and asked why I didn't take it, too. So the forms came out of the drawer and I dusted them off. The next year I was in the Notary Preparatory course!”

For Sally, the most satisfying aspect of being a BC Notary was the people. Her Abbotsford practice specialized in seniors' needs. “I loved them; I found them a delight to work with,” she says.

What has Sally O been doing since she left the Notarial profession in July 2003?

Sally O: I left the Notarial profession when my mediation practice just became too large. Today, I primarily do Child Protection Mediation on the Sunshine Coast, Whistler, North Vancouver, and Vancouver—and through the Fraser Valley to Hope. I also mentor new mediators in Provincial Civil Court and I mentor new Child Protection mediators. I have a business with three other partners, called

4 U Strategies Inc., where we work with individuals and companies going through change.

The Scrivener: Did you have a mentor?

Sally O: My eldest sister Carol was—and is—an inspiration and a grounding rod for me.

The Scrivener: What community service have you enjoyed over the years?

Sally O: I was a Rotarian for many years and I am a Paul Harris fellow. At this time, I am working on a project with the Ministry of Children and Family Development to help bring permanency planning to children in foster care who are not likely to be returned to their natural parents.

The Scrivener: What are your special interests and leisure activities?

Sally O: I love travelling and am very fortunate to have a husband who loves it, too. We try to get away as much as our businesses will allow.

The Scrivener: What is most important to you in life?

Sally O: My faith and my family. My children have always been my best accomplishment and I recently became a grandmother for the first time. To say I am a besotted grandmother would be an understatement! ▲