

NURTURE . INSPIRE . CREATE

"I am the author of my own story,
and I choose to write a beautiful,
inspiring, and fulfilling life." —

Mofolashadé Onaolapo Hastrup



Dr. Mofolashadé Onaolapo Hastrup



BIO



Hi there 🙋! I see you are curious to know the person beyond the smiles. Well, let's meet me!



My name is Mofolashadé Onaolapo Haastrup and I have a flair for the extraordinary!

Most people call me “**Shadé,**” **pronounced [Shar-day]** except my grandmother, who would always insist on the full name. She would say “your name has a meaning. “Of course it does, Mama” I would reply “I’m a Nigerian after all”.

I was born and raised under the Nigerian sun. My life’s journey has taken me far from home. It has earned me a collection of degrees and experiences like passport stamps. My academic adventure began with a medical degree in Nigeria, followed by post graduate medical certification in internal medicine and anesthesia in the United Kingdom.

Professionally, I’m a mosaic of certifications and work experiences from Nigeria to the United Kingdom, across the pond to the United States, and now, I’m nestled in the land of the living skies, Saskatchewan, Canada. As an anesthesiologist, my utmost responsibilities are to ensure patients’ comfort and safety in their most vulnerable moments, but I’m more than the scrubs, the anesthesia machine, and the operating room. I also wear the hat of a leader and an educator as an assistant professor at the College of Medicine, University of Saskatchewan where I strive to contribute to the future of medicine learners.



That's not all, beyond the world of medicine, I'm a certified Life Coach, Motivational Coach, and Executive Coach. I'm passionate about inspiring and guiding individuals to reach their zenith. I firmly believe that everyone has the potential to reach whatever heights they desire. Reason? **Because I simply believe.**



I'm a born adventurer, with a heart full of smiles and a spirit that thrives on challenges.

People often describe me as the personification of joy-fun-loving, playful, ever-smiling, down-to-earth and someone with a beautiful soul. Yet, beneath the sun-kissed laughter and twinkling eyes lies a heart that has weathered life's tempests. Born female and from West Africa, I inherited both a legacy of strength and struggle from my mother and grandmother. Gender and racial discriminations form parts of the threads that have been woven into my story. I have had storms that threatened to shatter my spirit but only succeeded in bruising it. Is it one of intimate partner violence, or glass ceilings seeking to limit the heights of career achievements saying "you should know your place"? But, like the phoenix and in the words of Maya Angelou, "still I I rose" from the depth where those shackles threatened to detain me. I rose with each scar becoming a badge of honour, not only a proof of survival but a beacon of hope for others. I have come to realize resilience is not a solitary dance; it's a communal celebration.

You might be curious about what I do for fun? The answer is simple Everything! I find joy in everything I do! Just like our programs at the NByC, my activities are always infused with fun. Fun

creates joy and joy, well, makes everything better! So, I turn every task into a delightful experience. After all, life is too short to not enjoy what you do.



When I'm not occupied with my hospital duties or interacting with learners on various platforms, you'll likely find me immersed in woodworking projects in my garage workshop, or getting my hands dirty in the garden, or planning my next exciting travel adventure. I firmly believe in embracing life wholeheartedly and making every moment worthwhile.



I have a heart that loves unconditionally and a spirit that gives generously and a soul that's always ready for the next adventure. I'm not afraid to take on new challenges; in fact, I thrive on them!

So, join me on this exciting journey as we intertwine the knowledge of medicine, personal growth, and development to create the joy of living life to its fullest!

Let's inspire, learn, and grow together. I look forward to partnering with you.

If you want to see the official resume, click [here](#)

Majalashade Onodapo / Laurrup