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 Women in Business
 Oct 27/04 p. 5

Knuude starts some days by driving her daughter to piano lessons. She also volunteers often: she is past president of the Women's Sales and Advertising Club, the Belleville and District Chamber of Commerce, and a founding director of the Belleville Family Medical Centre. She recently joined the Belleville Youth Swim Team executive and is a member of the city's economic development committee.

In nominating Knuude for the Women in Business award, coworkers Brad Aulhouse and Peter Finnegan said that while she has overcome gender barriers, her gender isn't a factor in her success.

"Liz is successful because of her character, which in our opinion defies gender," wrote the nominators. They added she "has displayed all of the characteristics that make you successful in any business: she is hard working, dedicated, loyal, and she regularly spends time on career development.

"She is the type of friend and colleague that anyone in any business would love to have," Finnegan and Aulhouse wrote.

Knuude admitted she has a busy life, but she has help staying organized.



Liz Knuude, investment advisor with Belleville's BMO Nesbitt Burns office.

"I have great support from my husband, and we just balance it as best we can," said Knuude.

She said, she also keeps her sights on her objectives.

"I set personal goals every year, and I'm not satisfied unless I realize them," she said. "In order to succeed you have to have clearly-set

goals."

And although it may appear she's too busy to kick back, Knuude said she also ensures she has spare time to golf, ski, and travel.

"That's important — no question," she said. "You have to have downtime in order to remain productive."

Knuude said she is "honoured and excited" to be nominated for the award, and encouraged business newcomers to aim high.

"There isn't anything you can't do if you really want to do it."