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## **Chantal McKenzie, That Yoga Place and Phoenix Physical Therapy**

By Claire Buisseret



Chantal McKenzie is the proud co-owner of 3 local businesses: The Beer Shak, That Yoga Place Inc., and Phoenix Physical Therapy. All three are located in Spruce Grove. She is a hardworking business owner with a passion for community involvement and volunteerism. When it comes to Chantal there is not enough that can be said about community. To her, community is nothing without involvement and society is nothing without community. Interpersonal relationships cannot be fostered

without connection and interaction such as in a community. Business is no different, relationships and communication with customers and colleagues are necessary for success.

Chantal made the decision to quit her job as a civil engineer and pursue an entrepreneurial venture. She chose to follow her heart to what she was truly passionate about: Local business in her community. She and her husband have owned the Beer Shak for the past 15 years and their two more recent businesses for the past five after she retired from being an engineer after 23 years. In the beginning stages she worked behind-the-scenes of the businesses, but once the pandemic hit she became the face of the company. Unfortunate layoffs and opportunity loss forced her to do everything she could for her businesses “to survive.” That Yoga Place was closed for 11 months and Phoenix Physical Therapy was forced to shut down for 3 months in 2020. Now, Chantal hopes to transition back into a behind-the-scenes role and bring on more staff.

Volunteering and non-profit organizational work shapes the community and brings change about society. Without the determination of volunteers to make a difference in the world there would be less

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of a feeling of community. Chantal has a long history of volunteer work and believes that Girl Guides shaped her into the woman she is today. When it comes to business or personal life Chantal is a great believer in the Girl Guide motto which is “be prepared, lend a hand, be a friend.” This guiding message encourages her to be flexible, kind, and generous at every opportunity.

Chantal’s most important and inspiring role model in her life is her mother who was also a hardworking local business owner who she called the “inspiration of her life.” Growing up in a family with two entrepreneurs as parents made it no surprise that Chantal based her career around community. Chantal is honoured to be a 2022 Woman of Influence in the Tri-Region because it means that she is continuing her mother’s legacy of being a successful businesswoman in her community. She said that the recognition is humbling because she doesn’t see herself as others see her and it is “nice to be acknowledged.” Chantal is an advocate for community and we are grateful for her participation in every facet.