

An Ha

Hello, my name is An Ha! I currently work at the Humane Society of Silicon Valley as the Animal Care and Enrichment Supervisor. Before realizing that Animal Welfare was my true calling, I received my Associates degree in Culinary Arts and was working as a professional Chef for the past ten years. I started off as a dishwasher when I was 17 years old and worked my way up to assistant to the Executive Chef by the time I was 23 years old. However, every day leaving work I felt burnt out, increasingly unmotivated, and losing passion for my career. I used to ask myself “why is it so important for me to continue in the culinary field? I came to realize, that I have a need to nurture. When I think about being a chef, I think about being able to nurture people by cooking and giving them food. However, that is not the case. Cooking at that volume didn’t allow me to put love into my food and I never felt that need ever fulfilled. And that’s when I knew there needed to be a change in my life.

I quit being a chef and got an entry level job as an Animal Care Tech at HSSV and just fell in love with everyone, every animal, and the organization. Now I am the Supervisor of my team and want to learn how to contribute more and nurture those who need to be nurtured.