



Smita Mehta

Smita Mehta is the Diversity, Equity & Inclusion Manager at Samuel, Son & Co., Ltd (Samuel). She is based out of Samuel's head office in Oakville Ontario. Smita began her career in accounting and financial audit before pivoting to Human Resources. Smita has more than 10 years of experience in Human Resources, five of which are at Samuel, primarily as a HR Business Partner. As someone who has navigated her career as a first generation Canadian immigrant and a woman of colour, Diversity, Equity & Inclusion (DEI) are ideas and concepts that are close to her heart. When the opportunity to lead the DEI

function at Samuel came up she could not say no as she credits executive sponsorship, strong allyship and inclusive leadership with helping her build a career she enjoys and is proud of.

Smita has completed her Bachelors of Commerce (Accounting), Post Graduate Certificate in HR and is a holder of the Certified Human Resources Leader (CHRL) designation since 2015. Smita chairs the DEI Steering Committee at Samuel.

In her free time, Smita enjoys spending time with family and friends, reading, taking long walks, yoga, gardening and exploring the city. Smita has experienced first-hand the benefits of yoga to her physical and mental health and has completed her Yoga Teacher Training Certificate. Earlier this year she began volunteering at the Etobicoke Humane Society, a no-kill animal shelter based out of Toronto in Ontario Canada, her volunteer roles there include caring for rescue dogs and leading their HR team.