



## Patricia Morgan's Bio for Event Programs and Promotion Purposes

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**Patricia Morgan, MA, CCC**, Author, Keynote Speaker, Workshop Leader and Counselor  
(NOT an introduction)

**Patricia Morgan** is a counsellor and author who specializes in strengthening personal resilience. With a MA in Clinical Psychology she presents to thousands of people each year aiming to lighten their load and brighten their outlook. When you get **Patricia** you get practical how-to's that decrease stress and miscommunication while increasing vitality, productivity and workplace satisfaction. Plus she delivers her message in a fun, insightful and uplifting manner. **Patricia** confidently affirms, “**You're stronger than you think.**”

**Patricia** has authored dozens of articles and eight books including *From Woe to WOW: How Resilient Women Succeed at Work*. *Love Her as She Is: Lessons from a Daughter Stolen by Addictions* was featured on national radio and television. Other books include *She Said: A Tapestry of Women's Quotes*, *Alberta Women Said: Wise Words by Wondrous Western Women*, *The Light Hearted Approach: 87 Ways to be an Upbeat Parent* and *Frantic Free: 167 Ways to Calm Down and Lighten Up* and *Gag Your Nagging: 101+ Ways to Communicate More Effectively & Enhance Family Cooperation & Harmony*.

Before becoming a professional speaker, **Patricia** had careers as an Early Childhood Educator, Parent Educator, Family Counselor, Career Counselor and Group Facilitator. She has worked for organizations such as the Calgary Counselling Centre, Cambyr Agencies, Parent Support Association, Contemporary Woman Project and an EAP provider. Patricia is a Certified Integrative Body Psychotherapist and a Certified Canadian Counsellor.

**Patricia's** inspirations, stories and solutions are developed from extensive research and training in positive psychology and resilience plus her experience as a counsellor, group

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facilitator, agency director, and family and community woman. She says of her work, “I feel honoured to help people cope with challenges, strengthen their resilience and celebrate their accomplishments and possibilities.”

**Patricia** is an active member of the Canadian Counseling and Therapy Association (CCTA), Women in Psychology and the Canadian Association of Professional Speakers (CAPS).

**Patricia** was honored by Global TV and the Calgary YWCA as a **Woman of Vision**. She is also the recipient of the **Spirit of CAPS** in recognition of her contribution to excellence in the speaking profession.

Last but not least **Patricia** is a mother to three, grandmother to five and happily married, most days.

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