



Patricia Morgan's Bio for Event Programs and Promotion Purposes

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(NOT an introduction)

With a Masters Degree in Clinical Psychology, **Patricia Morgan** is a counsellor and author who works with organizations interested in strengthening everyday resilience at work and home. She lightens their load and brightens their outlook. Audiences describe **Patricia's** message as meaningfully fun, surprisingly insightful and delightfully uplifting.

Patricia has authored ten books including ***From Woe to WOW: How Resilient Women Succeed at Work***, the Canadian bestselling mini-book, ***Frantic Free: 167 Ways to Calm Down and Lighten Up*** and the award winning, ***Love Her As She Is***, which was featured on national radio and television, including a documentary.

Patricia is a recipient of Global TV's **Woman of Vision** award and the Canadian Association of Professional Speakers' **Spirit of CAPS** for her contribution to the Canadian speaking industry.

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