



Patricia Morgan's Bio for Event Programs and Promotion Purposes

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Patricia Morgan, MA

“Just being in the same room as Patricia Morgan is a stress reliever.”

Kay Olsen, Women in Business

(NOT an introduction)

With a Masters Degree in Clinical Psychology **Patricia Morgan** speaks to thousands of people each year, helping them strengthen their personal and workplace resilience so they better cope and succeed. She works with helping professionals, women and those at wellness events to lighten their load and brighten their outlook. Audiences describe **Patricia's** message as meaningfully fun, surprisingly insightful and delightfully uplifting.

Patricia has authored eight books including *From Woe to WOW: How Resilient Women Succeed at Work*, the Canadian best selling 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** and the Canadian Association of Professional Speakers' **Spirit of CAPS** for her contribution to excellence in the speaking profession.

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