



Patricia Morgan's Bio for Event Programs and Promotion Purposes

Please edit this Bio to fit your print layouts.

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 hundreds of articles and 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 critically acclaimed, *Love Her as She Is: Lessons from a Daughter Stolen by Addictions* which was featured on national radio and television, including a documentary.

Other books include *She Said: A Tapestry of Women's Quotes*, *The Light Hearted Approach: 87 Ways to be an Upbeat Parent*, 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, Parent Support Association, Contemporary Woman Project and an EAP provider. Patricia is a Certified Integrative Body Psychotherapist and a Certified Canadian Counsellor.

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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 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 Psychotherapy Association (CCPA), Stay Focused 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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