



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

Please edit this Bio to fit your print layouts.

### (NOT an introduction)

With a Masters Degree in Clinical Psychology, **Patricia Morgan** works with organizations that want to help strengthen their people's personal resilience at work and home. Audiences describe **Patricia's** message as meaningfully fun, surprisingly insightful and delightfully uplifting. They report she lightened their load and brightened their outlook.

**Patricia** has authored hundreds of articles and ten 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 Quotations*** and ***Stress Solutions: Tried and True Resiliency Strategies for Busy Lives***.

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

**Patricia has developed** stories and solutions from her research and training. She says of her work, "I feel honoured to help people cope with their challenges, strengthen their resilience and celebrate their accomplishments."

**Patricia** is an active member of the Canadian Counselling and Psychotherapy Association (**CCPA**) and the Canadian Association of Professional Speakers (**CAPS**).

Patricia is the recipient of the **Spirit of CAPS** in recognition of her contribution to the speaking profession. She is the creator and mentor of the Fast Track program for emerging professional speakers.

**Patricia** was honoured by Global TV and the Calgary YWCA as a **Woman of Vision**.

Last but not least, **Patricia** is a mother to three (one with disabilities), grandmother to five (two with disabilities), and spouse to her retired and Rotarian husband, Leslie.

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