

Hello!

On a mission to support today's leaders in achieving their personal and professional goals, I bring a wealth of experience and expertise to my role as a TEC Chair.

At the age of 30, I launched a market research business, The Sound Research, from my basement. It quickly expanded to five offices and 50 staff in three countries, providing me with firsthand insights into the highs and lows of company management, the ever-evolving nature of processes, and the importance of a solid and supportive HR strategy. Acutely aware of the challenges, risks, and rewards associated with business leadership, members of my TEC CEO group have access to my tried-and-true leadership skills.

I spent much of my early career living in London, England, where I worked in PR and Marketing, managing international projects for global brands including Motorola, Absolut Vodka, and Unilever. This experience provided a strong foundation for my leadership perspectives and a unique understanding of corporate culture, the importance of collaboration, and how the right insights and guidance can empower teams to produce exceptional results.

I hold a Master's degree in Organizational and Industrial Psychology, enhancing my ability to understand the intricate relationship between people, ideas, and systems, and find ways to improve them. As a continuous learner, I remain attuned to the evolving landscape of workplace culture and leadership. Passionate about psychological safety in the workplace, I am committed to equipping my members with compassion, empathy, and adaptability to navigate the post-pandemic environment successfully. Under my guidance, TEC group members build confidence and become more effective leaders within their organizations and communities.

On a personal note, I reside in Lion's Bay, Vancouver, BC, with my two daughters, partner, and Bernadoodle, Joe. I enjoy winter activities like skating, skiing, and snowboarding, as well as spending time on the water during the summer. I wrote my master's thesis about organizational change and sustainability in the fashion industry, as part of my commitment to being a role model for my daughters and making sustainable choices for the future of the planet. I also serve on The Sound Research's Canadian board.

My TEC Group Vision

I believe the leaders of today need to foster their own practice of mentorship. Because I can relate to the struggles business leaders face from my own years facing similar challenges, my passion and dedication to lifting my group up are all the more robust. I'm on a mission to support today's leaders in achieving both their personal and professional goals.

Let's Start the Conversation

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Take The Leap Towards Transforming Your Leadership Skills Now!

Connect with me today to start your journey towards growth and opportunities that align with your business and personal goals. Elevate your business and personal success with me and my group of exceptional business leaders by your side!

Respectfully Yours,



