

ABOUT ME

I'm a Career Professional with 20+ years of experience as an Employment Counsellor, Career Coach, Resume Writer, Workshop Facilitator, Recruiter, Speaker, Mentor, Employment Program Manager and Director.

My current focus is on career strategy and mindset, and how these impact career satisfaction and success. It's my belief that when people become confident career managers, they positively impact the performance of those around them and help to create an ownership culture in the workplace. Essentially, I'm all about the win-win when and wherever possible.

Oh yeah...I also have 11+ years of experience as a Fitness Instructor, so my presentations are all about bringing the energy, having fun and taking action.

WHAT I SPEAK ABOUT



- Confident Career Management
- Growth Mindset Development
- Work and Wellness

- Creating an Ownership Culture
- Personal Leadership
- Women in Leadership

The Importance of Finding Your STRUT and The Five Most Valuable Investments for Your Career Success are my signature talks/sessions.

TESTIMONIALS

- "A beautifully conceived and skillfully facilitated session, full of energy, intent, and connection on so many levels."
- -Sareena Hopkins, ED, Canadian Career Development Foundation
- "Anna's presentation was seamless and filled with energy, enthusiasm and laughter. This presentation will empower anyone who attends to have that positive mindset to Lead, Laugh and Level Up!"
- Ramir Diaz, Education Coordinator, Manitoba Construction Sector Council
- "After her presentation at our AGM there were connections and communication happening through all levels of the company. If you are looking for someone to take your group to the next level as a team, I would highly recommend Anna to help you accomplish your goals."
- -Marcie Wilson, EA & Marketing Coordinator, Gourmet Coffee

SERVICES & PRICING

Pricing will vary according to service needs and may include:

- Keynote Speaking (up to 60 minutes)
- Facilitated Half-Day Workshop
- Facilitated Full-Day Workshop
- Blog Post Feature
- Social Media Feature
- Customized Activities/Content

Questions? Let's Chat!

Thelp people respect their brilliance, leverage their unique talents, and declutter their path to success. It's time to lead, laugh, and level up in your career.