

Yvonne Garvey

Author • Entrepreneur • Communications Professional • Coach
Keynote Speaker • Wellness Instructor • Advocate

Yvonne Garvey is an author, entrepreneur, communications professional, coach, keynote speaker, wellness instructor, and advocate. It's a lot of hats, but the common thread is simple: she loves connecting with people, sharing stories, and helping others find their way. A little laughter along the way certainly helps.

With a background in social services, communications, and fundraising, Yvonne helps businesses and community organizations find their voice and share what matters. Through her communications work, she brings clarity, creativity, and personality to the messages that connect people with their audiences.

As a certified yoga instructor, meditation coach, and Reiki practitioner, Yvonne also helps people slow down, reconnect with themselves, and make room for their wellbeing. These practices have played a meaningful role in her own recovery. She brings that personal understanding to her teaching, along with the belief that you don't have to have everything figured out before you begin.

Her memoir, *Stumbling Blindly Toward Grace*, tells the messy, darkly funny, and deeply human story of losing her vision while finding her way into sobriety. As the title suggests, it wasn't exactly a graceful process.

Yvonne serves as Co-Chair of the Canadian Council of the Blind Peterborough Chapter and contributes to CCB's National Advocacy Committee. She brings lived experience and a willingness to speak up to conversations about accessibility, inclusion, and living well with vision loss.

Based in Peterborough, Ontario, Yvonne approaches life with honesty, humour, and a sense of adventure. Whether she's writing, speaking, teaching, or helping a client find just the right words, she brings her whole self to the work, questionable plot twists and all.

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