

# HEATHER SANSOM

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**Profile Summary:** Bilingual, collaborative leader seeking roles in wellbeing or social impact through intervention, applied research (program evaluation/development) or policy. Open to contracts/ p/t.

- 15+ years leadership experience in non-profit & private sectors: strategic planning, staff performance, program development, growth, policy
- Stakeholder engagement: boards, working groups, key relationships
- Analysis: program evaluation, process improvement, research
- Communication: speaking, meeting/workshop facilitation, published writing
- Recent training: program evaluation, project management, mental health
- Bilingual (French), speak some German, Spanish, Swedish
- Secret Clearance II (2016, 2006)

## EDUCATION:

MA Counselling Psychology, <i>Yorkville University</i> , Fredericton, NB	<i>In progress</i>
Diploma Therapeutic Recreation, <i>Canadore College</i> , North Bay, ON	<i>In progress</i>
PhD, <i>University of Guelph, School of Rural Development (SEDRD)</i> , Kemptville/Guelph, ON Resilience & lifeskill development through nature-based recreation (the 4-H Resilience Study)	2013/09 – Fall 2017
MA, <i>McGill University</i> , Montreal, QC, First Class, (political & religious thought) (fin. 1998/06)	1999/06
BA, <i>McGill University</i> , Montreal, QC, Dean`s Honour, ad Personam-History of Ideas	1996/06

## PROFESSIONAL EXPERIENCE:

Current Roles:

Acting Executive Director, <i>Serena Canada</i> , (family planning non-profit), Ottawa, ON	<i>Start 2017/09</i>
Recreation Therapist, <i>Royal Ottawa Mental Health Centre</i> , student intern, Ottawa, ON	<i>Start 2017/05</i>
Consultant, <i>HeatherSansom.ca</i> , Kemptville, ON	<i>2013/04 – 2017/08</i>
<ul style="list-style-type: none"><li>▪ Program evaluation plan &amp; resilience research for non-profit youth leadership program (4-H)</li><li>▪ Committee Advisor: accessible rural recreation committee (joint Municipal/Public Health)</li><li>▪ Research design, Eastern Ontario Public Health youth sedentariness &amp; wellbeing project</li><li>▪ Facilitated strategic planning (non-profit sector: housing insecurity &amp; women`s health)</li></ul>	
Founder & Coach, <i>MoveYourMind.ca</i> (2016), <i>Equifitt.com</i> (2007), Kemptville, ON	<i>2007/08- present</i>
Life coaching, therapeutic recreation, fitness and equestrian coaching	
<ul style="list-style-type: none"><li>▪ Competitive and amateur athletes, persons with disability, autism, life &amp; wellbeing coaching</li><li>▪ Communication &amp; Education: speaking, publishing, interviews on CBC radio</li></ul>	
Director of Fundraising, <i>Habitat for Humanity 1000 Islands</i> , Brockville, ON (volunteer)	<i>2014/10 – 2015/02</i>
<ul style="list-style-type: none"><li>▪ Created fundraising plan &amp; community awareness campaign, organizational analysis &amp; report</li><li>▪ Planned, managed and curated poverty and housing awareness campaigns</li></ul>	
Coaching Manager, <i>Equestrian Canada</i> , Ottawa, ON (national sport program director)	<i>2010/06 – 2013/04</i>
<ul style="list-style-type: none"><li>▪ Responsible for strategic planning, transition and program growth (300%) for coach &amp; athlete training, and long term athlete development programs; pilot project featured on CBC National News</li><li>▪ Extensive experience with teams of stakeholders, project funding and reporting (approx 200K), integration Sport Canada framework with national policy</li></ul>	
Marketing Manager, <i>Cognos Inc.</i> , Ottawa, ON (termed contract)	<i>2006/11 – 2007/07</i>
<ul style="list-style-type: none"><li>▪ Various process improvement initiatives</li></ul>	
Director, Sales and Marketing, <i>The IT Department Inc.</i> , Ottawa, ON	<i>2004/08 - 2006/08</i>
<ul style="list-style-type: none"><li>▪ Responsible for strategic planning and direction, operational sales and marketing staff management,</li><li>▪ Doubled new sales; 140% increase over previous sales goal, 33% increase in gross sales (\$2M)</li></ul>	

Management Consultant, various process analysis projects, Montreal, QC	2002/10 – 2004/08
National Sales Trainer & Training Manager, <i>Van Houtte Café Inc.</i> , Montreal, QC	2000/08 – 2002/10
▪ Development & delivery of sales staff and manager training for North America	
Regional Sales Territory Manager, Higher Education, <i>Pearson Education</i> , Montreal, QC	1998/08 – 2000/08
▪ Increased sales by 30+% over target for a 1.2M territory, responsible for 5 provinces	
English Instructor, (part-time contract) École de Langues de l'Éstrie and CLG, Montreal, QC	1997/06 – 1998/07
Book Review Editor, ARC Journal, (McGill University, student position), Montreal, QC	1996/12 – 1998/05
Receptionist/Administrative Assistant, Adcom Electronics, Etobicoke, ON	1990/09 – 1993/04

## Professional Certifications & Training

### Mental Health & Wellbeing

Equine Assisted Interactions Professional Development, Denver, Colorado (USA)	July 2017
University of Denver Graduate School of Social Work	
Nature, Spirituality and Mental Health, Royal Ottawa Mental Health Centre, Ottawa, ON	May 2017
Music Therapy for Survivors of Trauma, Royal Ottawa Mental Health Centre, Ottawa, ON	March 2017
Mental Health First Aid, Mental Health Commission of Canada course, Ottawa, ON	Dec. 2016
Pastoral Care, Ecumenical training, Ottawa Pastoral Care, Ottawa, ON	Nov. 2016
Healthy Minds for Healthy Children, High Five, Ottawa, ON	Sept. 2016
High Five, (applied positive youth development) Parks and Recreation Ontario, Beckwith, ON	July 2016
Certified Coach Practitioner, Life Coach, Certified Coaches Federation, Ottawa, ON	Aug. 2015
Riding Out of Your Mind Sport Psychology, (course) Body Mind Motion, Calgary, AB	Nov. 2014
Mind Games Sport Psychology Intensive, Psy-Santé, Montreal, QC	Feb. 2008

### Sport and Recreation Leadership Certifications

Certified Hike Leader, Hike Ontario, Ottawa, ON	Oct. 2015
National Coaching Certification Program (NCCP, Equestrian Competition Coach), Equestrian Canada	June 2013
Wilderness First Aid, SOLO, Stowe, Vermont	May 2013
Riding Instructor, Centered Riding International, Ottawa, ON	Sept. 2010
Certificate in Adaptive Training for athletes with disabilities, Peter Morel/TopShape, Ottawa, ON	Fall 2009
First Aid, Standard maintained since 2007 (Ottawa)	since 2007
Personal Trainer Specialist, Canfit Pro, Ottawa, ON	Sept. 2007

### Other Professional Certifications

Youth Program Evaluation, YouthREX Certification, York University, Toronto, ON	Jan. 2017
Secret Security Clearance Level II, RCMP, Ottawa, ON (also obtained in 2006)	Aug. 2016
Reliability Status, Ottawa, ON	Jan. 2016
Certificate, Gestion de Projets (Altitude Project Management certificate), University of Ottawa	Feb. 2015
German Language Certificate Level A2, Goethe Institute, Ottawa, ON	Dec. 2014
Six-Sigma Basic training, The Home Depot, Atlanta, Georgia	Jul 2002
Certified Trainer New Brunswick Community College, course design and delivery for adult learning	Spring 2001

### Other Professional Training

Program Evaluation (Graduate course, applied case project: 4-H leadership camp) Guelph, ON	Summer 2016
Knowledge Translation and Transfer, University of Guelph, Guelph, ON	April 2016
Project Management Training (Mitacs, met requirement for PMI CAPM) Kingston & Guelph, ON	March 2016
Rédaction Stratégique (Strategic Writing), University of Ottawa, Ottawa, ON	March 2015
Project Management Skills and Tools, University of Ottawa, Ottawa, ON	Feb. 2015
Skills for University Teaching Assistants, University of Ottawa workshop, Ottawa, ON	Jan. 2015
Learning Facilitator Training for Master Learning Facilitators, Kemptville, ON	June 2012
National Coaching Certification Program course managed by Coaching Association of Canada	

**Other Professional Development:** (*workshops taken, see appendix for presentations given*)

Grenville Rural Summit, Kemptville, ON	<i>Nov. 2016</i>
Leeds Grenville Rural Recreation Regional Summit, Kemptville, ON	<i>Nov. 2015</i>
Association for Non Profit and Social Economy Research (ANSER) at Social Sciences and Humanities Congress, Ottawa, ON	<i>June 2015</i>
Community Economic Development 101, OMAFRA, Kemptville, ON (Ontario Ministry of Agriculture, Food and Rural Affairs)	<i>March 2015</i>
Researching Resilience in Challenging Contexts & Using Visual Methods in Challenging Contexts, Halifax, NS, workshops run by Resilience Research Centre at Dalhousie University	<i>April/May 2014</i>
Leeds Grenville Rural Recreation Regional Summit, Kemptville, ON	<i>Nov. 2014</i>
Leeds Grenville Economic Development Summit, Kemptville, ON	<i>Nov. 2014</i>
Sport Canada Research Initiative Conference (SCRIC), Ottawa, ON	<i>Oct. 2014</i>
Starting Your Own Small Business, John Abbot College, Ste-Anne-de-Bellevue, QC	<i>Winter2003</i>
French Language Studies, University of Toronto, Toronto, ON	<i>1992-1993</i>

**ADDITIONAL EXPERIENCE:**

**Volunteer Leadership Experience:**

Royal Ottawa Mental Health Centre, recreation therapy volunteer	<i>2017/05-present</i>
Ferguson Forest Corporation, member contributing to recreation committee	<i>Sept 2016-May 2017</i>
Rural Recreation Association, Executive Board member, North Grenville, ON a Leeds-Grenville Public Health sub-committee	<i>Fall 2014- Spring 2016</i>
Affordable Housing Sub-Committee, Municipality of North Grenville, ON	<i>Spring 2015</i>
Eastern Ontario Physical Activity Network, research consultant, Kemptville, ON	<i>Fall 2014- Fall 2015</i>
Accessible Recreation Committee, Brockville Project design consultant	<i>Fall 2014- Early 2016</i>
Habitat for Humanity Thousand Islands, Director/Chair of Fundraising, Brockville, ON	<i>2014/10 -2015/02</i>
Habitat for Humanity Thousand Islands, strategic planning facilitator, Director at Large	<i>Spring 2013-2014/10</i>
First Place Options women's health centre, strategic planning facilitator, Ottawa, ON	<i>May 2013</i>
The IT Department Executive Advisory Board, Advisor, Ottawa, ON	<i>2006/08- 2007/02</i>
Ottawa Business Journal Editorial Board, Member, Ottawa, ON	<i>2004/08 – 2006/08</i>
International Student Buddy Volunteer, McGill University, Montreal, QC	<i>1995/09-1998/05</i>
International Student Friendship Group, Leadership Team volunteer, Montreal, QC	<i>1993/09-1997/04</i>

**Other: my websites**

- [www.heathersansom.ca](http://www.heathersansom.ca) Main portfolio & resilience research site
- [www.moveyourmind.ca](http://www.moveyourmind.ca) Recreation therapy and coaching
- [www.equifitt.com](http://www.equifitt.com) Sport coaching (equestrian)
- [www.moveforwardnow.ca](http://www.moveforwardnow.ca) Life coaching

*SEE APPENDIX FOR PRESENTATIONS, PUBLICATIONS and AWARDS*

## **APPENDIX: List of Presentations, Publications & Awards**

### **Presenting & Facilitation:**

<b>IMHR Young Researchers' Conference: Making a (bio) mark: Interactions between Physiology and Mental Health, Ottawa, ON.</b> Royal Ottawa Mental Health Centre. Poster presentation.	<i>May 2017</i>
<b>4-H Ontario Volunteer AGM, Alliston, ON.</b> The 4-H Resilience Research Project: Learn to do by Doing	<i>March 2017</i>
<b>Equine Futures, Stockholm, Sweden.</b> Presentation: Building Resilience with Equine-Based Youth Programs	<i>Oct. 2016</i>
<b>Building Vibrant Rural Futures: Mobilizing Knowledge and Informing Policy, Guelph, ON.</b> Canadian Rural Revitalization Federation. Presentation: Building Resilient Rural Communities	<i>Oct. 2016</i>
<b>Mental Health for All, Toronto, ON.</b> Sport for Resilience, Exploring Physical Activity as a Vehicle for Fostering Resilience- poster presentation (Canadian Mental Health Association national conference)	<i>Sept. 2016</i>
<b>International Human Science Research Conference, Ottawa, ON.</b> Nature Based Physical Activity as a Source for Resilience, Exploring Participant Experience	<i>July 2016</i>
<b>4-H Ontario Annual General Meeting, Alliston, ON.</b> The Unique Contribution of 4-H in the Current Rural Climate, and Researching Resilience	<i>March 2016</i>
<b>Canadian Sport for Life Conference, Gatineau, Quebec.</b> Sport for Resilience: The Canadian Wellbeing Crisis and Sport Based Support.	<i>Jan. 2016</i>
<b>Sport Canada Research Initiative Conference, Gatineau, QC.</b> Poster: rural sport for resilience	<i>Oct. 2015</i>
<b>Pathways to Resilience, Halifax, NS.</b> Poster and session presentations: Sport for Resilience- rurality and youth resilience through equine-based activity	<i>June 2015</i>
<b>Exploring Our Potential, University of Guelph, School of Environmental Design &amp; Rural Development Guelph, ON.</b> 'Rural sport-for-development: fostering rural youth resilience through participation in equine based physical activity'	<i>April 2015</i>
<b>European Association of Animal Production, Copenhagen, Denmark.</b> Invited speaker: 'State of the Equine Industry in Canada', presentation also published as a book chapter	<i>Aug. 2014</i>
<b>Researching Resilience in Challenging Contexts, Halifax, NS.</b> Poster presentation 'rural youth adversity and building resilience through animal-assisted physical activity'	<i>April 2014</i>
<b>Certified Horsemanship Association International Conference, Buffalo, NY</b> Long Term Athlete Development and Rider Fitness Basics for Equestrian Coaches	<i>Oct. 2013</i>
<b>Equine Canada Annual National Conventions, Ottawa (2), ON &amp; St-John's, NFLD</b> strategic plan/vision sharing, athlete development gaps, coaching and athlete development programs and structure	<i>2011- 2013</i>
<b>International Group for Equestrian Qualifications, Stromsholm, Sweden.</b> The Canadian equestrian coaching system and long term athlete development	<i>Oct. 2012</i>
<b>Coaching Association of Canada annual National Sport Organization leadership Conference, Ottawa, ON</b> Best practices in coaching program development	<i>June 2012</i>
<b>Canadian Pony Club Annual National AGM, Toronto, ON</b> The rider as an athlete: fitness for teenage athletes	<i>Nov. 2009</i>
<b>University of Guelph Balance in Motion Symposium, Kemptville, ON</b> Developing equestrian athletic abilities	<i>Oct. 2008</i>
<b>Interviews with CBC Radio,</b> Riding as exercise option for older adults & Importance of fitness	<i>2008 &amp; 2009</i>
<b>Can-Am Equine Conference, London, ON</b> Equestrian biomechanics and fitness	<i>March 2008</i>
<b>Various Convention &amp; Corporate Presentations, Montreal, Toronto, Ottawa</b> Sales & marketing product and strategy	<i>1998-2006</i>

## Teaching & Training:

<b>Fitness and equestrian sport coaching, Ontario</b> , instructor and coach	2007-present
<b>Kemptville Physiotherapy Clinic, Kemptville, ON</b> course designer and instructor: spine stability and mobility, biomechanics and training for injury prevention and recovery	2010-2013
<b>Various Workshops &amp; Clinics</b> , guest biomechanics and conditioning clinician various locations: Alberta, Newfoundland, Nova Scotia, Ontario. Approx. 20 events.	2007-2011
<b>Ontario Equestrian Federation Annual Provincial Conference , Toronto, ON</b> Conditioning and Fitness fun for kids who ride applied workshop	Nov. 2008
<b>Canadian Pony Club, local branch</b> , Fitness and conditioning workshop for youth	July 2009
<b>Van Houtte Coffee B2B Sales Training, Montreal, QC</b> Corporate trainer/training designer	2000-2002
<b>English as a Second Language adult courses, Montreal, QC</b> Teacher	1997-1998

## **PUBLICATIONS** (see next page for knowledge mobilization, books, chapters and articles)

### **PEER REVIEWED**

#### Peer Reviewed- Academic:

Sansom, H. (2017). Community Recreation as Therapeutic: The 4-H Resilience Research Project. <i>Therapeutic Recreation Practice and Research: Journal of Therapeutic Recreation Ontario</i> , 12, 30-45.	2017 06
Sansom, H. (2016). <b>State of the Equine Industry in Canada</b> . In Evans R, Vial C. (Eds.). <i>The New Equine Economy in the 21<sup>st</sup> Century</i> . (pp.237-254). Wageningen, The Netherlands: Wageningen Academic Publishers.	2016 01
Sansom, H. (2015) <b>Heather Sansom- abstract on Sport-for-resilience: Understanding rural youth resilience through participation in 4-H horse programs</b> . <i>CRRF E-Newsletter</i> . Emerging Research Edition. Canadian Rural Revitalization Foundation (CRRF) Halifax, NS.	2015 12
Sansom, H., Cummings, H., Levac, L. poster: <b>'Sport-for-resilience: Addressing Rural Youth Wellbeing, resilience and equine based physical activity</b> . Pathways to Resilience. Halifax, NS	2015 06
Sansom, H. (2015) <b>Heather Sansom- abstract on rural youth recreation and resilience</b> . <i>CRRF E-Newsletter Student Research Edition 2015</i> . Canadian Rural Revitalization Foundation (CRRF) Halifax, NS.	2015 03
Sansom, H, Wilton BL. (2014) <b>The Equine industry in Canada: developing resiliency in a diverse and complex landscape</b> . In EAAP Scientific Committee (Eds.). <i>Book of Abstracts of the 65<sup>th</sup> Annual Meeting of the European Federation of Animal Science</i> . (p.75). Wageningen, The Netherlands: Wageningen Academic Publishers.	2014 08
Sansom, H. (1998) <b>Karl Barth's View of War</b> . MA Thesis. McGill University.	1998 06
Sansom, H. (1998) <b>Book reviews: religious thought and just war/pacifism</b> , <i>ARC Journal of Religious Studies</i> , McGill University, Montreal, QC	1998
<b>Book Review Editor</b> , <i>ARC Journal of Religious Studies</i> , McGill University, Montreal, QC	1996-1998

#### Peer Reviewed- Professional:

<b>The Case for Core Training</b> . <i>Running Room Magazine</i> . Volume 22, issue 4, July/August 2016, p.42	2016 07
<b>Fit to Ride in Nine Weeks</b> . (book)Trafalgar Square Publishing, North Pomfret, VT	2016 05
<b>Columnist</b> : National and international journals, on fitness, conditioning, & equestrian coaching.	2007-2016
<b>Some Regular Columns:</b>	
<i>The Rider</i> (Ont., provincial, monthly) 105 articles 2007-present	
<i>Equine Canada Magazine</i> (national)12 articles 2010-2013	
<i>Chaff Chat</i> (Australia, international) 20 articles 2009-present	
<i>Dressage Today</i> (USA, international, monthly) 60 articles 2009-2012	
<i>Ecogold Newsletter</i> (Cda, international, monthly) 20 articles 2009-2011	
<i>Canadian Horse Journal</i> (Cda, national, bi-monthly)17 articles 2008-2011	
<i>Horse Sport</i> (Cda, national, monthly column)11 articles 2009-2010	
<b>Occasional Columns:(20)</b> <i>Horse-Canada</i> (Cda), <i>Hunter &amp; Sport Horse</i> (USA), <i>Hoofbeats</i> (Aus)	
<b>Coaching Courses and athlete reference materials</b> : Editor for Equine Canada manuals (approx. 15 manuals)	2010-2013

## KNOWLEDGE MOBILIZATION

### Knowledge Mobilization and Transfer- Articles & Columns:

<b>Resilience Research</b> , Leadership in Action, 4-H Ontario, 16(2), p. 12	2016 06
<b>Think About What Food Security Really Means</b> , North Grenville Times 4(2), p.16	2016 01 13
<b>Accessible Recreation</b> , recreation for all income brackets in our community, North Grenville Times 3(50), p.27	2015 12 16
<b>Growing but Not Green</b> , local development and sustainability. North Grenville Times 3(42), p.8	2015 10 21
<b>Animal Sports and the Reduction of Violence</b> . Sport and Development ENewsletter. v. 143, June. Available at: <a href="http://sportanddev.org/en/newsnviews/newsletter/">http://sportanddev.org/en/newsnviews/newsletter/</a>	2015 06
<b>Be Safe on Area Snowmobile Trails, Use Them Responsibly</b> , Kemptville Advance Feb. 26, 2015, p.7	2015 02 26
<b>Citizens, not Consumer or Taxpayer</b> , Letter to the Editor, North Grenville Times 3(2), pp.5-6	2015 02 11
<b>Our Municipal Budget, Recreation and Public Health</b> , North Grenville Times 3(2), p.7	2015 01 14
<b>Time to be Grateful</b> , rural poverty and insecure housing, North Grenville Times 3(1), p.10	2015 01 08
<b>Impressive Seminar With BR+E Alliance</b> , green assets, active transport & sustainable dev. NG Times 2(39)	2014 10 01
<b>Reflections on my visit to equine-assisted activity farms in Finland</b> . Finnish website <a href="http://www.hevostoiminta.net/36">www.hevostoiminta.net/36</a>	2014 09 21
<b>A Positive Approach to Young People</b> , inclusion vs. marginalizing public discourse, North Grenville Times 2(17)	2014 04 30
<b>How Important is Our Future II</b> , planning our future- preserving rural assets, North Grenville Times 2(12)	2014 03 26

### Knowledge Mobilization and Transfer- Books:

<b>Killer Core Workout for Riders</b> , ebook ISBN 978-0-9813391-7-7	2015
<b>Killer Core Workout for Runners</b> , ebook ISBN 978-0-9813391-5-3	2013
<b>Gentle Workout for Mature Riders</b> , ebook ISBN 978-0-9813391-2-2	2013
<b>Fit to Ride: Collected Equestrian Fitness Tips and Articles Volume II</b> , ebook ISBN 978-0-9813391-4-6	2013
<b>Fit to Ride: Collected Equestrian Fitness Tips and Articles Volume I</b> , ebook ISBN 978-0-9813391-3-9	2010
<b>Handy Stretching Guide for Riders</b> , ebook ISBN 978-0-9813391-1-5	2009

## POPULAR AUDIENCE

### Popular Audience- Reviewed Articles:

<b>Share the Love Art Exhibit and Auction</b> , article with photo, Kemptville Advance Feb. 12, 2015, p.K4	2015 02 12
<b>Exhibit and Auction</b> , article, Kemptville Advance Feb. 12, 2015, p.K13	2015 02 12

### Popular Audience- Books and Book Chapters:

Sansom, H. <b>Ten Years that Changed my Life</b> . (pp.188-189) and <b>A Campus is a Community</b> (pp.190-191) In Stark, J. (Ed.) <i>Those Were the Days</i> . Janet Stark. Kemptville, ON.2016. (ISBN 978-0-995—2005)	2016
Sansom, H. <b>My Horse My Teacher</b> . (pp.127-134)In Marlewski-Probert B, Stafford S. (Eds.) <i>Horse Tales for the Soul</i> v7. K&B Products, Yellville, AR: K&B Products. 2007	2007
Sansom, H. <b>My Anna</b> . (pp.51-56)In Marlewski-Probert B, Stafford S. (Eds.) <i>Horse Tales for the Soul</i> v6. K&B Products, Yellville, AR: K&B Products. 2007	2007

## **FUNDING, AWARDS AND RECOGNITIONS:**

### **Funding:**

<b>Mitacs Accelerate Research Award (\$15,000)</b>	<i>July 2016</i>
<b>Reverend Charles R. Wood Bursary (\$2,500)</b>	<i>Feb. 2016</i>
<b>Alumni &amp; Friends Grad Bursary (\$1,000)</b>	<i>Feb. 2016</i>
<b>Graduate Bursary (\$500)</b>	<i>Feb. 2016</i>
<b>Government of Ontario, Ontario Graduate Scholarship (\$15,000)</b>	<i>Feb. 2016</i>
<b>Mitacs Accelerate Research Award (\$15,000)</b>	<i>Jan. 2016</i>
<b>University of Guelph, Registrar's Travel Grant (\$500)</b>	<i>Dec. 2015</i>
<b>University of Guelph, Board of Graduate Studies Research Scholarship (\$2,000)</b>	<i>Dec. 2015</i>
<b>University of Guelph, Board of Graduate Studies Research Scholarship (\$2,000)</b>	<i>August 2015</i>
<b>University of Guelph, Registrar's Travel Grant (\$1200)</b>	<i>March 2015</i>
<b>University of Guelph, Ontario Agricultural College Dean's Scholarship (\$2,400)</b>	<i>March 2015</i>
<b>University of Guelph, Ontario Agricultural College Dean's Scholarship (\$2,400)</b>	<i>Jan. 2015</i>
<b>University of Guelph, Registrar's Travel Grant (\$350)</b>	<i>Jan. 2015</i>
<b>University of Guelph, Ontario Agricultural College Dean's Scholarship (\$2,000)</b>	<i>Sept. 2014</i>
<b>Government of Ontario, Ontario Graduate Scholarship (\$15,000)</b>	<i>April 2014</i>
<b>University of Guelph, Registrar's Research Grant for Graduate Students (\$1,200)</b>	<i>March 2014</i>
<b>University of Guelph, Registrar's Travel Grant (\$500)</b>	<i>March 2014</i>
<b>University of Guelph, Graduate Student Bursary (\$950)</b>	<i>Jan. 2014</i>
<b>University of Guelph, Ontario Agricultural College Dean's Scholarship (\$3,070)</b>	<i>Jan. 2014</i>
<b>University of Guelph, Student Travel Grant (\$250)</b>	<i>Jan. 2014</i>
<b>University of Guelph, PloughShare Scholarship (\$3,250)</b>	<i>Nov. 2013</i>
<b>University of Guelph, Ontario Agricultural College Dean's Scholarship (\$3,000)</b>	<i>Aug. 2013</i>
<b>University of Guelph, Graduate Student Research Scholarship (\$2,000)</b>	<i>Aug. 2013</i>
<b>Sport Canada, for sport participation program finalization &amp; launch (approx. \$30,000)</b>	<i>April 2012</i>
<b>Coaching Association of Canada, for athlete &amp; coach training program dev. (approx. \$28,000)</b>	<i>April 2011</i>
<b>Sport Canada, for sport participation &amp; long term athlete development modeling &amp; pilot (approx. \$50,000)</b>	<i>April 2011</i>
<b>Coaching Association of Canada, for athlete &amp; coach training program dev. (approx. \$25,000)</b>	<i>April 2011</i>

### **Awards & Recognitions:**

<b>Coaching Association of Canada, National Coaching Program Development award</b>	<i>2012</i>
<b>Provincial Dressage Reserve Champion, Level 1, Jeux Équestre du Quebec</b>	<i>2005</i>
<b>Provincial Dressage Champion, Level 2, Jeux Équestre du Quebec</b>	<i>2005</i>
<b>Regional Ambassador Horse of the Year, Ottawa Valley Arabian Horse Association</b>	<i>2005</i>
<b>Regional Champion, Dressage, Ottawa Valley Arabian Horse Association</b>	<i>2004</i>
<b>Sales rookie of the year, Pearson Education, for growing sales territory 30% above target</b>	<i>1999</i>
<b>MA First Class Honour's, McGill University</b>	<i>1998</i>
<b>BA Dean's Honour &amp; First Class Honours, McGill University (awarded to top 10% GPA)</b>	<i>1996</i>
<b>President's Student-Athlete Honour Roll 1994-1995, McGill University (Rugby)</b>	<i>1995</i>
<b>Graduating Student Honour Roll, Twin Lakes Secondary School, Orillia, ON</b>	<i>1990</i>
<b>Student Honour Roll &amp; Top Student Award, English, Dixon Hill Public School, Stouffville, ON</b>	<i>1986</i>
<b>Top Ten National Champion, Companion Dog category, Canadian Kennel Club</b>	<i>1982</i>