

HEATHER SANSOM, PhD

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Profile Summary: Bilingual, leader & recreation/sport professional seeking roles in wellbeing promotion and mental health. Open to contracts/ p/t.

- 10 years private practice in therapeutic recreation and sport coaching
- TRO membership, certification in adaptive fitness, training in Montessori methods for dementia
- Experience with seniors: personal caregiver, rehabilitation clients, and work in ROH Geriatrics as volunteer/intern (May 2017 to present)
- Experience with youth: sports group for youth with disabilities
- PhD in psycho-social & resilience benefits of recreation
- Additional education in psychology and therapeutic recreation
- 15+ years leadership experience in non-profit & private sectors: strategic planning, staff performance, program & project management
- Team building: stakeholder committees, working groups
- Communication: speaking, meeting/workshop facilitation, published research
- Bilingual (French), speak some German, Spanish, Swedish
- Secret Clearance II (2016, 2006)

EDUCATION:

MA Counselling Psychology, *Yorkville University*, Fredericton, NB

Diploma Therapeutic Recreation, *Canadore College*, North Bay, ON

PhD, *University of Guelph*, dissertation: *Resilience & Rural Recreation*, Guelph, ON

MA, *McGill University*, Montreal, QC, First Class,

BA, *McGill University*, Montreal, QC, First Class, Dean`s Honour,

In progress

Near completion

Completed 2018 07

Completed 1998 06

Completed 1996 04

PROFESSIONAL EXPERIENCE:

Current: Interim Executive Director, *Serena Canada*, (fertility education charity), Ottawa, ON

Recent: Recreation Therapist, *Royal Ottawa Mental Health Centre*, intern, Ottawa, ON

Consultant, *HeatherSansom.ca*, Kemptville, ON

- Governance policy development, business analysis and strategic advising, charity sector
- Program evaluation plan & resilience research for non-profit youth leadership program (4-H)
- Committee Advisor: accessible rural recreation committee (joint Municipal/Public Health)
- Research design, Eastern Ontario Public Health youth sedentariness & wellbeing project
- Facilitated strategic planning (non-profit sector: housing insecurity & women`s health)

Founder & Coach, *MoveYourMind.ca* (2016), *Equifitt.com* (2007), Kemptville, ON

Life coaching, therapeutic recreation, fitness and equestrian coaching

- Competitive & amateur athletes, seniors, persons with disability/autism, wellbeing coaching
- Communication & Education: speaking, publishing, interviews on CBC radio

Director of Fundraising, *Habitat for Humanity1000 Islands*, Brockville, ON(volunteer)

- Created fundraising plan & community awareness campaign, organizational analysis & report
- Planned, managed and curated poverty and housing awareness campaigns

Coaching Manager, *Equestrian Canada*, Ottawa, ON (national sport program director)

- Responsible for strategic planning, transition and program growth (300%) for coach & athlete training, and long term athlete development programs; pilot project featured on CBC National News
- Extensive experience with teams of stakeholders, project funding and reporting (approx 200K), integration Sport Canada framework with national policy

Start 2017/09

2017/05 – 2018/03

2013/04 – 2017/08

2007/08- present

2014/10 –2015/02

2010/06 – 2013/04

Marketing Manager, <i>Cognos Inc.</i> , Ottawa, ON (termed contract)	2006/11 – 2007/07
Director, Sales and Marketing, <i>The IT Department Inc.</i> , Ottawa, ON	2004/08 - 2006/08
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
Regional Sales Territory Manager, Higher Education, <i>Pearson Education</i> , Montreal, QC	1998/08 – 2000/08
English Instructor, (part-time contract) École de Langues de l'Éstrie and CLG, Montreal, QC	1997/06 – 1998/07
Book Review Editor, <i>ARC Journal</i> , (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

Essentials of CBT II, Implementing CBT, Ottawa Institute of CBT, Ottawa, ON	June 2018
Essentials of Cognitive Behavioural Therapy Level 1, Ottawa Institute of CBT, Ottawa, ON	April 2018
Attachment, Psychotherapy and Change, Canadian Counselling & Psychotherapy Assoc., Ottawa, ON	April 2018
Role of Attunement in Fostering Intimate Relationships, CCPA, Ottawa, ON	April 2018
Evidence Based Treatment for Mood Disorders, The Royal Mental Health Research, Ottawa, ON	April 2018
Introduction to Neuroimaging, The Royal Mental Health Research, Ottawa, ON	April 2018
De-escalating Potentially Violent Situations, Crisis & Trauma Institute, Ottawa, ON	March 2018
Strategies for Resolving Impact of Post-Traumatic Stress, Crisis & Trauma Institute, Ottawa, ON	Feb. 2018
Integrated and Experiential Cognitive Behavioural Therapy, ROH, Ottawa, ON	Feb. 2018
Applied Suicide Intervention Skills Training (ASIST), Royal Ottawa Mental Health, Ottawa, ON	Nov. 2017
Beyond Dementia: Exploring Senior Mental Health in Long Term Care, ROH, Ottawa, ON	Sept. 2017
Equine Assisted Interactions Professional Development, University of Denver, Colorado	July 2017
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 (ROH), 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
Certificate in Adaptive Training for athletes with disabilities, Peter Morel/TopShape, Ottawa, ON	Fall 2009
Mind Games Sport Psychology Intensive, Psy-Santé, Montreal, QC	Feb. 2008

Sport and Recreation Certifications

Certified Hike Leader, Hike Ontario, Ottawa, ON	Oct. 2015
National Coaching Certification Program (NCCP) Equestrian Coach, Equestrian Canada, Ottawa, ON	June 2013
Wilderness First Aid, SOLO, Stowe, Vermont	May 2013
Riding Instructor, Centered Riding International, Ottawa, ON	Sept. 2010
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
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
NCCP Learning Facilitator Training for Master Learning Facilitators, CAC, Kemptville, ON	June 2012

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

Young Researcher's Conference: Technology & Mental Health, Royal IMHR, Ottawa, ON	May 2018
Animals on the Mind: neurodiversity and human-animal interaction, Denver, CO	May 2018
High Performance Coaching, Analyzing Performance (NCCP), Equestrian Canada, Ottawa, ON	April 2018
Charity and Not-for-profit Law Seminar, Carters Law, Ottawa, ON	Feb. 2018
Grenville Rural Summit, Kemptville, ON	Nov. 2016
Leeds Grenville Rural Recreation Regional Summit, Kemptville, ON	Nov. 2015
Association for Non Profit and Social Economy Research (ANSER) at Social Sciences and Humanities Congress, Ottawa, ON	June 2015
Community Economic Development 101, OMAFRA, Kemptville, ON (Ontario Ministry of Agriculture, Food and Rural Affairs)	March 2015
Researching Resilience in Challenging Contexts & Using Visual Methods in Challenging Contexts, Halifax, NS, workshops run by Resilience Research Centre at Dalhousie University	April/May 2014
Leeds Grenville Rural Recreation Regional Summit, Kemptville, ON	Nov. 2014
Leeds Grenville Economic Development Summit, Kemptville, ON	Nov. 2014
Sport Canada Research Initiative Conference (SCRIC), Ottawa, ON	Oct. 2014
Starting Your Own Small Business, John Abbot College, Ste-Anne-de-Bellevue, QC	Winter 2003
French Language Studies, University of Toronto, Toronto, ON	1992-1993

ADDITIONAL EXPERIENCE:

Volunteer Leadership Experience:

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

Other: my websites

www.heathersansom.ca Main portfolio & resilience research site

www.moveyourmind.ca Recreation therapy and coaching

www.equifitt.com Sport coaching (equestrian)

www.moveforwardnow.ca Life coaching

SEE APPENDIX FOR PRESENTATIONS & PUBLICATIONS

APPENDIX: List of Presentations & Publications

PRESENTATIONS & FACILITATION

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

Some Teaching & Training:

Kemptville Physiotherapy Clinic, Kemptville, ON course designer and instructor: spine stability and mobility, biomechanics and training for injury prevention and recovery	2010-2013
Various Workshops & Clinics , guest biomechanics and conditioning clinician various locations: Alberta, Newfoundland, Nova Scotia, Ontario. Approx. 20 events.	2007-2011
Van Houtte Coffee B2B Sales Training, Montreal, QC Corporate trainer/training designer	2000-2002
English as a Second Language adult courses, Montreal, QC Teacher	1997-1998

PUBLICATIONS

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). State of the Equine Industry in Canada. In Evans R, Vial C. (Eds.). <i>The New Equine Economy in the 21st Century.</i> (pp.237-254). Wageningen, The Netherlands: Wageningen Academic Publishers.	2016 01
Sansom, H. (2015) Heather Sansom- abstract on Sport-for-resilience: Understanding rural youth resilience through participation in 4-H horse programs. <i>CRRF E-Newsletter.</i> Emerging Research Edition. Canadian Rural Revitalization Foundation (CRRF) Halifax, NS.	2015 12
Sansom, H., Cummings, H., Levac, L. poster: 'Sport-for-resilience: Addressing Rural Youth Wellbeing, resilience and equine based physical activity. Pathways to Resilience. Halifax, NS	2015 06
Sansom, H. (2015) Heather Sansom- abstract on rural youth recreation and resilience. <i>CRRF E-Newsletter Student Research Edition 2015.</i> Canadian Rural Revitalization Foundation (CRRF) Halifax, NS.	2015 03
Sansom, H, Wilton BL. (2014) The Equine industry in Canada: developing resiliency in a diverse and complex landscape. In EAAP Scientific Committee (Eds.). <i>Book of Abstracts of the 65th Annual Meeting of the European Federation of Animal Science.</i> (p.75). Wageningen, The Netherlands: Wageningen Academic Publishers.	2014 08

Peer Reviewed- Professional:

The Case for Core Training. <i>Running Room Magazine.</i> Volume 22, issue 4, July/August 2016, p.42	2016 07
Fit to Ride in Nine Weeks. (book)Trafalgar Square Publishing, North Pomfret, VT	2016 05
Columnist: National and international journals, on fitness, conditioning, & equestrian coaching.	2007-2016

Some Regular Columns:

<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

Occasional Columns:(20) *Horse-Canada* (Cda), *Hunter & Sport Horse* (USA), *Hoofbeats* (Aus)

Coaching Courses and athlete reference materials: Editor for Equine Canada manuals (approx. 15 manuals)	2010-2013
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Knowledge Mobilization and Transfer- Books:

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

Knowledge Mobilization and Transfer- Articles & Columns:

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

Popular Audience- Reviewed Articles:

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

Popular Audience- Books and Book Chapters:

Sansom, H. Ten Years that Changed my Life . (pp.188-189) and A Campus is a Community (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. My Horse My Teacher . (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. My Anna . (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