

2015

- Business Card Social (February - Mission) - presented a workshop on goal setting to a local group of business owners.
- Division of Family Practice (February - Abbotsford) - presented a session as part of their winter wellness event for local physicians and their spouses.
- Fitness Theory Course (February - Smithers) - 35 hour course
- Personal Training Course (February - Dawson Creek) - 40 hour course
- Desire Map Level 1 workshop (January - Mission) – 8 hour goal setting workshop
- Fitness Fraser Valley Conference (January - Hope) – facilitated 2 sessions
- Yoga Fitness Certification Course (January - Fort St. John) – 35 hour course

2014

- Nelson Fitness Forum (October) – I was the keynote speaker and main conference presenter at this annual event.
- Third Age (Older Adult) Certification Course (April) facilitated this 16 hour course in Abbotsford
- Personal Training Certification Course (October) – facilitated this 35 hour course (Kamloops)
- [BCFit](#) (September) – this annual fitness conference attracts 300+ fitness professionals. This is one of the premier learning events in the fitness industry. This year I was honoured to receive the Educator of the Year award.
- [everyWOMAN Whistler](#) (June) – this was my 3rd time speaking at this inspiring event. everyWOMAN™ is an interactive and fun health conference to inspire everyday women and to promote the opportunity to try fitness, dance and wellness workshops in a comfortable setting.

- Rock Your Financial Plan (May) – a financial planning event looking at the health of the entire person.
- Yoga Fitness Certification Course (May) – facilitated this 35 hour course in Smithers
- BCRPA Symposium (May) – I facilitated the “Innovation in Recreation Programming” session
- Third Age (Older Adult) Certification Course (April) facilitated this 16 hour course in Dawson Creek Group Fitness Certification Course (January) – facilitated this 30 hour course in Smithers
- Fitness Fraser Valley (January) – this local fitness conference brought together some of the best fitness speakers in the Valley. I am booked to present at this event in 2015.

2013

- Personal Training Certification Course (November) – facilitated this 35 hour course in Fort St. John
- Weight Training Certification Course (July) - facilitated this 20 hour course in Fort St John
- Yoga Fitness Certification (July) – facilitated this 35 hour course in Dawson Creek
- Weight Training Certification Course (March) - facilitated this 20 hour course in Fort St John
- Third Age (Older Adult) Certification Course (February) facilitated this 16 hour course in Richmond