



Patricia Morgan's Bio for Event Programs and Promotion Purposes

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Patricia Morgan, MA, CCC, Author, Keynote Speaker, Workshop Leader and Counselor
(NOT an introduction)

“Patricia Morgan is an author who specializes in strengthening resilience in individuals and organizations. Presenting to thousands of people each year, she is an international speaker with a Master’s Degree in Clinical Psychology. When you get **Patricia** you get practical how-to’s that decrease stress and miscommunication while increasing vitality, joy, productivity and workplace satisfaction. Plus she delivers her message in a fun, insightful and uplifting manner. As Patricia, The Bounce Back Expert, confidently affirms, **“You’re stronger than you think.”**

Patricia has authored dozens of articles and several books including ***From Woe to WOW: How Resilient Women Succeed at Work.*** ***Love Her as She Is: Lessons from a Daughter Stolen by Addictions*** was featured on national radio and television. Other books include ***She Said: A Tapestry of Women’s Quotes,*** ***Alberta Women Said: Wise Words by Wondrous Western Women,*** ***The Light Hearted Approach: 87 Ways to be an Upbeat Parent*** and ***Frantic Free: 167 Ways to Calm Down and Lighten Up*** and ***Gag Your Nagging: 101+ Ways to Communicate More Effectively & Enhance Family Cooperation & Harmony.***

Before becoming a professional speaker, **Patricia** had careers as an Early Childhood Educator, Parent Educator, Family Counselor, Therapeutic Counselor and Group Facilitator. With a Masters degree in Clinical Psychology she worked for organizations such as the Calgary Counselling Centre, Cambyr Agencies, Parent Support Association, Contemporary Woman Project and EAP provider. Patricia is a Certified Integrative Body Psychotherapist and a Certified Canadian Counsellor.

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Patricia's inspirations, stories and solutions are developed from extensive research and training in positive psychology and resilience plus her experience as a career counsellor, group facilitator, agency director, and family and community woman. She says of her work, "I feel honoured to help people cope with challenges, strengthen their resilience and celebrate their accomplishments and possibilities."

Patricia is an active member of the Canadian Counseling and Therapy Association (CCTA), Women in Psychology and the Canadian Association of Professional Speakers (CAPS). Patricia was honored by Global TV and the Calgary YWCA as a **Woman of Vision.**"

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