

Speakers' Bio:

Addie Greco-Sanchez

Addie is a recognized industry leader with over 25 years of experience and a contagious passion in the field of disability management and mental health. She founded AGS in 1999 and has led the company's growth; surrounding herself with like-minded professionals who share a passion for helping clients by providing solutions that maximize productivity with a focus on abilities. As President, she is responsible for overseeing corporate and strategic vision.

A visionary leader, she ranked on the 2015 PROFIT/Chatelaine's W100 Canada's Top Female Entrepreneurs. Addie is often called upon as a subject matter expert in the area of mental health and is an avid national speaker. She is co-author of the newly released book, *The 5-Minute Recharge, 31 Proven Strategies to Refresh, Reset and Become the Boss of Your Day*. She has authored many articles in the field of vocational rehabilitation and disability management and has qualified as an expert witness as a vocational evaluator. Addie holds a Registered Rehabilitation Professional (RRP) designation from the Vocational Rehabilitation Association (VRA) of Canada, as well as a Certified Vocational Rehabilitation Professional (CVRP) designation from the College of Vocational Rehabilitation Professionals. She is Past President of the Vocational Rehabilitation Association (VRA) of Canada. AGS Rehab has been an active participant in the recently concluded three-year Case Study Project created by the Mental Health Commission of Canada. In 2017 AGS achieved Canada Awards for Excellence Gold recognition in the category of *Mental Health at Work®*

Lynne Everatt:

In the words of Mother Teresa, "We can do no great things, only small things with great love." Lynne Everatt does small things with great love as she strives to improve mental, physical and emotional wellness in the workplace. Lynne is a 2018 LinkedIn Top Voice in Management and Workplace, recovering MBA and nominee for the Stephen Leacock Medal for Humour for her first book, *EMails from the Edge*, a novel with the theme of workplace mental health. Emails also appeared in The Globe and Mail as a Careers column. An ardent advocate for mental health through physical fitness, she's a certified personal trainer who has completed two sweaty half-marathons and a marathon six minutes and twenty-three seconds of stand-up at the Absolute Comedy Club. Lynne served for three years as President of the Board of Directors of the women's shelter Interim Place where she met her soul sister, *The 5-Minute Recharge* co-author Addie Greco-Sanchez. Together through their friendship, Lynne and Addie want to make the world a more mentally healthy place.