

## Who We Are

[Vision, Mission and Values \(click here\)](#)

Linda Lewis-Daly

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Linda is an award winning health and wellness consultant with extensive experience developing innovative programs central to organizations' talent management agendas.

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She has demonstrated leadership to drive retention and engagement as a result of employee commitment to vision of three tiered healthy workplace.

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Linda is regularly featured in the media, such as the Globe and Mail and CBC Radio One, as an inspiring subject matter expert.

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As a volunteer media spokesperson for the Heart & Stroke Foundation promoting heart healthy behaviours for women, Linda has been in print, on radio & TV talk shows (Rogers TV, Discovery Channel) and has delivered keynote speeches at the Ride for Heart and Mother-Daughter Walk in Toronto.

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She teaches part-time at Centennial College in the Workplace Wellness & Health Promotion program as well as being a program advisory member.

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Linda was co-chair of the 2007 Manulife walk/run for research - "Piece of Mind when you need it MOST" - Canada's 1st fundraising event for depression and mind/brain disorders - supporting neurosciences research at Sunnybrook Health Sciences Hospital.

[Supplementary Bio Details \(click here\)](#)

### Our Associates

Over the last 18-years, Linda has developed an extensive network of workplace wellness professionals, holistic practitioners and wellness instructors. Connecting the right people for the right roles and ensuring a cultural fit with each organization is Linda's specialty.