



Cynthia Lockrey's bios

Short version

About Cynthia Lockrey

Cynthia Lockrey is a change maker + communications expert. She shifts people, teams, organizations and cultures to go from overwhelmed to clear and activated. She does this through her writing, speaking, training and coaching. Having started her career as a reporter and newspaper editor, she draws upon storytelling to get people to tune-in and be engaged with the content she's sharing.

Cynthia shares practical advice on how people can improve their communications skills and advocate for change.

Over her 25+ year career, Cynthia has worked as a post-secondary instructor, media and crisis communications lead for a Venue City for the 2010 Vancouver Olympic Winter Games, emergency/public information officer for three local governments, communications manager, consultant and leadership coach.

www.cynthialockrey.com

www.howtocommunications.com

www.learnpatientadvocacy.com

Long version

Cynthia Lockrey is a change maker + communications expert. She shifts people, teams, organizations and cultures to go from overwhelmed to clear and activated. She does this through her writing, speaking, training and coaching. Having started her career as a reporter and newspaper editor, she draws upon storytelling to get people to tune-in and be engaged with the content she's sharing.

As a seasoned conference speaker and corporate trainer, she's worked with non-profits, corporations, conferences, and organizations across North America. She's comfortable speaking to crowds from a few dozen to over a few hundred people and is consistently ranked as a top speaker as she customizes her presentations to meet the needs of the audience. Cynthia is skilled at breaking down communications fundamentals into bite size and easy to implement pieces.

Combining her 25+ years of public relations experience with her lived experience of being a

mom and sister of two autistic individuals, Cynthia delivers presentations for professional development as well as personal growth. She shares practical advice on how people can improve their communications skills and advocate for change. In her role as author of two patient advocacy books and mom, she's a regular contributor on regional and national media, as well as presenter in the BC legislature, advocating for kids with disabilities.

Cynthia's proud of how she's combined her passion for helping others with her professional experience working in public relations and journalism. As a skilled storyteller, she weaves in practical examples and real-life experience while helping others become strong communicators and advocates. Participants leave with practical tools, techniques and the inspiration to implement what they've learned.

Over her impressive career, Cynthia has worked as a:

- Post-secondary instructor developing and delivering communications and strategic planning courses
- Media and crisis communications lead for a Venue City for the 2010 Vancouver Olympic Winter Games
- Emergency/public information officer for three local governments with extensive emergency management training and on-the ground experience
- Communications manager
- Consultant working with non-profit, corporate and government clients
- Leadership coach, helping individuals find their voice and be clear on their path

Hailing from Ontario, she's now proud to call beautiful Vancouver Island home with her husband, two kids, two dogs and five ducks.

<https://www.cynthialockrey.com/>
www.howtocommunications.com
www.learnpatientadvocacy.com