

## Susan Lynne's Bio – September 2023

Susan Lynne was born in Toronto's west end. She spent her childhood outdoors: exploring the nearby river valley and crawling into the water drainage culvert, teaching her little brother how to climb onto the school roof across the street to gather tennis balls, and in a mischievous moment, was suspended from girl guides for being disruptive and rambunctious.

While maturing, Susan found more constructive ways to channel her energy and curiosity in her education and work life. Susan has trained as a Lifeguard/Swimming Instructor, a French to English Translator, a Counselling Psychotherapist, and an Interfaith Minister. Her interests include attending improv comedy classes, singing in choirs and understanding humans. This all comes together in the world of facilitating learning which has been Susan's specialty and delight for twenty-five years.

She is accredited to teach twelve workshops in the domains of business communication skills, coaching courses for managers, and virtual facilitation skills, in both French and English. She has been a Master Trainer for both McLuhan & Davies Communications and Box of Crayons for many years.

In every workshop experience, Susan brings a care for participants' wellbeing and success and a respect for individual learner's needs. She sets a safe atmosphere for people to try new things and nudge themselves beyond their comfort zone. And most importantly, she hasn't lost that mischievous spirit. She invites peoples' sense of humour and makes learning fun, knowing that there is neuroscience behind playfulness. It allows us to take greater risks when exploring new skills.

### **Short version**

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