Georgette Reed - Speaker Bio

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Georgette Reed is a mental health advocate, an Olympian, 17-time Canadian champion, and dynamic leader with a lifelong passion for sport, fitness, health, and wellness. A former multi-sport athlete, she competed internationally in athletics, bobsleigh, swimming, and water polo, proudly representing Canada at the Olympic Games, World Championships, Commonwealth Games, and Pan American Games. Over her remarkable career, she claimed 17 national titles—15 in the shot put and two in discus—cementing her place as one of Canada's most accomplished athletes.

Georgette earned both her Master of Arts in Physical Education and Bachelor's degree in Recreation Administration and Communications from Washington State University, where she became an All-American in the shot put and set a record that still stands today. Alongside her legendary father, Canadian Football Hall of Famer George Reed, she holds a place in the WSU Sports Hall of Fame as the institution's only father-daughter duo.

Following her competitive career, Georgette transitioned seamlessly into coaching and leadership. For a decade, she served as Head Coach of Track & Field and Cross Country at the University of Alberta, guiding athletes to provincial, national, and international success. She also served as Health and Wellness Coordinator for Edmonton Fire Rescue Services, where she championed programs supporting first responders' physical and mental health. Most recently, she broke new ground as the first female Director of Athletics and Recreation at Capilano University, where she led the development of innovative programs and strategic initiatives to advance performance, wellness, and mental health across campus.

Today, Georgette is a sought-after health and wellness professional, presenter, and facilitator. Known for her engaging and inspiring style, she blends motivational storytelling with science-based strategies to empower individuals and organizations to thrive. Her presentations tackle themes such as leadership, teamwork, resilience, effective communication, burnout prevention, life balance, self-care, stress management, nutrition, and trauma recovery.

Whether in the arena, the boardroom, or on stage, Georgette Reed continues to inspire excellence, resilience, and well-being—helping people unlock their full potential.

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Presentations:

A Plot Twist: Seizing Life's Turning Points with Georgette Reed

Every plot twist is a chance to shine out loud.

In this energizing talk, Georgette Reed shows how life's unexpected turns can spark courage, healing, and renewal. With powerful insights and actionable strategies, she'll inspire you to reframe challenges, embrace change, and transform pivotal moments into opportunities for growth and excellence.

Get ready to see your plot twists not as obstacles—but as the very moments that propel you forward.

"A Plot Twist isn't the end—it's the beginning."

Caring for Others Without Losing Yourself: A Self-Care Reset with Georgette Reed

We show up for everyone else—but who's showing up for us? Too often, in the rush to serve others, we sacrifice our own physical and mental health. In this eye-opening session, Georgette Reed challenges that cycle and offers a fresh roadmap to balance.

In this energizing session, Georgette Reed explores how to care for others without sacrificing your own well-being. With practical self-care strategies and mental health prompts, she shows how balance, resilience, and renewal can make you more effective in every role you play.

"Self-care isn't selfish—it's essential."

From Burnout to Balance: Reclaim Your Energy, Focus, and Performance

Burnout isn't subtle—it drains your body, mind, and ambition. Olympian and coach Georgette Reed shows how to spot the warning signs, reset your work-life balance, and turn stress into strength. Packed with practical strategies for mental wellness, self-care, and peak performance, this session equips you to protect your well-being and thrive—because you can't perform at your best if you're running on empty.

From Burnout to Balance is more than a talk—it's a wake-up call. In this interactive session, Reed equips participants with the mindset and tools to protect their well-being, fuel their performance, and reclaim control of their lives. Because the truth is simple: you can't perform at your best if you're running on empty.

"Build resilience with movement and mindfulness"

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Who Are You? Overcoming Imposter Syndrome and Claiming Your Power

Do you feel like a fraud, terrified that one wrong move will make you lose everything? Are you playing small just to stay safe? It's time to stop.

Stop playing small. Georgette Reed shows you how to silence self-doubt, step into your power, and claim the unique impact only you can make. This empowering session helps you move from fear to confidence, from hesitation to bold action.

This isn't about perfection—it's about presence. Reed empowers you to stop shrinking, start showing up, and make your mark in the world and the communities where you live and work.

 "Imposter syndrome ends here."