



2021 Coaches Symposium Schedule

Elk Ridge Resort – October 15th-17th, 2021



Speaker Bio - Georgette Reed

Georgette Reed has had a keen interest in Sport, Fitness, Health and Wellness all of her life. She is a former Olympic athlete and is a certified track and field and strength and conditioning coach. She has over 43 years of competition and experience under her belt in the sports of athletics, bobsleigh, swimming and water polo. Georgette now puts all of the knowledge and expertise to good use as the Health and Wellness Coordinator for Edmonton Fire Rescue Services and Mental Health First Aid, Psychological First Aid and R2MR (first responder) instructor for the City of Edmonton. She holds a MA in Coaching Sciences, a BPE in Physical Education and a BA in Communications and is a

mental health first aid instructor for the City of Edmonton.

During her athletic career, Georgette Reed represented Canada in the Olympic Games, the World Athletics Championships, the World Bobsleigh Championships, the Pan American Games, the Commonwealth Games and many other international events. As a competitor, Georgette won 17 national titles (15 in the shot put and two discus titles). Upon retiring from competing, Georgette was the head cross country and track and field coach for the University of Alberta for 10 years. As a result of her education and competitive experience, she was able to develop provincial, national and international champions. Georgette also mentored/coached Special Olympics Athletes.

Reed's presentations are inspirational and genuine. Her enthusiasm and optimism shine through her as she shares the positive lessons, values and virtues of sport. Through relevant and humorous anecdotes, Georgette Reed demonstrates and brings to life the trials and tribulations of her sporting life and how they have influenced the way that Georgette Reed deals with the challenges of everyday life that she faces today. She also incorporates practical solutions from her experience as a consultant in dealing with home or workplace health and wellness challenges.

Georgette Reed's presentations motivate audience members to frame an individual vision to overcome obstacles and barriers in order to succeed in whatever they decide to accomplish. Her presentations are transformational. It will present attendees with the opportunity to alter their own destiny through hard work and perseverance.

Special Olympics Saskatchewan

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