



LYNDA SHEPHARD

Director, Coaching & Facilitation

Lynda Shephard joins Forrest as Director, Coaching & Facilitation.

After 35 years in the Ontario Public Service, Lynda brings senior management leadership experience in four ministries in the fields of Human Resources, Leadership Development and Organizational Design.

Working at the Centre for Leadership in Cabinet Office, Lynda designed and implemented a simplified organizational competency model creating practical, achievable and measurable leadership competencies for the senior management cadre of the public service. As Director of Human Resources at the Ministry of Labour, Lynda led the introduction of one of the first leadership Diversity Assessment Tools 360 as well as spearheaded the ministry attaining the Healthy Workplace Award (PEP3) from the National Quality Institute.

Lynda is known for taking innovative approaches to leadership development, organizational design and people management to ensure organizations have the people strategies in place that will carry them effectively into the future.

A firm believer in the power of valuing people and their contributions she is able to enable teams to achieve outstanding results.

A life long learner and strong believer in the power of Positive Psychology she launched Empowering Positive People and is the Chief Empowerment Officer working to help people in all walks of life achieve more.

Lynda holds a Bachelor of Arts and a Bachelor of Education from the University of Western Ontario and recently completed the Advanced Human Resources Management Program at the Rotman School, University of Toronto.

In her leisure time, she loves martial arts, swimming, and most recently crossfit.