

BIOGRAPHY:

Cheryl Pounder Gold Medal Champion

It's always about the journey. That's the message women's hockey champion Cheryl Pounder seeks to instill in every audience she speaks to. Cheryl believes that our actions and values have a direct impact on our team, affecting the culture of our group! We must learn to take self-inventory, share information and be accountable to our performance. The result...efficiency! Our environment is constantly changing, how do we adapt? How do we prepare? How do we work within our group? With every failure comes an opportunity to learn. Seize the opportunity. Pounder is an interactive and engaging speaker who shows audiences that true achievement is found on the **way** to winning gold. We must **"Grow for Gold"**.

Cheryl played on six of Canada's World Championship Hockey Teams where she was named an All-star defenseman in 2005. Cheryl was also voted the top defenseman at the 2002, 2004, 2005 (MVP) and 2007 Canadian National Hockey Championships. Her greatest career accomplishments are her two Olympic Gold medals from the Salt Lake City and Torino Olympic Games.

Currently, Cheryl is working for TSN as a colour commentary analyst. Her most recent work includes the 2016 World Championships and 2014 Olympic Winter Games. As a Mother of two-young daughter's Cheryl has recognized the importance of engaging youth. She has worked as an ambassador with Fitspirit, a non-profit organization that encourages young females to 'get active', make healthy choices and 'engage' in their own lives.

Cheryl has been working as a Professional Speaker for over a decade. Some of her clients include; Tim Hortons, Major Banks and investment companies, Dairy Farmers, Alcatel, TransUnion, Schneider's, Proctor and Gamble, Grote Industries, and the Automotive Sector.