

Becky Swan

M.R.Sc., B.A.H.Sc., B.H.K., CAT(C), C.S.C.S.

My inspiration for speaking is to:

- Ensure police officers are fit for duty so they can keep their community safe and return to their family at the end of their shift
- Support and guide police agencies as they take steps towards police officer wellness initiatives
- Ignite a passion in others to take action towards improving wellness in their workplace

Leadership

- Leaving your Mark in Large Organizations
- Overcoming Workplace Obstacles
- Getting Buy in When the Odds are Against You

Corporate Wellness

- Creating Wellness in the Workplace
- How Focusing on Employee Wellness Helps the Whole Organization
- Fitting Wellness Habits into an Already Tight Schedule

Law Enforcement

- Connecting Wellness to Police Officers so They Can Perform Their Best
- Occupational Fitness Testing
- Physical Rehabilitation
- Strength & Conditioning
- Holistic Approaches to Wellness
- Approaches to Working Pain Free


Growing up in a police family, surround by other police families, created a big place in my heart for police officers. This upbringing mixed with my degrees in human kinetics and athletic therapy created a passion in me to push for better wellness resources for police officers. My master's studies focused on officer wellness and I am excited to share this my knowledge.



Past Speaking Engagements

- International Association of Chiefs of Police – Officer Safety & Wellness Symposium
- Quest University - Guest Lecturer
- University of British Columbia - Guest Lecturer
- Northwest Athletic Trainers Association Clinical Symposium
- Canadian Athletic Therapists Association Annual Conference
- Law Enforcement Officer Safety and Health Conference
- Department of Fisheries and Oceans Canada National Meeting

 Beckyswan@me.com

 778-839-7035

 beckyswan1

 @beckyswanat

www.beckyswan.ca

**Contact me to Discuss
Speaking Opportunities**

