



## Carol Ann Fried

Carol Ann Fried, Empress of Freedom Training Services, is passionate and committed to bringing playfulness and laughter into the workplace regardless of intensity of topic. She is best known for helping people discover their JoySpot™.

Carol Ann has been a professional speaker, facilitator and consultant with business, education, health, government, technology and the helping professions for over twenty-five years. She is a master trainer and motivational keynote speaker.

Carol Ann obtained her M.Ed. in Counselling Psychology from McGill University in Montreal. She received her B.A. (Honours) in three areas of study: Psychology, Sociology and Romance Languages from Dalhousie University in Nova Scotia.

She has enjoyed faculty appointments at McGill University and the University of British Columbia, where she taught graduate students in Counselling Psychology.

Frequently interviewed for radio, television and newspapers, Carol Ann is the proud recipient of the coveted second prize in CBC Radio's world-famous answering machine contest and has been featured on CTV's "Live It Up!". Carol Ann's latest creative foray is into the world of improvisational theatre, where she is co-founder and performs with Vancouver Playback Theatre Troupe. She absolutely adores Galiano Island, singing harmony and pets of any kind, especially dogs.

Born and raised in Halifax, Carol Ann lived or fourteen years in Montreal, and has been in Vancouver since 1986. Carol Ann exudes a natural creativity of mind and spirit that stimulates a motivational learning experience. Her sessions are invariably hailed as practical, dynamic and fun.