



Susan Stewart

Comedian | Author | Motivational Speaker

Since 2008, Susan has been delighting audiences with her unique mixture of stand-up comedy and inspiration. Susan's programs entertain and empower people to meet life's challenges with a positive outlook, and of course, a sense of humour. Susan is also the author of three books: *Reaching The Laugh Resort: Why The Journey To Remembering Who You (Really) Are Is Worth The Jet Lag*, *Your New Lenses Are Ready For Pick Up: A Guide To Seeing The Lighter Side Of Life*, and *You Gotta Laugh: Wit And Wisdom About Not Taking Life (Or Yourself) Too Seriously*.

Professionally speaking, Susan has taken a winding road. After earning a Theatre Arts degree from the University of Waterloo, Susan moved to Toronto to pursue a career in stand-up comedy. Five years into her comedy career, Susan decided to leave the "biz" and get a "real" job which led her to working in a Human Resources department in the Ontario Government.

A year into her career as an Organizational Learning and Development Consultant, Susan was asked to create and deliver a comical presentation about wellness for an upcoming staff professional development conference. Susan's presentation was a smash-hit and as they say, the rest is history. Susan eventually left her HR career to return to the stage full-time and use her comedic powers for good, rather than evil. Susan adds lots of laughter to events as she shares how and why to see the lighter side of the challenges that unfold both at work and in life.