



Professional Speaker

Summary

As a professional motivational speaker, I share my quest and success in summiting Everest despite personal mountains, setbacks and challenges faced along the way. Audiences see how resilience, passion and strength helped guide me to the top of the highest points in each continent of world, not just physically but personally, professionally, and metaphorically.

Background

Since I was a child, I have been told I like talking and motivating my audience, even if it was only an audience of one. As a grown up, I motivate entrepreneurs in their quest to build a business, create professional success and trust in themselves when faced with adversity and challenge.

Speaker

Since 2017, I have had the pleasure of speaking at a Scotiabank Women Initiative Boot Camp and the honour of being keynote speaker for two International Women's Days during the Federation of Portuguese Canadian Business and Professionals celebrations. I have been a keynote speaker at the Mississauga Prayer Breakfast, One Woman and New Toronto University to name a few and spoken to Brampton Real Estate Board members.

Author

My recent book Mental Mountains is not just another story of Everest or mountaineering. It is the account of a four-and-a-half-year jigsaw puzzle journey, where I share how I refused to listen to the negative noise and kept focus in my beliefs.

Climber / Adventurer

As a mountaineer, I really don't fit the profile. I am afraid of heights, older, of small statured and female. However, I climbed the 7 (actually 8) summits of the world, including Everest in less than 5 years, and became the first Portuguese person to have done so and one of 124 Canadians (mostly men).

Entrepreneur / Business Owner

When I founded Language Marketplace in 2000, I didn't have a standard business plan. Instead, I knew what I want to accomplish in terms of customer service, quality and employee and contractor culture. My belief was that business is more than a balance sheet. By 2012, I was one of Canada's Top Female Entrepreneurs. In 2013, I grew the company to the top Profit 500 list of Canada's Fastest Growing Companies.

Language Marketplace became part of NATIONS Translation Group of Companies when I sold it in 2022. I agreed to stay at the company in the position of VP of Interpretation Solutions until the end of 2023. I was also the recipient of the President's Award in recognition of my work in Public Policy to benefit fellow WBEs by Women Business Enterprises Canada Council (WBE Canada).

Another passion I have is homes and real estate investing. Because of this, I have my real estate license and enjoy working with clients to achieve their property goals.

Philanthropist

I believe that philanthropy is part of entrepreneurship. Currently I spent lot of my time advocating for Mental Health. In 2017, I founded and am currently the Chair of the Board for Peaks for Change Foundation, for which among other fundraising events for the charity, I started climbing, and climbed the 7 Summits for Mental Health awareness.