



SPEAKER INTRODUCTION

Claire Snyman is an author, blogger and advocate for patient and health care collaboration. She is passionate about inspiring people to put their health in their own hands.

After her diagnosis with a non-malignant brain tumor and brain surgery, she realized the importance of partnering with her health care team and being her body's own advocate. Claire is a marketing and business development consultant (BSc. BComm), whose work focuses primarily in the health care sector. Her skills and experience allowed her to develop a *TEAM Approach for Empowering Patients*®, to help people transition to being activated patients – ones who can collaborate effectively with their health care team.

She spoke at *TEDxStanleyPark 2018* and speaks at various other health-related conferences. Claire is co-author of a collaborative *patient-neurosurgeon scientific study* with Johns Hopkins University and is currently in the initiation phase of a second study.

Claire is recognized for her advocacy, her collaborative spirit and passion for empowering people and organizations. She also volunteers with the Brain Tumour Foundation of Canada as the chair of the BrainWAVE BC program.

Her books *Two Steps Forward – Embracing life with a brain tumor* and most recently published, *How to Save your Life in a Complex Health Care System*, can be purchased on Amazon.com.



TESTIMONIALS

Claire is absolutely someone you want on your roster of speakers!

Janic Gorayeb

BRAIN TUMOUR FOUNDATION OF CANADA

Claire was a powerful force in making TEDxStanleyPark 2018 the wild success that it transpired to be.

Roger Killen

PRODUCER, TEDx STANLEYPARK

From her own patient journey experience, Claire communicated what are some of the best ways to manage your health. Working with Claire, not only is she a pro and a veteran of the speaking business, her ideas and insight helped me understand what the missing gaps are in today's health industry which is important for any working professional.

Peter Manianis

VENDOR MANAGER CREDIT & COLLECTIONS, TELUS CONSUMER



PRESENTATION AND WORKSHOP TOPICS

How to Put your Health in your Own Hands

Health care systems are complex and overburdened for both patients and doctors. These systems can leave us feeling uncertain, powerless and afraid. How can we shift to being more active in our health care – more empowered in communicating, collaborating and connecting with our health care teams? Claire covers the challenges faced and how simple and easy to use tools can help us put our health in our own hands. It might save a life!

Building a Healthy and Resilient Organization

We often don't realize how important our health is until we don't have it. As an organization, empowering employees to know how to manage their health is a proactive step towards building a resilient and mindful workplace. Claire works with teams to help them understand the complexities of health care systems and how to skillfully navigate the system with a simple approach.

Being your Own Advocate

Being able to know your core values, your true essence, and what that means to you and how you show up; are the building blocks to learning to advocate for yourself. Driven by her personal experience of having to become her own advocate, Claire guides you through how to uncover and integrate these fundamental aspects into your life.

Additional Speaker topics

Finding Inspiration & Motivation,
Patient & Health Care Collaboration.
See more at: <http://twosteps.ca/speaker/>



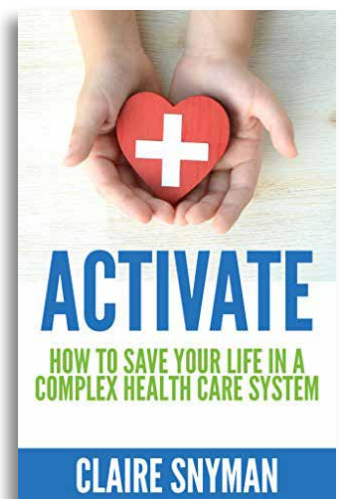
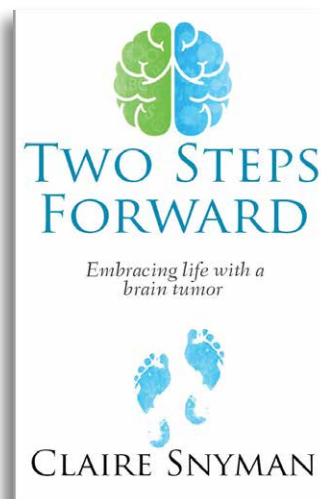
Speaker Photography/Media/Interviews

www.twosteps.ca/media

Previous Speaking Engagements

<http://twosteps.ca/speaker/>

RESOURCES



SPEAKER ENQUIRIES & BOOKINGS

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GET TO KNOW ME

