

## CONTACT DETAILS

#37-3405 Plateau Boulevard,  
Coquitlam, BC V3E 3L7

t. 604-724-0353

e. carolyn@carolynstern.com

w. carolynstern.com

## EDUCATION

### **Masters of Arts, Leadership**

Royal Roads University,  
Victoria, Canada | 2012

### **Post-Baccalaureate Diploma, Primary Education**

University of British  
Columbia, Vancouver,  
Canada | 1999

### **Bachelor of Education, Business Education**

University of British  
Columbia, Vancouver,  
Canada | 1997

### **Post-Baccalaureate Diploma, International Business**

University of Copenhagen,  
Copenhagen,  
Denmark | 1993

### **Bachelor of Commerce, Marketing**

University of British  
Columbia, Vancouver,  
Canada | 1993

## REFERENCES

Available Upon Request

# Emotional Intelligence Expert

Carolyn Stern is a successful entrepreneur who specializes in helping professionals get unstuck.

As a life-long learner and academic, Carolyn is a university professor, corporate trainer, certified Emotional Intelligence and Leadership Development Expert, author and professional speaker.

Her focus and passion have been on teaching emotional intelligence, leadership and team building in the workplace. Carolyn drives individuals and corporations to learn how to connect authentically, communicate effectively and thrive collectively by interweaving emotional intelligence along the way.

She combines real-world experience as both a business leader with more than two decades as a trainer and educator.

# Work Experience

## FOUNDER & OWNER

**El Experience** | April 2017 - Present

El Experience is North America's most respected leadership development team, with licensed consultants in all major business centres across Canada and the US. Company founder Carolyn Stern is North America's leading authority on leadership development using emotional intelligence.

Services include live training workshops, online emotional intelligence programs, off-site retreats, inspirational keynote presentations, EQ and leadership assessments, private & group coaching sessions, consulting, and blended learning programs.

## FOUNDER & OWNER

**Carolyn Stern & Associates Inc.** | July 2006 - Present

As a motivational keynote speaker and online facilitator, Carolyn specializes in helping professionals get unstuck. Her unique approach to EI is rooted in her own personal development journey. As someone who has experienced the transformational impact of EI on her own leadership development and career growth, she is able to connect with her audience without judgment through the understanding that only comes from having walked a mile in their moccasins. All of her presentations share one fundamental goal: to provide participants with the information required to motivate and inspire themselves in life and business.

Services include keynote presentations and online emotional intelligence training.

# carolyn stern

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## SKILLS & INTERESTS

### Software

Adobe Acrobat Pro,  
SEMRush, Pipedrive,  
Basecamp, Google Suite,  
Calendly, Moodle, Thinkific,  
and MS Office

### Video

Zoom, MS Teams, Cisco  
Webex

### Languages

Basic French and Japanese,  
some Danish, Italian and  
Spanish

### Travel

Europe, Russia, Japan,  
United States and Canada

### Sports

Weight Training, Running,  
Spinning, Kickboxing,  
Gymnastics, Latin Dancing,  
Aerobics

### Fine Arts

Acting, Choral Singing,  
Dance, Piano

## UNIVERSITY PROFESSOR

Capilano University | September 2005 - Present

A professor in the School of Business. Courses include Leadership, Leadership in Teams, Organizational Behaviour, Management, Public Speaking & Presentations, Marketing, Advertising, Sales, and Event Marketing.

## Additional Work Experience

- UCS Forest Group - Director of Marketing
- Elevator Strategy - Director of New Business Development
- British Columbia Institute of Technology (BCIT) - Instructor
- Pattison Outdoor Advertising - Account Executive
- Jim Pattison Trade Group - Account Manager, Media Services
- Association of Women in Finance - Marketing/Media Relations
- Richmond School District - Business Teacher
- Follows Latimer Productions - Marketing & Sales Manager

## Professional Development

- eSpeakers Virtual Presenter Certified
- Myers Briggs Type Indicator Certified
- Hardiness Resilience Gauge Certified
- Change Style Indicator Certified
- Influence Style Indicator Certified
- Change Navigator Certified
- EQ-i 2.0 and EQ 360 Certified
- Dialectical Behaviour Therapy (DBT) Skills

## Professional Memberships

- Entrepreneurs' Organization Accelerator Program
- Capilano University Faculty Association
- Canadian Association of Professional Speakers
- National Speakers Association
- Global Speakers Federation
- Women Business Enterprises
- Chartered Professionals in Human Resources (CPHR)

## Volunteer Work

- SPCA - Dog Walker
- Student Mentor & Coach