

Let's **GLINC** differently about

# GIVING

**Catherine Osborne** has a Bachelor of Science in Occupational Therapy and is a Professional Certified Coach and Certified Retirement Coach.

Catherine is the owner of UpShift Coaching, a private Life Coaching company in Toronto.

**WEBSITE** [www.upshiftcoaching.com](http://www.upshiftcoaching.com)



**Catherine  
Osborne**

**Meg Blair** is the Head of HR for MindBeacon.

MindBeacon is a tech-enabled mental health services company that offers a continuum of care for mental health. Their mission is to make mental health care more accessible and affordable by reducing barriers so that people can access the kind of treatment they need, when and where they need it.

Meg is responsible for overall people initiatives at MindBeacon – everything from recruitment to employee engagement and general workplace culture.

**WEBSITE** [www.mindbeacon.com](http://www.mindbeacon.com)



**Meg  
Blair**