



CARLEEN ROSS

MSc Applied Positive Psychology Coaching Psychology (MAPPCP)

Helping older teens and adults reconnect to their sense of mattering and purpose, by creating a space where psychology, coaching, and spiritual wisdom meet.



Carleen earned her Master of Science in Applied Positive Psychology and Coaching Psychology (MAPPCP) from the University of East London in May 2025. She is also a Licensed Health Coach (LHC). Passionate and fully engaged in all she does, Carleen creates transformative experiences that blend creativity, science, and deep personal connection.

Merging psychology, coaching, and spiritual wisdom, Carleen fosters spaces for profound personal growth. Each of her speaking engagements is carefully tailored to the audience, ensuring an intimate and empowering experience. Her key topics emphasize the importance of experiencing mattering in one's life and relationships. Through scientific research and positive psychology approaches, she highlights ways to honor the whole person, whether neurodivergent or neurotypical and regardless of their processing style.

For her MAPPCP research, Carleen explored how individuals with dyslexia experience social interactions and how these experiences shape their self-concept. Her findings reveal that dyslexia extend far beyond literacy challenges, underscoring the need for greater focus on this neurodiverse group to enhance their well-being and self-confidence.

TOPICS CAN BE CUSTOMIZED TO RESONATE WITH YOUR AUDIENCE:

- **Enhancing Employee Well-Being and Customer Relationships** – Insights on fostering a healthier workplace culture and stronger client connections.
- **Supporting Ourselves and Others Through Loss** – Practical strategies for navigating grief and providing meaningful support.
- **Cultivating Emotional Connection in the Classroom** – Approaches to create a more engaged, supportive, and inclusive learning environment.
- **Honoring and Navigating Loss Through the Senses** – Exploring how sensory experiences can aid in healing and personal growth.

CARLEEN HAS DELIVERED PRESENTATIONS TO:

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| ◇ Corporations & Schools | ◇ Victim Service Personnel |
| ◇ Non-profits & Wellness Programs | ◇ Health Professionals |
| ◇ Professional Associations | ◇ International Podcast |

TESTIMONIALS FROM INDIVIDUALS THAT HAVE WORKED WITH CARLEEN

Leading up to the conference, Carleen was most professional; her communication was excellent and her determination to “nail the message” was reassuring. She then delivered a keynote presentation with personality, passion and crammed with pertinent content. Attendees left the conference feeling pumped and better informed to handle their challenges. In fact, out of surveys received, almost 100% of attendees told us her presentation met or exceeded their expectations.

Martin Povey
Let's Sparks Fly Conference by ACCSC

Carleen is a neurodivergent person which means her brain processes information in a way that is not typical of most individuals, and she spoke to the audience relaying her unique view and experiences. Carleen embraces all that her experiences provide her and encourages others to do the same. Carleen encourages others to recognize their learnings acquired as we work toward our goals and the satisfaction, we get from attaining them. The audience really enjoyed Carleen's talk and we would recommend her for anyone seeking a unique and inspiring keynote.

Sandra Nigro
Member of the WIBA Sherwood Park Board

Carleen Ross was professional in all our interactions with her. Her presentation on "How to deal with loss: A practical explanation for the practitioner and the client" was well prepared by Carleen and well received by participants.

Reflexology Association of Canada

I first worked with Carleen on a personal level, to help me be able to help my students during COVID lockdowns, the changes that were rushing at them and the overwhelming loss that the children were experiencing. What I experienced was insightfulness, caring and information that has impacted my personal and work lives.

Due to the fact that Carleen's coaching supported me so well, I asked her to do a couple of sessions with the school staff. Again, her quiet, but powerful demeanor, passed on knowledge that has positively impacted many staff members. Her knowledge has allowed us to help our students more effectively and has created a more emotionally open space for the students to discuss their feelings and be able to deal with the constant changes in their lives.

Carleen gives immediate tools and strategies that can be used with children, to help them cope with their losses. I now have more confidence in helping my students deal with their losses and emotions.

Patricia Arce
Representative of Kirkness School presentation

EMPOWER YOUR AUDIENCE WITH TRANSFORMATIVE INSIGHTS

Looking to create an environment where your employees or audience feel valued, connected, and inspired?

Let's collaborate to bring impactful, research-based strategies to your organization.

Reach out today to explore how we can work together to empower your team!

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