



Cindy Ashton Full Biography

Cindy Ashton is a Toronto & Los Angeles based singer, entertainer & speaker who frequently tours internationally. She is also the author of *Kiss Your Monsters Goodbye* and has received President Obama's "Call to Service" award for her outstanding volunteerism.

Born with only a 20% chance of living, Cindy underwent three heart surgeries by age 14 and was left in chronic pain and with a damaged lung. Recovering beyond doctor's expectations, she has gone on to complete an Honors Bachelor's degree in Music and Kinesiology from *York University*, graduating on the Dean's list and earning a scholarship. A passion for refining her art, she also studied singing, dancing & acting intensely with *Randolph Academy for the Performing Arts, Second City, Livent of Canada & Toronto Dance Theatre*.

A seasoned entertainer, Cindy has performed numerous times on stage, TV and in recordings. Highlights include playing the lead roles of "Cindy" in the musical *Suds* and "Miss Hannigan" in *Annie*, singing opera arias for the *Downsview Symphony* and making audiences laugh as a company member of *R9 Comedy Troupe*. Audiences rave about her vocal versatility and infectious energy. They love the element of surprise as they enjoy her unique blend of comedic tales & inspiring stories mixed in with Broadway, Cabaret and Jazz repertoire.

In addition to performing, Cindy is highly accomplished in the personal development world having spoken at over 100 conferences, events and corporations on overcoming fears as well as sharing the stage with such motivational powerhouses as Barbara De Angelis, Lisa Nichols and Bob Proctor. Previous clients include *OC College, Community Living, The Region of Peel* and *Princess Margaret Hospital*.

With over 8 years as an educational consultant for the *Royal Conservatory of Music's* distinguished "Learning through the Arts" program, Cindy facilitated workshops and mentored teachers on how to integrate the arts into the curriculum as well as functioned as a representative to demonstrate the program for various media. Her hands on work with students focused on building self esteem, confidence, co-operation and creativity. In being published in two teacher resource guides, her extensive work in the field is being used by teachers across Canada.

An internationally published writer, Cindy was published in *Performance Magazine*, alongside Donald Trump and Tony Robbins. Amongst hundreds of media, she has been featured on *CBC Radio, Metro News, Living Clean Show* on CTS and was on the front page of the *TIMES, lifestyle section* in PA.

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