



## Cindy Ashton Full Biography

Where motivation meets the red carpet you will find Cindy Ashton taking the stage! An expert in overcoming obstacles, she empowers people to break through their barriers so they can be the star in their own life.

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. Surpassing all odds, she has gone on to train in a professional dance company six hours a day and sing opera, even on her damaged lung.

Graduating on the Dean's list and earning a scholarship, Cindy completed an Honors Bachelor's degree in Music and Kinesiology from *York University*. Her advanced studies focused on Relaxation, Health Psychology and Education. A true believer in holistic wellness, Cindy balanced out her western training with further studies in Reiki, the Chakra system and Meditation.

Cindy combines her extensive backgrounds in performing, education and kinesiology with her own real-life experience to give people real-life strategies for courageous living, leading them find their true gifts and claim their very own red carpet moment. Through keynote speeches, interactive seminars and motivational concerts across North America, Cindy has shared 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.

In addition to her work as an educator & facilitator, Cindy studied singing, dancing & acting intensely with *Randolph Academy for the Performing Arts, Second City, Livent of Canada & Toronto Dance Theatre* and has performed numerous times on stage, TV and in recordings.

An internationally published writer, Cindy was recently published in *Performance Magazine*, alongside Donald Trump, President Obama and Tony Robbins. She has been featured on *CBC Radio, Metro News* and the *Body Mind Spirit Show* as well as other international media. She released her debut CD, *Don't Rain On My Parade*, in 2006, her *Kiss the Monster Meditation CD* in 2008 and her book, *Kiss Your Monsters Goodbye: Overcome Your Obstacles & Achieve the Success You Deserve* in 2009.

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