

Patricia Kathryn Galaczy B.A., M.I.R.

I care deeply about what it means to have a healthy human mind in stressful times.



For over twenty years I've been working at the intersection of leadership development and mindfulness training. What that means is that I help leaders—at all levels—lead by developing healthy mind states.

As a Leadership Educator specializing in Mindfulness and Organizational Effectiveness, and Associate Faculty with Royal Roads University, Patricia has accumulated over 20 years

and 10,000 hours teaching People Leaders. Patricia has designed & delivered customized, face-to-face and virtual curriculum for the B.C. Provincial Government since 2012 and, she is honoured and humbled to work and live on Songhees/Lək'wəḡən Land.

An organizational expert with an academic background in Psychology and Business and Graduate degree in Industrial Relations from Queen's University, Patricia draws upon her passion for leadership development & mindfulness, along with her direct organizational experience to create original, evidence-based, customized training and facilitation.

After working in Human Resource Management and Labour Relations in both private and public sectors – including auto manufacturing, public service & biotech - , Patricia began teaching Leadership and Management with B.C.I.T's School of Business in 2000, and has since dedicated herself to creating and delivering relevant and authentic Leadership Education with a focus on cultivating healthy minds and healthy organizations.

As Associate Faculty with the Justice Institute of British Columbia's Centre for Leadership, Patricia spent 15 years designing and delivering original core Leadership curriculum for the successful Foundations of Effective Management and Leadership program, now the Certificate in Applied Leadership.

Patricia has two decades of mindfulness meditation experience and is one of few Canadian Instructors of MBSR (Mindfulness-Based Stress Reduction) fully certified through the Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School.

In September of 2016 Patricia was awarded the Kelly Outstanding Teaching Award from Royal Roads University for outstanding workshop facilitation.

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