



PEG HERBERT, PhD

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Recently retired executive and educational psychologist interested in continuing to contribute to her community through public speaking, coaching, mentoring, and building resilience and leadership with youth and not-for-profit leaders. Peg is a grandmother to six grandchildren and lives in Overbrooke.

Co-founder of Chosen Grandma Ottawa, a volunteer initiative to build intergenerational connections between senior women and children in the Vanier area of Ottawa to increase resilience and well-being of both populations.

Founder of [Help Lesotho](#) and nineteen years as Executive Director (2004-2023) developing the programs, local staff of 45 and the financial resources to reach over 24,000 people annually with mental health and psychosocial support in Lesotho, southern Africa. Help Lesotho addresses the needs of vulnerable children and those who are meant to support them, including a large and well-reputed program for grandmothers looking after orphans.

Ten years teaching at the University of Ottawa Masters of Education graduate studies in curriculum development and delivery Synthesis Seminar; Adolescent Psychology; Cognitive Psychology; Teaching Models and Practices; The Learning Process in Child and Youth Development; Child Psychology; Research & Contemporary Issues in Teaching and Learning; Learning Processes Applied to the Classroom.

Eleven years owner and CEO of *Solution Dynamics Consulting Ltd.* - Educational Services and Professional Development: Consultant in curriculum development, program/ curriculum evaluation, quantitative/ qualitative research and data analysis, development and delivery of workshops on problem solving and decision-making processes and writing of educational materials.

Twenty-five year part-time practice counselling adolescents, families and community leaders.
Six years as social worker with indigenous youth and foster care children.

AWARDS: Distinguished Women of Ottawa Award, Canadian Governor General Meritorious Service Cross, Women of Influence Award Ottawa, Nominee for the national top 25 Canadian Champions of Change Award, Women of Distinction Award: Business, Professional and Public Sector, National Child's Day "Woman of the Village" Award, Social Sciences and Humanities Research Council (SHHRC) Scholar.