

## “Walk the Talk” - Series

**Session 1:** Jan. 12 **Taylor Headon**

**Session 2:** Jan. 26 **Ian Alleyne**

**Session 3:** Feb. 2 **Patrycia**

**Session 4:** Feb. 16 **Steven Csorba**

**Session 5:** Mar. 2 **Breanna Karstens Smith**

**Session 6:** Week of Mar 16 (Exact date TBC and Person TBC)

### **Speaker Bios for Walk the Talk Speaker Series**

**Taylor Headon** is a personal trainer at Blitz Conditioning in Edmonton. She grew up in a small Albertan town of 800 people, called Kitscoty. At 17, her life changed dramatically when her older sister was killed in a car accident and her brother suffered a severe brain injury from the same accident. He did eventually make a full recovery. Taylor was left with many emotions, pushing her to be a perfectionist. After getting a college scholarship and trying out a local college for a year, then one in the State for a little while, Taylor was still sad and lonely. She hung around the wrong group of people and got into drugs before moving back home and returning to the local Lloydminster college she attended before. She finally had enough and asked for help from family and counsellors, and she began exercising every day. Someone in a bootcamp class suggested she take the NAIT personal training course because her bubbly personality was very motivating. At the time, she was overweight and scared but knew she could help people through exercise, something she had grown to love. She lost 30 pounds of extra weight over two years and landed her dream job at Blitz Conditioning. Taylor will share her experiences and lessons learned with the Lakeland students including, surround yourself with positive people, work hard for what you want and be kind to everyone – you never know what they are going through – and to love yourself because this is the only life you have and the only body you get to live it in.

**Ian Alleyne** is an Information Technology Analyst working with the City of Edmonton but he is also a professional musician who goes by the name Fendercase when performing. He grew up in Sherwood Park and grudgingly took piano lessons to later realize he was pretty good at it and also happened to have a pretty good, soulful voice to accompany his instrument. As a kid, he sang in the Elk Island Honour Choir and during

summer, he attended music camp. He sang in an A Capella quintet after high school and later on founded a very unique band called the Hi-Phoniqs. A list of creative achievements for Ian include include the release of his self-titled album "Fendercase, which was nominated for Best Urban Recording at the 2010 Western Canadian Music Awards and won Best R&B Recording award at the inaugural Edmonton Music Awards, also in 2010. Ian also lent his talents to one of the most successful United Way Campaigns called "Change Starts Here".

Ian is eager to speak to Lakeland students to share his story that blends his love of most things tech-related, hence his "day-job", and music. You don't have to be defined by one thing.

**Steven Csorba** is a successful Edmonton-based artist. He is also a cancer survivor of Stage 3 throat and neck cancer that led to a 14-hour surgery, about 13 years ago, that removed the tumours and rebuilt his face with pins and screws. He has endured many other surgeries since to rebuild his jaw. Steven travels to share his cancer story to build awareness of the research and recovery process. It's not uncommon to find Steven wearing a Superman T-shirt, which suits him as many see this 52-year-old, father of three boys, as a superhero. He is insanely fit but he also donates many hours of his time to charities to empower youth, especially at iHuman Youth Society, where he helps kids use visual art to overcome trauma. He has also donated a lot of his art to charities to help them raise funds for various programs.

Steven's take on life is a very positive one that he doesn't take for granted and he gives much more than he takes. He welcomed the opportunity to speak to Lakeland students and will share his life journey with them, along with his positivity and empowerment skills.

**Breanna Karstens Smith** is a CTV News Edmonton Reporter. She was born and raised in Edmonton and knew she wanted to work for CTV one day so she went to Mount Royal College (now a University) in Calgary to study radio and television. She landed her first TV-related job after graduation with CHAT Television in Medicine Hat before being hired with CTV in late 2012. She is an Oilers fan and avid volunteer in the community for various charities like Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area, The Mustard Seed and Hope Mission.

Breanna didn't hesitate for a second when asked to speak to Lakeland students and plans to share her journey to getting on TV and if it's what she expected. She'll also talk about the struggles to cover heart-wrenching stories like the Fort McMurray Fires, along with work travel and irregular working hours but also how she overcame shyness in a very public career.