

# **Christine Hart**

**Founder/President at Christine Hart International Inc**

Calgary, AB, CA

Founder/President at Your Date Coach Inc.

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## **Biography**

My passion is improving communication between men & women whether it's in dating, relationships or work environments. My full Bio: As a Gender Communication Specialist & Relationship Coach for over a decade, Christine is the founder of Your Date Coach Inc. She is an industry leader in navigating the world of effective male/female communication. Her guidance and techniques have led to more than 65 lasting marriages. She is the author of 'The Art of Living a Flirtatious Life', - a book dedicated to helping women connect with the power of their femininity. Christine has appeared on various media including interviews with The Huffington Post, The Financial Post, CTV National, CityTV, CTV, CBC, Much Music, GlobalTV, CP24, Elle Magazine, Flare Magazine, Canadian Living, Globe & Mail, National Post and The Toronto Star. She is also one of the regular Dating Experts on CosmoTV's & the W Network's hit show, "LoveTrap". Christine holds a BA in Communication Studies and is a graduate of the PAX Mastery Program in California. PAX is dedicated to transforming the way men and women relate to each other.

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## **Availability**

Keynote, Panelist, Workshop, Author Appearance, Corporate Training

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## **Industry Expertise**

Health and Wellness, Professional Training and Coaching, Corporate Training

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## **Areas of Expertise**

Workshop Leader, Event Management, Media Relations, Writing, Coaching

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## **Affiliations**

PAX Programs Inc

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## **Education**

The University of Calgary

BA in Communications & Marketing Communications/Marketing

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## **Accomplishments**

### **Completed a Marathon**

In 2005/2006 I dealt with several episodes of Vertigo. After months of physiotherapy specifically designed to "retrain the brain", I started my goal of running a marathon by just simply walking around the block every day. That led to working towards my first half-marathon and eventually my first marathon in 2007. Crossing the finishing line felt absolutely fantastic!

### **Climbed to Machu Picchu**

It took a total of 5 days and a lot of stop-start but I made it to the Inca site - beautiful Machu Picchu in Peru. There were many times where I wanted to give up due to the change in altitude but I knew if I just kept a steady pace and listened to the guides, I could accomplish my goal. What a gorgeous site!

### **Started my first business at the age of 25**

With little more than a fearless attitude and a new degree, I moved to downtown Toronto from Calgary. Within a few months I noticed something that was missing in the TV and Film Industry. All the casting studios were boring and uninspiring considering how creative the industry was. So I found a 3000 sq ft loft space, borrowed money from my sister and transformed the former clothing warehouse into a dazzling, colorful, creative and very successful casting loft.

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