

Katherine Arnup

Professor, Carleton University (Retired); Keynote & Presentation Speaker at Life Changes Coaching

Ottawa, ON, CA

Katherine Arnup is a writer, life coach, speaker, hospice volunteer, and retired Carleton University professor.

Biography

Katherine Arnup is a writer, life coach, speaker, hospice volunteer, and retired Carleton University professor. She is the author of a book about caring for her sister and her parents as they were dying ? ?I don?t have time for this!? A Compassionate Guide to Caring for Your Parents and Yourself.

Industry Expertise

Writing and Editing, Elder Care, Education/Learning, Professional Training and Coaching

Areas of Expertise

Death and Dying, Medical Aid in Dying, Hospice Care, Aging Parents, Caregiving, LGBT Families, Social History of Marriage and the Family

Event Appearances

The Final Taboo: Talking about Death and Dying
Bereavement Ontario Network

What does it mean to care?
St. James Church, Fenelon Falls

Learning to Care
Good Companions Centre

My caregiving journey
Hot Talks on Health, invited presentation by the Change Foundation

The Journey of Aging
Colonel by Retirement Residence

Education

University of Toronto
Ph.D. History

University of Toronto
M.Ed. History

Ontario Teacher Education
B.Ed. Education

University of Toronto
B.A. Sociology

Accomplishments

Book Selection, Virginia Festival of the Book, Charlottesville Virginia
March 2016

Writing Fellowship, Virginia Center for the Creative Arts
February 2014, March ? April 2015, March 2016

Honourable Mention, City of Ottawa 55+ short story and memoir contest
April 2011

Letter of Distinction, Humber School of Writers
Post-Graduate Program in Creative Writing August 2009

Writing Fellowship, Virginia Center for the Creative Arts (value: \$2625.00)
May 2008

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