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Christina Fuda is the chief executive officer and founder of The Mental Health Consultants and serves as the senior corporate training specialist at Ontario Shores Centre for Mental Health Sciences. With over a decade of experience, she has trained thousands of individuals nationwide through mental health workplace training workshops and seminars. Christina has been featured on Breakfast Television and Global News, where she shared her expertise on improving workplace mental health. At Ontario Shores, she has played a pivotal role in establishing partnerships with organizations such as Ontario Power Generation, The City of Toronto, The Beer Store, York University, and Toronto Pearson, among others. Christina holds a master's degree in developmental neuroscience and a bachelor's degree in psychology, both from York University. She is passionate about using her expertise to educate diverse communities on the importance of creating mentally healthy and safe work environments.