



## **Christina Furtado**

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Christina Furtado is the exuberant mental health and wellness specialist with guard.me International Insurance. As a Registered Psychotherapist (Qualifying), Furtado has devoted over two decades to empowering individuals and community leaders with her approach to creating opportunities for positive transformation and growth. She is a sought-after speaker, online educator and consultant for several educational institutions and organizations worldwide. Furtado is also a certified facilitator for various Mental Health First Aid courses offered through the Mental Health Commission of Canada and a certified safeTALK instructor. Using her background as an educator and her experience as a therapist, Furtado has fostered a bold alternative to traditional workplace wellness, bringing with her a track record of authenticity, integrity, inspiration and passion. She holds an M.A. degree in counselling psychology from Yorkville University.