



Susan Stewart

Susan Stewart blends the wit and comedy she's known for with a moving message about not taking life too seriously. From healing stress with humour to putting the powers of a positive mindset to work, Susan shares the art and practice of seeing the lighter side of life with audiences, leaving everyone more uplifted and motivated than when they arrived. As she says herself, "laughter is the experience, and transformation is the outcome".

As a comedian, author, and an event emcee, Susan has taken a winding road. After earning a degree in Theatre Arts from the University of Waterloo, Susan began performing stand-up comedy in Toronto. Five years into her comedy career, she made the decision to quit show biz and transitioned into the world of human resources as an organizational learning and development consultant with the Ontario government.

Through serendipitous events, Susan's human resources career led her back on stage as a speaker and host, using her comedic skills for good, rather than evil. Since 2008, she has been delivering her unique blend of humour and inspirational messages at events for clients such as BMO Financial Group, Novartis Consumer Health, PCMA, and HRP.