

Motivational Steps

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Biography of Linda Ockwell-Jenner

Linda Ockwell-Jenner was born in Birmingham, England and immigrated to Canada in 1993. She lives with her husband and four children in Ontario, Canada.

From an early age Linda strived to turn life's challenges into a positive experience. As a child some of her first challenges were overcoming extreme shyness and living with asthma. Later in life after discovering she was suffering from panic attacks, Linda took action! Health and Wellness became an important priority.

In 1997 Linda faced her toughest challenge yet, when she was diagnosed with Breast Cancer. After treatment Linda continued her quest to communicate the benefits of a healthy lifestyle. By 2000 Linda was enjoying life and a new relationship, only to once again be diagnosed with Breast Cancer. Overcoming this terrible disease for the second time, Linda decided to form Motivational Steps to inspire and educate others with her story.

Linda founded the Small Business Community Network in 2003 to help small business owners in her local area.

To reach a wider audience, Linda wrote her debut book, "A Life Like Mine – Everyday Strategies for Living With Life's Challenges", in July 2005. Across the globe people who read her story, are inspired to take action.

In October 2005, Linda was nominated for the Kitchener-Waterloo Oktoberfest Rogers Women of the Year Award in the category of Health & Wellness.

She speaks to hundreds of people with a mixture of humour and emotion and leaves a permanent message of hope.

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