GREAT TRAITS INTRODUCTION:

Great Traits mission is to help people succeed in competitive, performance-driven environments and is co-founded by two of Canada's most accomplished Olympic insiders.

Debbie Muir

Debbie Muir is one of Canada's greatest coaches.

Over an eight year period, Debbie's athletes won seven out of a possible nine world championship titles in synchronized swimming. In its debut in the Los Angeles Olympic Games, Debbie's athletes won two Olympic silver medals. Four years later, in Seoul, her swimmers reached the pinnacle of success winning two Olympic gold medals. Debbie was named one of the top-ten all-time coaches in Canadian history, the only woman to receive this remarkable distinction. Debbie currently sits on the Board of Directors of the Canadian Centre for Ethics in Sport.

Mark Tewksbury

Mark Tewksbury first came to prominence as the star athlete who burst out of the water at the Barcelona Olympics; an Olympic Champion with gold, silver and bronze medals, numerous awards, and a cover appearance on TIME magazine.

Mark has been the Master of Ceremonies for the Dalai Lama's Canadian appearances, was invited by the Government of France to address human rights at the United Nations in New York City, and was the Chef de Mission for the 2012 Canadian Olympic Team competing in London. Mark was part of the CBC broadcast team covering the 2016 Rio Olympics, is a global leader on LGBT issues, and is currently the Vice-Chair of Special Olympics Canada.