



CHIROPRATIQUE
NOTRE-DAME

Dr Annette Bourdon

DC CHIROPRACTOR

CONTACT

☎ 514 931-6342
514 814-5546

🌐 chiropratiquenotredame.com

📍 annettebourdon@videotron.ca

GUEST SPEAKER

Quest Alliance
Chiropractic Leadership Alliance
Chiropractic Speakers Event
Knights of Columbus

ARTICLES

Primary Contact Magazine -
Fall 2018

Toronto Sun - August 2012

Canadian Living - October
2011

Canadian Living - June 2011

Glow - May 2011

Glow - May 2010

Canadian Health - Spring 2009

Homemakers - April 2009

EDUCATION

**DOCTOR OF
CHIROPRACTIC DEGREE**
1981 - 1985

CANADIAN MEMORIAL CHIROPRACTIC COLLEGE

Graduating Doctor of Chiropractic 1985

Canadian Board exams 1985

Quebec Board exams 1985

**BACHELORS
MAJOR BIOLOGY**
1979 - 1981

UNIVERSITY OF WINNIPEG

60 credits completed towards a B.Sc., Major in Biology,

Double Minor in Chemistry and Psychology.

SECONDARY
1973 - 1979

NORBERRY COLLEGIATE | DAKOTA COLLEGIATE

Norberry Collegiate - Completed grades 7 - 9 with honors

Dakota Collegiate - Completed grades 10 - 12 graduating
with honors

POST GRADUATE PROFESSIONAL COURSES

BCIA (Biofeedback Certification International Alliance)
General Biofeedback Course 12 month/50 hour 2017 -
2018

Neuroinfinity Seminars 2015 - 2018

Professional Media Coaching 2012 Linda Smith (Smithcom)

Certification in Computer-assisted Multiple Percussion
Variable Frequency Adjustment Technique (Sigma
Instruments) 2011

Ottawa Chiropractic Society Winter Radiology 2010 - 2019

Canadian Society of Association Executives Governance
Summit 2007

Chiropractic Pediatric Program (12 month Program)
Chiropractic Orthopedics (LACC) 3/10 courses 1992

Quest Leadership Alliance (Dr. Guy Reikeman) 1990 - 1998
Parker / D.E / Dan Murphy / Greg Stanley seminars

Public Speaking Training 1990/1993 - 1996

Activator Methods, Advanced Proficiency Rated 1990 -
Present

Order of Chiropractor of Quebec Continuing Education
1990 - Present

Mentor Program (Dr. Joe Flesia) 1989 - 1990

Pierce Results Seminar 1988 - 1992

Ten Strategies (Dr. Guy Reikeman) 1988 - 1990

Motion palpation: Cervical, Lumbar and Extremities 1986 -
1988

Renaissance 1985 - 1987



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PROFESSIONAL INVOLVEMENT

Private Chiropractic Practice 1985 - Present

Candidate Selection Committee for Admissions to
Canadian Memorial Chiropractic College, 2018 - Present

Neuroinfinity Seminars Presentor 2016 - 2018

Beaconsfield Golf Club House Committee 2010 - 2012

National Spokesperson, Canadian Chiropractic Association
2008 - 2013, quoted in publications such as Canadian
Living, Homemakers, Canadian Health and Lifestyle, Glow,
Toronto Sun and Good Times

Canadian Chiropractic Association Strategic Advisory
Planning Committee 2007 - 2008

Director, Board of Directors of the Canadian Chiropractic
Protective Association, 2007 - 2022. Vice-President, 2014 -
2022

Director, Board of Directors Canadian Chiropractic
Examining Board, 2002 - 2011; President from 2003 - 2008

Examiner, Practical Skills Assessment, Canadian
Chiropractic Examining Board, 1999 - 2002

Team teacher/Seminar speaker for the Chiropractic
leadership Alliance 1997 - 1998. (Practice management,
patient education; team building, personal growth,
integrity)

Chiropractor of elite professional athletes and Olympians
Chiropractor for the Montreal Expos of Major League
Baseball, 1997 - 2004

Organized and coordinated Chiro-picnic 1994 -1995
Chiropractic Basic Research Foundation

Team teacher/Seminar speaker for the Quest leadership
Alliance 1993 - 1997. (practice management, patient
education; team building, personal growth, integrity)

Treasurer for SIRDEC (Society for information, research,
development and education in Chiropractic) 1988 - 1990

Member of the Disciplinary Committee for the Quebec
Order of Chiropractors 1988 - 2007

Girl guides of Canada 1981 - 1991 (program coordinator
and pack leader)



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MEMBERSHIPS

President's Club of Palmer College of Chiropractic, Emerald
Sponsor for the Chiropractic Centennial Celebration,

Sponsor for the Centennial Chiropractic Documentary
1994

Chiropractic Basic Science Research Foundation 1988 -
1990

S IRDEC (Society for Information, Research, Development
and Education in Chiropractic) 1986 - 1991

Ordre des Chiropraticiens du Quebec (OCQ) 1985 - Present

Association des Chiropraticiens du Quebec (ACQ) 1985 -
Present

Canadian Chiropractic Association (CCA) 1985 - Present

Benefactor CMCC Capitol Campaign, 2004 - Present

Alumni Member CMCC 1995 - Present

Governor's Club CMCC 2005 - Present

Canadian Chiropractic Historical Association 2005 - Present

Whitlock Golf and Curling Club 2018 - Present

PERSONAL GROWTH SEMINARS

Fear Into Power Anthony Robbins Fire Walk 1993

Peaceful Warrior (5 day intensive) Dan Millman 1995

Personal Integrity (5 day intensive) Dr. Guy Reikeman
including high ropes course 1994 & 1996

Total Solutions (4-day intensive) Dr. Pat Gentempo, Dr.
Frank Sovinsky, Dr. Tony Palermo, including
high ropes course and rock wall climbing 1998



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EXTRA-CURRICULAR COURSES

YMCA Leadership Program (Swimming) 1973-1975

YMCA Camp Counselor Certification 1977

Bronze Medallion Lifesaving 1976

YMCA Instructor Certification (Swimming) 1978-1979

Private music lessons (Flute) 1974-1981

Wine Appreciation course, Levels 1&2, Societe des Alcools
du Quebec 1991

Photo Reading 1992

EXTRA-CURRICULAR ACTIVITIES

Past:

Volleyball, Basketball, cross-country, Curling

Coach of a Junior High School Basketball Team 1977 - 1979

President Graduation Committee 1978 - 1979

Debating Team 1978 - 1979

High School Band 1977 - 1979

Music Liturgy Christ the King Parish 1976 - 1981

Present:

Weight training, Pilates, Golf, Curling, Skiing, Gardening,
Church Choir, Cooking, Entertaining, Reading



Montréal, 25/03/23

Dear Selection Committee and Board Members,

It gives me great pleasure to express my desire to serve on the CMCC Board of Governors. I have been an advocate and supporter of this esteemed academic institution for many years: as a CMCC member since 1995, a Governor's Club member since 2005, and a \$50,000 Capital Campaign contributor to date. I have participated in the interview assessment of potential students for several years and attended many CMCC-sponsored events such as Homecomings, the official opening of the new campus, as well as continuing education seminars. The growth and development of CMCC has been nothing short of spectacular and I am proud to be an Alumna. Becoming a member of the CMCC Board of Governors would provide me the opportunity to continue to support the College in a more impactful way.

I have been fortunate to serve on two National Boards for the profession, the CCEB from 2002 to 2008, and the CCPA from 2007 to 2022. Over those twenty years, I have developed and honed Governance skills. That experience has prepared me to make a significant contribution to the CMCC Board of Governors. Leadership and confidence in my ability to effectively communicate has not gone unnoticed by my colleagues. When I was initially recruited on each board, I was elected as Chairman of the CCEB, and Vice-President of the CCPA. These positions allowed me to have a better understanding and appreciation of the role of Governance—the importance of maximizing the potential of each board member, of ensuring that everyone has a voice at the table, and of having a clear collective vision of our mandate, goals, and objectives. The countless meetings ingrained in me how imperative it is that board members understand whom they serve, why they serve, and their roles and responsibilities. I learned to think both critically and strategically, to be more open-minded and to work as a team, always focusing on what is best for the organization and the profession at large. I am not afraid of confrontation, or of asking the tough questions, when necessary. I excel at diplomatic conflict resolution and I have been known to address the “elephant in the room” on occasion. I firmly believe that my skill set and experience would be an asset to your Board.



I am, by nature, a very passionate individual with strong convictions. When committing to something I believe in, I engage fully. I have a deep love for this profession. Its future depends on our capacity to graduate students who are not only competent, but also dedicated to improving our health care system by providing excellent care and being willing to get involved, tackling the challenges that we face. Having the opportunity to serve as a CMCC board member would be a distinct honour and privilege, allowing me to continue to support chiropractic education as it prepares our new doctors to promote and preserve our great profession. I sincerely thank you for your interest and the time invested in considering my candidacy.

Respectfully submitted,

Dr Annette Bourdon, Chiropractor, DC

Attachments:

Curriculum Vitae

“Annette Bourdon, Chiropractic Advocate, Practitioner, Spokesperson and Supporter” , Primary Care, Fall 2018