

Trina Lambe

Founder, Train by Trina

About The Executive Roundtable:

The Executive Roundtable is Canada's premier organization exclusively for fast-tracking mid-career leaders.

From our innovative PowerRoundtables to Inter-Company Mentoring programs, we encourage up and coming leaders to be their best by sharing experiences and wisdom with executive's who've "been there" and peers who understand.

Membership is open to qualified individuals with a minimum of 4 years progressive leadership experience.

*Visit our website at:
www.theexecutiveroundtable.ca*

Executive bio

Toronto-based Train by Trina is a leader among Canada's most prominent personal training companies.

Founded in 2004, Train by Trina is owned & operated by Trina Lambe, a certified ACE Personal Trainer and overall success coach and fitness expert. Trina's experience in business and in athletics gives her superior service. Train by Trina is viewed as the agency of Personal Trainers to suite every exercise and personality style.

Train by Trina makes fitness **accessible to everyone** – whether it is a regular weekly session at your home, or a one-off, in-office consultation to help you set up your own program. Train by Trina's approach is straight-forward: live a healthy lifestyle through activity; respect individual needs, goals, and progress. For more information, please visit www.trainbytrina.com or call 416-788-2535.

COMPANY MISSION: To reach, teach, and educate thousands of people on how to live a healthy lifestyle through activity.

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