

RISE-ing Young Entrepreneur of the Year Award Winner

2018 Dr. Paul E. Garfinkel Awards for Entrepreneurial Achievement



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Sarah Lindsay is the founder of Toronto-based **Polar Wellness Consulting**. Since launching in 2016, Polar Wellness Consulting has offered workshops and training sessions for companies looking to refresh their approach to mental health in the workplace.

Background, Skills and Experience: Sarah has more than a decade of experience with the mental health system and chronic mental illness at school and work.

“I find it challenging to spend many days working alone as an entrepreneur. To combat what can feel like a lonely work life, I have joined volunteer causes that reinvigorate my desire to change our world and make me feel like it's not just me alone against the world. These include working on the new online Rise platform, a patient advisory board committee at Women's College Hospital and (formerly) serving as Secretary of the Board of Directors at a women's housing charity called Margaret's.”

What are you most proud of about your business? “I am proud that I have delivered workshops to almost 2,000 students and employees across Ontario through Polar Wellness on the topic of mental health in the workplace. I am proud that in those workshops, I get to see minds change in real time about mental health and what it means to be mentally ill. I am proud to answer stigma laced questions with humor and empathy, and I'm so lucky that Polar Wellness makes that my job.”

Doing Business With Rise: Sarah is a graduate of Rise's award winning Youth Small Business Program (YSBP).

How Has Rise Helped You? “Rise and more specifically Mary Ross (the YSBP facilitator), are the only reason Polar Wellness ever came into being. Mary saw me speak at a volunteer event for mental health and insisted that I could make advocacy into a career. She invited me to join her class in late 2015, and put me on a path that I never would have expected. Rise gifted me the very idea that my business could exist.”

What's Next? “As attitudes towards mental health change, as a new generation enters leadership positions across our economy, Polar Wellness is right in the middle of a complex debate about mental health at work. Legislation through the WSIB protecting employee's mental health is changing the way we all must pay attention to employee health in Ontario. I hope Polar Wellness can continue and grow existing relationships with the Ontario Chamber of Commerce, student organizations and companies across economic sectors to be an important voice in our conversation about what these big changes mean for our future.”

Rise Asset Development is a registered **charity** that provides low interest small business loans, training and mentorship to men and women with a history of mental health and addiction challenges.

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