



## **Anne Theriault**

### ***A Magical Year***

After working for 16 years in the insurance industry, in a variety of different roles, a traumatic experience brought Anne to a full stop in 2021, dealing with PTSD. In early 2023, she found herself at a crossroads ... and that's when the universe dropped a bread crumb by means of a dream.

Through a series of amazing synchronicities, Anne is currently a stable assistant at Sunrise Equestrian Centre, and also works as their Equine Assisted Learning facilitator.

Anne's hobbies include gardening, nature walks, and reading tarot cards. She lives in southwestern Ontario with her husband, two great stepkids, and a poodle named Clarabelle.