

Cyndie Flett, M.A.

PRINCIPAL TRAINER



Cyndie Flett is a successful leader of world-class teams in high-performance sport and business, and a leading expert on coaching.

Cyndie’s journey started as a player, competing in water polo before moving behind the bench as a Head Coach of over a 100 teams spanning 4 decades. As Head Coach of the Canadian Junior Women’s National Team, the team was ranked among the top 5 in the world through two world championship cycles. In addition, she spearheaded a national talent development program that saw 60% of her players go on to Olympic competition.

Renowned for her exceptional coaching and communication skills, Cyndie was recruited by CBC and TSN as an expert guest commentator for multiple Olympic Games and World Championships.

Cyndie and has dramatically impacted the way that literally millions of coaches are educated, from grassroots to the Olympic level, through her roles as Vice President of Research and Development for the Coach. In 2013 Cyndie was named one of Canada’s 20 Most Influential Women in Sport.

Cyndie is Affiliate Faculty, UNC Executive Development in the Kenan-Flagler Business School and teaches in the Full-Time and Executive MBA programs at the Smith School of Business at Queen’s University. Her corporate clients include Deloitte, the USGA, Asana, Astellas Pharma, and Veeva Systems, and many others in the financial, health, technology, and public sector. She received her Masters Degree in Sport Psychology from the University of Ottawa.

“Cyndie is super organized, gregarious, passionate, articulate and the outcome has been phenomenal.”

– Nancy Spotton AVP,
Canadian Tire Events, Sport Partnerships Division.

SELECTED CLIENTS

- Asana
- Canadian Tire
- Astellas Pharma
- Deloitte
- National bank
- Smith School of Business at Queen’s University
- Syncrude
- UNC Executive Development
- University of Toronto
- USGA
- Veeva Systems