

Biography

Lori Buchart

Lori joined the Canadian Forces Reserve in 1982, Her Reserve Force Service entailed both part and full time engagements in Lethbridge, Calgary, Penhold, Esquimalt and Comox. Lori released from the CF Reserve in March 1996.

Lori earned both a Masters in Leadership and Doctorate in Business. Her dissertation and thesis work focused on interpersonal relationships and organizational culture and change.



Using her military background to ground her while establishing her civilian career as a professor of business at Mount Royal University, she found much success in the classroom, until she was placed on permanent LTD in 2015 for recurrent, Complex PTSD.

Lori's long journey of finding a way to a more peaceful life after MST, has been largely effective because of formal therapies and good Case Management. These interventions as well as finding focus outside of the grief and pain of MST, namely volunteering and purchasing and refurbishing a sailboat with her husband, Lawrence, has been instrumental in living a more peaceful life.

She splits her time between Calgary and Victoria as well as travels when able – looking for the next winery, great recipe to try at home, or new routes for her sailing adventures!

Her two adult children are in Vancouver and Calgary, where they are both pursuing post-secondary studies.