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Amy has a Bachelor of Arts degree in Sociology from the University of Liverpool and completed a Post Graduate Diploma in Human Resource Management at the University of West London. She was awarded a distinction for her MSc in International Human Resource Management from Kingston University. Her thesis discussed the specific challenges faced during the transition of managers who had formerly been union employees at the University of British Columbia. Amy became a Certified Executive Coach through Royal Roads University and was awarded Associate Certified Coach status from the International Coach Foundation.

Amy has worked in various HR roles in London and Vancouver including 8 years as an HR Manager in the Department of Medicine at UBC. She manages her own leadership development business, Leading Light Executive Coaching specializing in supporting leaders through conflict and dealing with challenging relationships. She has a global client list from a range of industries including business, finance, government and education. Amy also runs training workshops for large organizations supporting leaders to manage themselves effectively so they can optimize relationships with peers and teams.

As well as teaching for UBC, Amy is the Program Head for the Human Resource Program at BCIT where she also teaches for Learning and Development and Performance Management. She has also taught Organizational Behaviour and Principles of Management. Her 20-year career in HR informs much of her teaching and Amy also brings humility, humour and realism to her work with students. She believes that being prepared for the good and bad things the workplace offers gives people the best chance of success.

Amy originates from London, UK and has lived in Vancouver since 2008. She became a proud citizen of Canada in May 2019.