

# Helen Szumigaj

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Helen has held senior executive positions within the Food Service and Retail businesses in Canada and the United States; most recently as General Manager Food Service Sales with The Oneida Group. She has also held executive positions at Mother Parkers Tea & Coffee and Kerry Ingredients. With a focus on change management and turn around business, Helen has been successful in delivering incremental revenue and profits to the markets she was responsible for; with a keen focus on satisfying customer needs and employee development.

As a leader and coach, Helen has supported and encourage women in business to aspire to higher positions through various industry interest groups such as Women in Food Service Forum and Network of Executive Women where Helen volunteered both as an Ambassador and Mentor. Helen's passion lies in seeing the success of those around her. Helen is a proud graduate of Seneca College where she is past Board of Governor Member and past chair of the Business Advisory Committee. She volunteers for Seneca Business Alumni Council and teaches Leadership in Change Management and Sales & Relationship Management courses at Markham.

*To learn more about Helen's experience, check out her [LinkedIn](#) page.*

tags : faculty