



Emily Foucault

Patient Advisor, Speaker, Communications Partner

Advocate for under-recognized complex conditions.

Helping healthcare systems translate lived experience into clear,
inclusive, and actionable communication.

Speaking engagements & topics

Speaking Topics

Emily speaks on patient experience, communication, and system change in healthcare, bringing together lived experience and practical insight.

Signature topics include:

- Patient storytelling and the diagnostic odyssey
- Navigating chronic illness in complex healthcare systems
- Inclusive and clear communication in healthcare
- Digital health, patient literacy, and access (including OpenNotes)
- Mental health, stigma, and the impact of navigating care systems
- Women's health, including lived experience with adenomyosis
- Patient partnership and the role of lived experience in system change

Selected Speaking Engagements



- Speaker at the **Centre for Addiction and Mental Health**, presenting on patient partnership, stigma, inclusion, and the role of lived experience in system change
- Panelist at the **"Where's the Patient Voice in Health Professional Education?"** conference in British Columbia, contributing to national conversations on embedding patient perspectives in education
- Speaker at the **UHN PiPER Conference**, presenting on OpenNotes and patient access to clinical notes
- Presenter at **SIMposium of minds at CAMH**, sharing insights from digital literacy and patient education work related to the DOORS program
- Featured speaker at the **University of Toronto's Temerty Faculty of Medicine**, sharing lived experience with medical learners to support more patient-centered practice

Speaking Style

Emily is known for her grounded and candid speaking style, bringing together lived experience and systems insight. Her talks create space for reflection while offering practical, real-world takeaways that audiences can apply in their work.

Short bio



Emily Foucault

Pronouns: (she/her)



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Emily Foucault is a Toronto-based **Patient Advisor, Speaker,** and **Communications Partner**, and an advocate for under-recognized complex inflammatory conditions. She collaborates with healthcare leaders to integrate lived experience into research, education, and system change, advising organizations including the [Centre for Addiction and Mental Health \(CAMH\)](#), the [University of Toronto Department of Family and Community Medicine \(DFCM\)](#), the [Canadian Institute for Health Information \(CIHI\)](#), and the [Canadian Immunocompromised Advocacy Network](#).



Socials



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Expanded bio

↘ Emily Foucault



Emily Foucault is a Toronto-based Patient Advisor, Speaker, and Communications Partner, and an advocate for under-recognized complex inflammatory conditions. She works with healthcare leaders, research teams, and system organizations to integrate lived experience into research, education, communication, and system change.

She currently advises organizations including the [Centre for Addiction and Mental Health \(CAMH\)](#), the [University of Toronto Department of Family and Community Medicine \(DFCM\)](#), the [Canadian Institute for Health Information \(CIHI\)](#), and the [Canadian Immunocompromised Advocacy Network](#).

Drawing from her own diagnostic odyssey with Mast Cell Activation Syndrome (MCAS) and multiple complex chronic conditions, Emily specializes in bridging the gap between clinical expertise and the patient voice. Her work focuses on translating lived experience into communication and approaches that are clear, inclusive, and grounded in real-world context.

Emily's writing has been featured in [Healthy Debate](#), and she has been profiled in [The Kit](#), [Yahoo!Style](#), and [NOW](#). Prior to her work in healthcare, she built a career in marketing and communications, including global agency roles at MediaCom and Hill+Knowlton, before founding ThinkHatch, a consultancy supporting startups.

She is known for her grounded and candid speaking style, bringing both reflection and practical insight to conversations on patient experience, storytelling, and building more human-centered healthcare systems.

emily foucault

Book Emily to Speak

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www.emilyfoucault.com