

Board of Directors Biography

Stephen Rex, Calgary

Stephen is a service oriented senior human resources leader and graduate from Queen's University (Bachelor of Commerce), who has spent over 20 years working across Canada with leading organizations such as, Canadian Airlines, Air Canada, Labatt Breweries, FortisAlberta and ENMAX. He is passionate about HR, has broad experience from general HR and pension committees, to compensation, performance management, and senior level Director roles.

He is excited to contribute to the future success of the Parkinson Association of Alberta and its mission to help individuals living with Parkinson's, and he will continue to help with his father's own Parkinson's journey every day.

Previous volunteer and community development work in Nicaragua and Costa Rica, studying and living in Mexico, being the son of a pilot and working in the airline industry himself has nurtured a passion for international travel, as well as travel to the local mountains, that he shares with his wife. Stephen tries to use these cultural experiences to ensure he fosters positive cultures both professionally and personally.