



EWI WORKS

Lorel Hammerstad, Executive Assistant/Communications Specialist



Shortly after graduating from the Public Relations Diploma Program at Grant McEwen College, Lorel joined the EWI gang in the spring of 2000. Her background in office management, sales and marketing, combined with her PR education, allowed her to easily adapt to the position of Executive Assistant and Communications Specialist at EWI Works. Here, Lorel proudly wears many hats in contributing to the team. Her major focus is reviewing, proofreading and formatting all outgoing reports, proposals and client communications as well as writing and developing the marketing and promotional materials for

EWI. Lorel is the main contributor to EWI's corporate blog and also writes articles for the quarterly newsletter. In addition to the administration of EWI's web-based ergonomics courses, Lorel also does her best at keeping the rest of the team's travel arrangements organized and relaying client messages when they are working offsite. Lorel loves the fast paced and constantly changing atmosphere of EWI but working with a great group of people who seem more like friends than co-workers is what really keeps her here.

Lorel lives by the doctrine that happiness is finding balance; after work, she participates in activities that keep her healthy and happy – mentally and physically. In addition to writing fiction, cooking and travel, she is a marathon runner and triathlete with a goal of completing a full IronMan triathlon in 2011. With all that, however, she says that enjoying the company of good friends and family who carry a positive charge rounds out that work/life balance completely.