



## Ian Capstick

Media Coach and Political Tactician  
Ottawa, Ontario

With over 20 years of professional political and communications experience, Ian is MediaStyle's Founder.

He has worked for Cabinet ministers and opposition members in the House of Commons, including some of Canada's most colourful and influential political minds from both the New Democrats and Liberals.

Ian is passionate about creating social change through communications. An experienced media coach, political tactician and engaging speaker, he is quoted widely in Canada's media. He is a regular on CBC News Channel's Power & Politics and is a go-to source for comment on the changing world of communications.

Ian has testified at Canadian Radio Television Commission (CRTC) hearings and been an invited guest to the Rideau Roundtable. He has served as a judge in many communications and video contests. Ian sits on the boards of directors for Forum for Young Canadians, is an active advisor to LeadNow.ca and chairs Ottawa's LGBTQ Village committee. He was recognized as one of Ottawa's Forty Under 40 for his contribution to the community.

His opinion work has been published in the Ottawa Citizen, The Globe and Mail and PostMedia newspapers across Canada. He has been featured on CTV National News, CBC's The National and was on Global's national election coverage team in 2011.