FALL / WINTER 2025

GLORY



Staying on Tempo with

TERESA RESCH

The 2025

WOMEN OF THE YEAR

Issue

+

Maggie Kang
Diana Matheson
Sharon Bollenbach
Madison Tevlin
Reetu Gupta
and more...



REACH FOR THE CROWN





THE DAY-DATE

ROLEX

MISSION CRITICAL
WITH LANCE CHUNG

Big ideas.
Real leaders.

Stories that
redefine success.

Scan
to listen.



GLORY PODCAST NETWORK



































PHOTOGRAPHY BY **ILICH MEJIA**

FEATURE
64 WOMEN OF THE YEAR
Introducing our annual celebration of the women who are rewriting the rules of what leadership looks like in Canada. From Toronto Tempo's Teresa Resch to Kpop Demon Hunters creator, Maggie Kang, these are boundary-pushers in sport, business, and culture.



L'ORO

UPGRADE

20 **WELLNESS / SANCTUARY BY DESIGN**

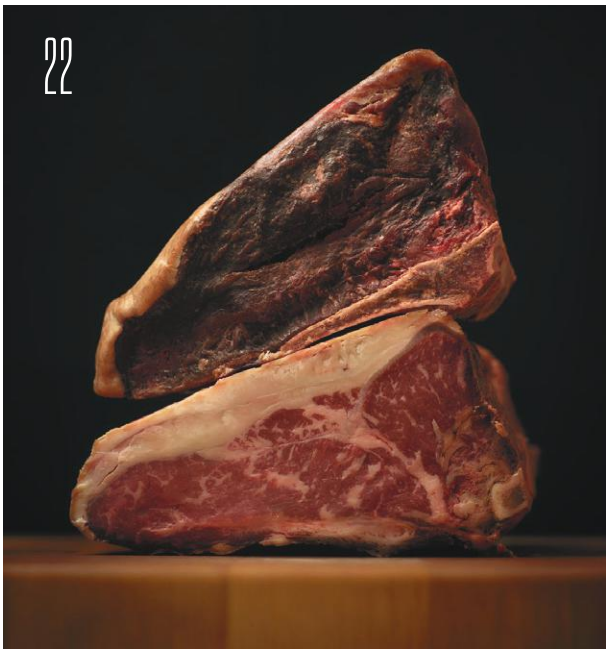
From alpine bathhouses to urban medispas, a new wave of wellness destinations blends architecture, ritual, and luxury to redefine what it means to slow down and restore.

22 **FOOD & DRINK / A CUT ABOVE**

Toronto's appetite for glamour is back — and it's being served rare. From retro opulence to modern minimalism, the city's new steakhouses are rewriting the rules of indulgence

28 **GIFT GUIDE / THE BIG UPGRADE**

From beautiful watches to tech-driven accessories, our celebration of everyday elevation has arrived. In a world obsessed with more, this is a reminder to choose better.









SPORTS

34 **PROFILE / THE MARSCH EFFECT**

With Jesse Marsch at the helm, the men's national soccer team is leaving the underdog mentality behind and stepping into a new era—one defined by speed, discipline, and unrelenting ambition.

38 **SOCCER / THE BEAUTIFUL GAME COMES HOME**

For a city that's long embodied the world in one place, the 2026 FIFA World Cup is Toronto's chance to show what global unity really looks like.

42 **Q&A / GOLD STANDARD**

A conversation with Hayley Wickenheiser on starting over, the lessons of sport, and what it means to leave a lasting legacy.

PROFESSIONAL

44 **OPTIMAL OFFICES / EARNING THE COMMUTE**

From cold plunges to personal baristas, the future of work is a five-star experience.

46 **WOMEN WHO LEAD / THE POWER OF ORDINARY**

How a Toronto mom became a professional sports investor.

48 **ENTREPRENEUR / WHAT THE AMAZON TAUGHT ME ABOUT LEADERSHIP**

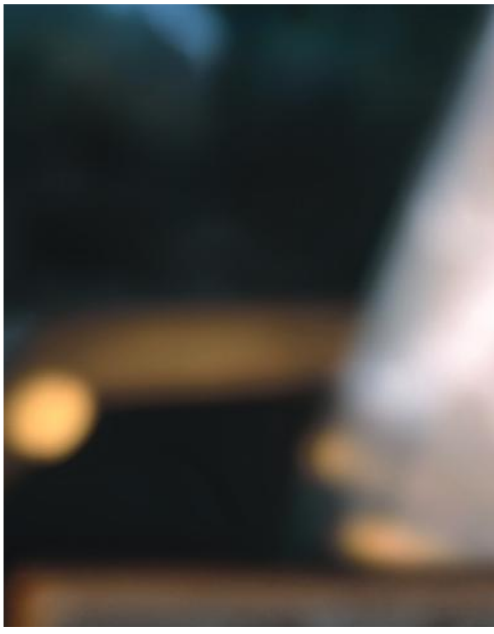
From scaling a billion-dollar tech company to trekking through the rainforest, Lightspeed CEO Dax Dasilva has learned that growth only happens when you step outside your comfort zone.

RADO
SWITZERLAND

RADO.COM

MASTER OF MATERIALS







Feel it !

CAPTAIN COOK HIGH-TECH CERAMIC SKELETON

DEFINING EXCELLENCE

PRESIDENT
David King

EDITOR-IN-CHIEF CREATIVE DIRECTOR
Lance Chung

ACCOUNTS MANAGER
Rahul Vaid

VIDEO EDITOR
Ben Botelho

WEST COAST EDITOR
Viranlly Liemena

EDITORIAL AND GRAPHIC DESIGN
Sevan Youhanna

SUBSCRIPTIONS AND INQUIRIES
info@glory.media

I've been thinking a lot about what excellence means. Not in the glossy, perfect way we often see it portrayed, but in a more human way. Excellence that is defined by persistence, intention, and purpose.

When I look at the stories in this issue, I see excellence everywhere. It's in the women we're celebrating in our annual *Women of the Year* feature: visionaries who are shaping Canada's cultural and economic landscape in their own distinct ways. Teresa Resch, of Toronto Tempo, whose leadership in basketball has been instrumental in redefining the game for women in this country. Maggie Kang, whose imagination and storytelling brought Kpop Demon Hunters to life, expanding the possibilities for Asian representation in media. Each of these women reminds me that leadership today reflects authenticity and forges courage.

That same idea of purpose-driven excellence shows up in our coverage of the upcoming 2026 FIFA World Cup. Speaking with Canadian men's national team head coach Jesse Marsch and soccer legend Dwayne De Rosario, one thing became clear: this moment is bigger than sport. The World Cup arriving in Canada is a reflection of how far we've come and a challenge to think about the legacy we want to leave behind. What will this moment say about us as a country, as a community, as a culture?

In business and entrepreneurship, excellence takes on new meaning again. Dax Dasilva's journey into the Amazon rainforest is a reminder that leadership can (and should) be rooted in reflection and renewal. Brenda Ha's story of investing in AFC Toronto shows that ownership doesn't have to belong to the few; it can be a collective act of belief and participation. Both stories reflect a growing shift in how we define success; one that values impact, empathy, and longevity as much as growth or status.



Even in our lifestyle coverage, this thread continues. Toronto's steakhouse renaissance reflects a return to connection: gathering around tables, celebrating craft, and embracing ritual. Meanwhile, the rise of design-forward wellness destinations shows that self-care can be both intentional and beautiful. These are spaces that remind us to slow down, to breathe, to create room for meaning in the everyday.

If there's one idea that connects this issue, it's that excellence today is less about standing above and more about standing within our community and ourselves. It's about the choices we make, the people we lift, and the work we do that leaves a mark beyond our own reflection.

Here's to a new kind of excellence. One defined by heart, not just hustle.

LANCE CHUNG
Editor-in-Chief and Creative Director
@mrlancechung

ONTARIO CREATES | ONTARIO CRÉATIF

Funded by the Government of Canada
Financé par le gouvernement du Canada | Canada

Canada Post: Send address changes to
501-800 Bathurst Street
Toronto, ON M5R 3M8, Canada
Publications Mail Product Sales Agreement No. 43529073.
Printed in Canada by TC Transcontinental.

CHEEKBONE BEAUTY'S JENN HARPER JOINS MISSION CRITICAL AND MASTERCARD FOR A NIGHT OF PURPOSE-DRIVEN CONVERSATION

Earlier this summer, GLORY hosted a live taping of its flagship podcast Mission Critical with Lance Chung at Toronto's Waterworks Food Hall. Presented in partnership with Mastercard, the event welcomed an intimate gathering of the city's most dynamic small business owners—from ceramicists and restaurateurs to fashion and beauty founders—for an evening of networking, storytelling, and inspiration.

Guests enjoyed connecting with the community of fellow entrepreneurs before exploring a Cheekbone Beauty station featuring the brand's bestselling products.

Kicking off the podcast, opening remarks from Mastercard's Nadine Arous highlighted the company's continued support for Canada's small business community by understanding their needs and building solutions that will work for them. On stage, Cheekbone Beauty founder Jenn Harper shared her remarkable journey—from a dream to Sephora shelves—and her vision to pioneer "Indigenous beauty" as a category defined by authentic sustainability.

The evening proved what we already know: when Canada's entrepreneurial community comes together, powerful conversations—and lasting impact—follow.















PHOTOGRAPHY BY **ALLA PRYNDA**

WORLD CUP TAKES CENTER STAGE AT 2026 GLORY SPORTS SUMMIT

This summer, the GLORY Sports Summit 2025 returned to the Sutton Place Hotel Toronto, bringing together the brightest minds in Canadian sport for an energizing day of dialogue, discovery, and connection. Moderated by GLORY Editor-in-Chief Lance Chung, the Summit tackled everything from the FIFA World Cup 2026 and Canada's soccer identity to queer representation and the future of women's leagues.

Highlights included powerful discussions with Dwayne De Rosario, Marcus Hanson, Sharon Bollenbach, and Jesse Marsch, alongside trailblazers like Diana Matheson, Anastasia Bucsis, Teresa Resch, Saroya Tinker, and Kyle McMann. The result: an unfiltered look at what it means to build a global sports nation from the ground up.

Presented by GE Appliances Canada, with support from Asahi, BOSS, Hennessy, Mas+ by Messi, Rabanne, Rado, Roots, and the Sutton Place Hotel Toronto, the 2025 edition proved that the future of Canadian sport is already in full swing.

































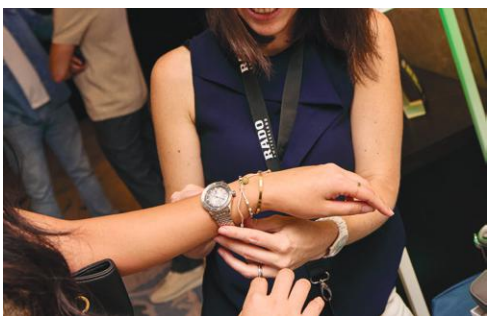














PHOTOGRAPHY BY **ELAINE FANCY**


GLORY
SPORTS
PODCAST
NETWORK
DE RO
and the
DIE HARD
WITH DWAYNE DE ROSARIO & BEN BOTELHO
EVERY FRIDAY
YouTube
FOOTBALL,
UNFILTERED.

A LOOK INSIDE CHOPARD'S SPARKLING SOIRÉE WITH GLORY AND L'ORO

During the height of the Toronto International Film Festival, GLORY, Chopard, and L'ORO came together to host an intimate evening of sophistication and sparkle at Sofia Yorkville. Guests were invited to explore Chopard's latest collections, from the Alpine Eagle timepieces—an ode to the spirit of contemporary adventure—to exquisite high jewelry pieces adorned with diamonds, malachite, and precious stones that shimmered under Sofia's warm glow. With custom cocktails crafted for the occasion and elegant passed canapés circulating the room, the night unfolded in an atmosphere of effortless elegance and connection.









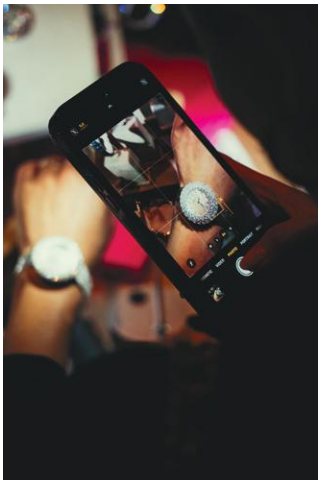












THE FUTURE BELONGS TO THE LEARN-IT-ALLS

Yung Wu believes Canada's next great advantage won't come from capital or technology—it'll come from leaders who adapt, include, and refuse to quit.

WRITTEN BY **GLORY STAFF**



Mission Critical is a podcast that explores the ideas, strategies, and people shaping the future—those building with purpose, leading through change, and pushing society forward.

In an episode recorded live at Holt Renfrew's Toronto flagship, host Lance Chung sat down with Yung Wu, former CEO of MaRS Discovery District and co-founder of CILAR (Coalition of Innovation Leaders Advancing Respect), to discuss leadership in a time defined by disruption. With the rise of artificial intelligence, rapid technological change, and an evolving work culture that's redefining what it means to lead, Wu offers a masterclass in staying adaptable, purposeful, and inclusive. As one of Canada's foremost voices on innovation and entrepreneurship, his perspective bridges experience and optimism, offering a vision for how Canada—and its leaders—can thrive in the AI age.

Here are the major takeaways from our conversation with Wu—lessons that matter now more than ever.

For Wu, leadership is about perseverance

For Wu, leadership isn't about perfection—it's about perseverance. He defines success and failure as "two different points on the same continuum," emphasizing that the true differentiator is the ability to endure. "You can get strategy right, customers right, talent right," he explains, "but the things you don't control are the ones that will either kill you or advance you." His venture platform, NFQ Ventures—short for *Never F**ing Quit**—captures this mindset.

"Fail fast is too close to quit fast. You should learn fast, adapt fast—but it should be hard to quit."

Wu's point: in a world that rewards speed and disruption, resilience remains the rarest and most powerful skill. Leaders who outlast the storm—not just outthink it—are the ones who build meaningful, lasting impact.

Canada's Innovation Economy is the Key to Resilience

Wu sees Canada's future tied directly to its willingness to invest in itself. "We're not weak because of trade policy," he says. "We're weak because we've underinvested in our own productive capacity." He highlights that the innovation ecosystem now contributes 12% of Canada's GDP, growing three to six times faster than any other sector. Backing entrepreneurs, technologists, and startups is about national resilience and economic growth. The leaders who double down on innovation and risk-taking will be the ones who turn today's headwinds into tailwinds.

Inclusion is a Competitive Advantage, Not a Checkbox

At the core of Wu's mission with CILAR is a belief that inclusion fuels prosperity. The coalition—comprising major organizations like Google, Salesforce, and TD Bank—has committed to equipping 100,000 Canadians with AI and digital skills by 2030, particularly from underrepresented communities. "Inclusion is not charity—it's competitive. When you unlock the value of your team, you 10x your company," he argues. His formula is simple: *"Prosperity equals performance to the power of inclusion."* When companies respect and invest in diverse talent, they don't just strengthen communities, they gain the edge to outperform competitors.

AI for Good is the Next Great Opportunity

While headlines often focus on AI's threats, Wu sees its promise. Programs like AI-Powered Futures, launched by CILAR, aim to help workers navigate the AI revolution with confidence. He urges leaders to embrace AI as a tool for empowerment, not fear.

"It's not oncologists being replaced by AI—it's oncologists who use AI replacing those who don't."

The message is clear: the future belongs to learn-it-alls, not know-it-alls. "This isn't technology for technology's sake," he says. "It's applied to every industry—life sciences, finance, real estate. Lace up—you've got to get in the race."

In an era of volatility and transformation, Yung Wu's insights remind us that success requires more than innovation—it demands endurance, inclusion, and courage. Canada's future, he argues, will be shaped by leaders who stay in the game long enough to change it.

Listen to the full episode of Mission Critical with Lance Chung, wherever you get your podcasts.

MISSION CRITICAL GOES LIVE WITH HOLT RENFREW

WRITTEN BY **GLORY STAFF**

Mission Critical took the stage at Holt Renfrew's Bloor Street flagship for a special live podcast in celebration of the retailer's men's seasonal edit. The evening began with an engaging conversation with tech and business leader Yung Wu (see opposite page), before transitioning into a lively night of shopping, cocktails, and activations from Frederique Constant, Bowmore, Trius, Dean Davidson, and more. Guests especially flocked to the portrait lounge, which quickly became the night's must-visit moment.



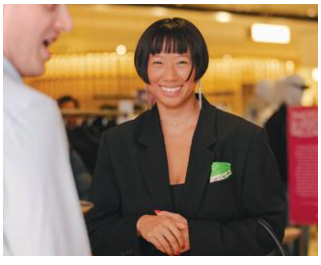
















PHOTOGRAPHY BY **JENNA MARIE WAKANI**



SKY HIGH SOPHISTICATION

Air travel is making a return to glamour and luxury.

WRITTEN BY **VIRANLLY LIEMENA**
PHOTOGRAPHY COURTESY OF **CATHAY PACIFIC**

There's a particular calm that seems to follow Cathay Pacific wherever it flies. Known for its understated elegance and impeccable service, the Hong Kong-based airline has long set the standard for refined travel. But with the introduction of its new Aria Suite, Cathay Pacific has taken that reputation to even greater heights—transforming long-haul journeys into something closer to a private retreat above the clouds.

Inside the airline's Business Class Lounge at YVR, guests are greeted with over 5,000 square feet of carefully orchestrated design and hospitality. Floor-to-ceiling windows frame sweeping views of the West Coast Mountains, while signature touches like the Noodle Bar offer a comforting echo of the airline's flagship lounge, The Pier, back home in Hong Kong.

Boarding, as always, is seamless—efficiently called and effortlessly executed. Stepping into the redesigned Boeing 777-300ER cabin, passengers are immediately immersed in a world of quiet sophistication. The soft lighting, minimalist artwork, and attentive crew set the tone for what's to come: a new chapter in Cathay's ongoing pursuit of serenity at 35,000 feet.

The Aria Suite itself feels like a study in restraint and precision. Configured in a 1-2-1 layout, each of the 35 suites offers direct aisle access and, for the first time in Cathay's Business Class, full-height privacy doors—a feature usually reserved for First Class. The design language is subdued and tactile: neutral textiles, dark wood panelling, and caramel leather accents punctuated by Cathay's signature jade green. The attention to detail extends to every surface, from the storage compartments to the lighting controls.

Tech-savvy travellers will find the suite equally impressive. A 24-inch 4K Ultra HD screen with Bluetooth connectivity anchors the entertainment system, while a new digital control panel allows for intuitive adjustments to seat position, ambient lighting, and more. Even the lavatory occupancy indicators—small, discreet, and ever-present—reflect the airline's near-obsessive attention to passenger experience.

Dining aboard the Aria Suite marks another evolution. In collaboration with Michelin-starred Hong Kong restaurants Louise and Duddell's, Cathay has reimagined its in-flight menu with an emphasis on precision and restraint. The Chinese breakfast set—congee, turnip cake, and tea—feels both authentic and elevated, while the mid-flight burger from the dine-on-demand menu is unexpectedly elegant, as indulgent as it is perfectly presented.

When rest calls, the seat transforms at the touch of a button into a fully flat bed dressed in Bamford bedding, complete with pillow mist and soft ambient lighting. The suite's design cocoons passengers in silence, creating a rare sense of stillness in the sky.

As the aircraft descends through the mist toward Hong Kong's skyline, that signature feeling of quiet anticipation sets in—the bittersweet end to a journey that felt, in every sense, composed.

With the Aria Suite, Cathay Pacific has redefined the Business Class experience. The result is a new expression of modern Asian luxury: calm, confident, and effortlessly above the rest.





DIALED IN

Canadian watch brand VIEREN is celebrating a major milestone with five one-of-a-kind Swiss Made works of art.

WRITTEN BY **GLORY STAFF**
PHOTOGRAPHY COURTESY OF **VIEREN**

To celebrate five years of bold vision and design, VIEREN, the Canadian-founded luxury brand, presents the V Collection—a remarkable collaboration that transforms its inaugural OG Automatic Matte White into five one-of-a-kind works of art. What began as a singular vision in Canada has grown into a design-forward movement, uniting the precision of Swiss craftsmanship with the imagination of artists from around the world.

"For our fifth anniversary, we wanted to create something entirely unique and invite voices from across the globe to celebrate this milestone with us," says founder and CEO Jess Chow. "Seeing our partners interpret the very first watch we ever created and turn it into a personal work of art was incredibly inspiring. At VIEREN, we've always believed that timepieces can be more than functional—they can tell stories."



The V Collection brings together five international creatives, each infusing their own perspective of time into VIEREN's signature rectangular case. Los Angeles-based James Goldcrown offers his iconic Bleeding Hearts, symbols of love and connection that breathe emotional depth into the dial. Roberta Boffo, from Treviso, Italy, blends fashion and fine art, her monochrome designs striking a delicate balance between complexity and elegance. Poland's Cosmodernism channels retro-futurist surrealism, creating movement and energy within every line, while London's tattoo artist Kelly Violet evokes dark romanticism through meticulous florals and blackwork. Parisian designer Sébastien Preschoux closes the circle with geometric optical illusions, translating meditative precision into every hand-drawn pattern.

The story extends beyond the dials. Each watch is housed in the Art Crate, a gallery-like vessel crafted from matte black wood and lined with white canvas. Arranged in a signature V-pattern, the crate transforms the unboxing into a curated exhibition. "We approached every element with intention," says Sunny Fong, VIEREN's creative director. "The Art Crate itself is a work of art, reflecting the same reverence for craftsmanship as the collection it protects."

Handcrafted in La Chaux-de-Fonds, Switzerland, each timepiece carries a bespoke ETA 2671 automatic movement and an exhibition caseback engraved with the artist's autograph, marrying artistry with technical mastery. Yet at its heart, the V Collection is less about mechanics and more about storytelling—celebrating five years of Canadian ingenuity, collaboration, and the art of time itself.

SANCTUARY BY DESIGN

From alpine bathhouses to urban medispas, a new wave of wellness destinations blends architecture, ritual, and luxury to redefine what it means to slow down and restore.

WRITTEN BY **GLORY STAFF**



BASIN

In an age where wellness has become a performance metric as much as a personal pursuit, the new frontier isn't just what you do for your body—it's where you do it. Across Canada, a wave of design-forward wellness destinations is reshaping the notion of self-care, transforming it from a checklist of treatments into a fully immersive experience. These are spaces where architecture, landscape, and curated programming collide to create a sense of sanctuary—quiet, restorative, and distinctly Instagrammable without sacrificing substance. From alpine bathhouses perched above glacial lakes to minimalist urban medispas, these destinations are more than services; they are statements, inviting guests to slow down, recalibrate, and invest in themselves.

BASIN

Lake Louise, AB

Perched on the shores of Lake Louise, beneath the shadow of the Victoria Glacier, BASIN is a modern reinterpretation of the centuries-old bathhouse, brought to life by architect Matteo Thun. Opening its doors earlier this fall, the indoor-outdoor facility is designed as a thermotherapy haven at 5,200 feet above sea level, blending Nordic sauna traditions with luxury wellness rituals.

Visitors move through a curated sequence of heat and water experiences: Finnish and Bio saunas, Aufguss ceremonies led by

global sauna masters, steam rooms, hot stone massage spaces, and a Himalayan salt relaxation room. Pools are temperature-varied, including an infinity pool that spills onto the outdoor terrace and a reflexology circuit to stimulate circulation. Guests can follow one of five "wellness trails"—such as the Stillness Trail for deep relaxation or the Presence Trail for grounding—or simply wander at their own pace, letting the alpine landscape guide their experience.

Minimalism and sustainability inform every design decision, from organic textures to conscious material sourcing. The Glacier Lounge serves light, seasonal dishes alongside adaptogenic tonics and premium Champagne, reinforcing BASIN's dual focus on internal and external luxury. It's a spa where architecture, nature, and ritual are inseparable, and where the Rockies themselves become part of the treatment.

Surface Dermatology
Oakville, ON

Step inside Surface Dermatology and the familiar sterility of medical aesthetics evaporates. Designed by Montreal's Atelier Carle, the Oakville clinic turns a suburban business park location into a space of warmth, light, and intimacy. The 700-square-meter facility reimagines dermatology as a restorative experience, where architecture and care intersect.

A double-height central core capped with a skylight floods the space with natural light, diffusing across walnut-clad reception areas and treatment rooms designed for comfort. Minimalist lines and warm textures replace clinical rigidity, making each visit feel like a retreat rather than an appointment. (A cafe nestled within the facility, named Sojourn, also adds to an immersive experience.) Treatments range from advanced laser therapies and injectables to bespoke skincare regimens, but the real innovation is spatial. Surface Dermatology demonstrates how thoughtful design can humanize medicine, encouraging reflection and calm alongside results-driven procedures.


OTHERSHIP

Othership
Toronto, ON

In the heart of downtown Toronto, Othership is not your typical urban wellness center. A guided sauna and ice bath studio, Othership blends the intensity of thermotherapy with a social, ritualized approach to well-being. Sessions are led with precision, emphasizing nervous system regulation, breathwork, and mindful presence.

The Yorkville space, for example, is sleek yet welcoming, with natural wood and stone accents evoking a Scandinavian bathhouse sensibility. Participants cycle between heat and cold, cultivating both physiological reset and mental clarity. The design encourages a subtle communal energy—strangers share silence, reflection, and recovery—turning a wellness routine into a ritualized, almost meditative social experience.


30 HAZELTON

30 Hazelton
Toronto, ON

Toronto's Yorkville neighborhood has long been synonymous with high-end fashion and dining, and now it has a medspa to match. 30 Hazelton, the latest venture from INK Entertainment, fuses the company's entertainment pedigree with a new era of luxury self-care. The 4,200-square-foot, three-story spa is sophisticated, contemporary, and unapologetically elevated, featuring nine treatment rooms named after Yorkville streets, a private top-floor lounge, and bespoke experiences in partnership with Dr. Barbara Sturm.

From Korean-inspired layered facial treatments to cutting-edge laser technology and non-invasive contouring, the spa's menu emphasizes both results and ritual. Every treatment is designed to be as much about the journey as the outcome, with design playing a pivotal role in the guest experience. Calming palettes, minimalist furnishings, and curated lighting create a sense of repose, while the cityscape peeks through floor-to-ceiling windows, connecting urban sophistication to personal restoration. 30 Hazelton is less a clinic and more a destination—a place to emerge not just looking revitalized, but fully renewed.


EST.
Prime Seafood



A CUT ABOVE

Toronto's appetite for glamour is back — and it's being served rare. From retro opulence to modern minimalism, the city's new steakhouses are rewriting the rules of indulgence.

WRITTEN BY **GLORY STAFF**

There was a time when the steakhouse was the ultimate power move — where deals were inked over martinis, cigars, and perfectly seared porterhouses. Then, for a while, the genre went quiet. The idea of lavish dining felt anachronistic next to the rise of minimalist small plates and chef's counter austerity. But lately, Toronto's appetite for grandeur has come roaring back.

The new generation of steakhouses is rewriting the rules — merging the swagger and sensuality of their mid-century ancestors with an eye for design, modern technique, and narrative. These are restaurants built for both indulgence and immersion: where marble and brass gleam as brightly as the dry-aged ribeyes, and where every detail — from the playlist to the plating — is engineered to transport.

Welcome to Toronto's steakhouse renaissance.

Black + Blue

In the heart of the Financial District, Black + Blue brings Vancouver-born bravado to Bay Street. Founder Emad Yacoub of Glowbal Group spared no expense in transforming the old TSX building into a two-storey, 9,000-square-foot temple to excess. Here, meat is both ingredient and art form — from Kobe-certified beef and A5 Miyazaki Wagyu to prime cuts dry-aged in a Himalayan salt-lined locker. Guests can even meet the butcher for a behind-the-glass look at the aging process. Tableside Caesars, truffled "Millionaire Potatoes," and a raw bar of oysters and Beluga caviar nod to the steakhouse tradition while adding a touch of theatre. Design-wise, Ken Lam of Navigate Design brings modern grandeur to life with marble floors, rich wood, and a 24-karat gold ceiling — plus a mural of duelling bulls made entirely of steak knives. The result? A steakhouse with swagger and spectacle to match.

Jacobs & Co. Steakhouse

Long regarded as Toronto's benchmark for bovine excellence, Jacobs' move from Brant Street to Toronto's financial district marks an evolution for the city's steakhouse stalwart.

Named to the World's 101 Best Steakhouses two years running, the new 14,000-square-foot space by DesignAgency exudes refinement: marble raw bar, two terraces, and the iconic piano bar all bathed in warm walnut and burnished gold. Chef Danny McCallum's menu expands beyond the brand's legendary dry-aged beef to include aged tuna, swordfish, and salmon — a nod to culinary curiosity without abandoning the steakhouse soul.

The weekday lunch service introduces a new rhythm to the experience, with truffle-topped burgers, wagyu ragù pasta, and Jacobs' iconic popovers. For Managing Partner Gus Giazitzidis, the essence remains unchanged: "Jacobs has always been about connection. What makes it special is the care behind every experience."

Linny's

Linny's might just be the most charming newcomer in the bunch — a love letter to nostalgia wrapped in mid-century sophistication. The latest concept from David Schwartz (of MIMI Chinese and Sunnys Chinese fame) blends steakhouse indulgence with old-world deli comfort. Think dry-aged steaks and tableside Caesars, alongside hand-cut pastrami and chicken liver toast — dishes that balance refinement with sentiment.

Designed by IPSO Studio's Jack Lipson, Linny's is cinematic in its detail: terrazzo floors, burlwood walls inspired by Schwartz's late mother Linda (the restaurant's namesake), and mirrored pillars that shimmer under soft light. Handwritten family recipes line the walls downstairs — a reminder that even glamour can be deeply personal.

Harbour 60

For over two decades, Harbour 60 has been the city's reigning symbol of big-ticket indulgence — and its recent transformation has made it more opulent than ever. When the Nikolaou family renewed their lease on the historic Toronto Harbour Commission building, they dreamed big.



PRIME SEAFOOD PALACE



JACOBS & CO. STEAKHOUSE

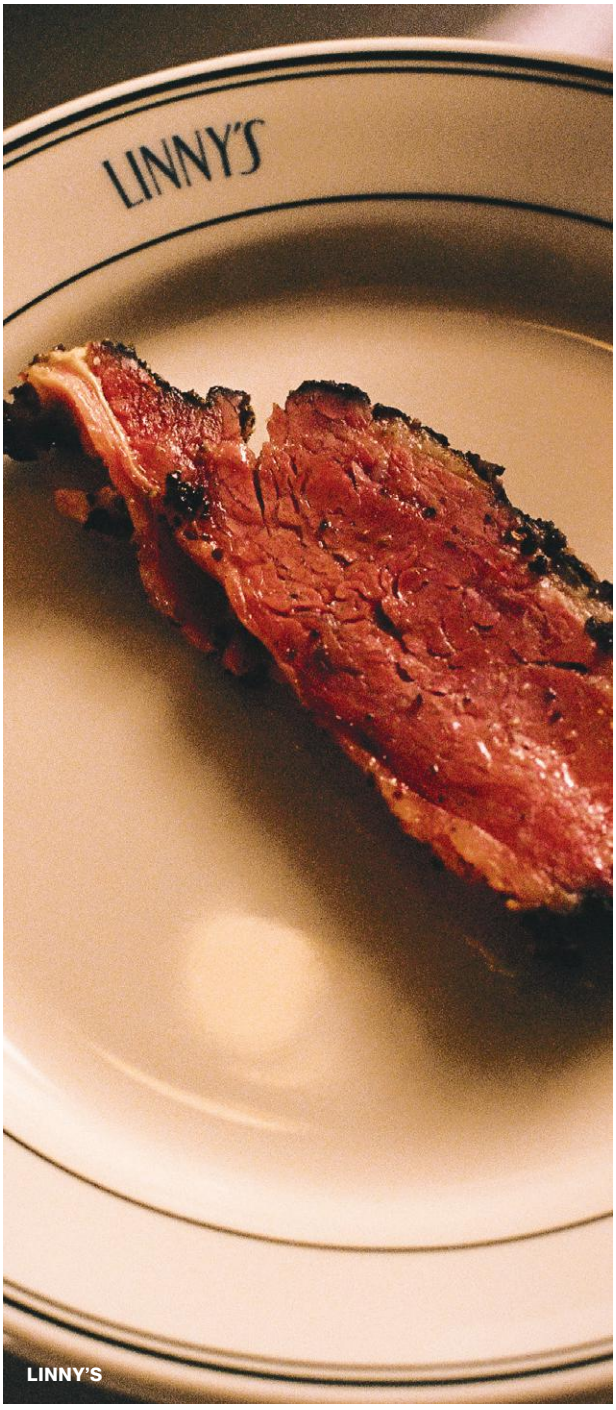




BLUE BOVINE

The space now spans multiple floors, with new concepts like Arianna, an elegant Italian restaurant, and Estelle, an event venue dripping in luxury. The steak program remains the cornerstone — featuring locally sourced Canadian beef, Australian Wagyu, and certified Kobe cuts dry- and wet-aged in-house.

Every inch of the restaurant exudes permanence and polish: sculptural chandeliers, intricate millwork, and 24-karat gold accents merge old-world grandeur with modern lustre. If Toronto's steakhouse resurgence has a crown jewel, Harbour 60 might still hold it.



LINNY'S

Hy's Steakhouse

Few names in Canadian dining carry the gravitas of Hy's. Founded in 1955 by Hy Aisenstat, the restaurant has spent seventy years perfecting the art of steakhouse theatre — from tableside service and cold martinis to flawless Canada Prime beef.

After closing its Adelaide Street location in 2018, Hy's returned with an 18,000-square-foot flagship that reasserts its legacy. Spread across three floors, the space marries tradition and sophistication: rich wood, Canadian art, and a 35-foot wraparound bar that glows like amber. Private dining rooms and a whisky bar add layers of intimacy and luxury.

At Hy's, nostalgia is not a gimmick but a virtue. The martinis are as crisp as ever, the steaks as perfectly charred — proof that some traditions are timeless for a reason.

Blue Bovine

Steak and sushi might sound like an unlikely pairing, but Blue Bovine makes it feel inevitable. Located inside Toronto's iconic Union Station, this Liberty Group venture fuses heritage architecture with contemporary glam.

Warm leathers, golden tones, and historic stonework set the stage for an impressive culinary duality: Chef Yi Joo Na's omakase-driven sushi program, featuring fish flown in daily from Japan, alongside Chef Sean Blomeley's premium beef program — one of only three in Toronto certified to serve authentic Kobe.

It's a dining experience that bridges east and west, old and new, under the vaulted ceilings of one of Toronto's most storied landmarks.

ANIML Steakhouse

At ANIML, the primal and the polished coexist beautifully. Helmed by Executive Chef Marc Cheng and Chef de Cuisine Michael Degrazia, this King West newcomer reimagines the classic steakhouse through a lens of 1970s decadence and culinary artistry. The menu reads like a fever dream of desire — dry-aged steaks, rich seafood, and indulgent sides that encourage lingering.

But it's the design, by award-winning studio NIVEK REMAS, that truly stuns. The space channels the hedonism of Studio 54: lacquered woods, gold leaf ceilings, animal prints, and fringe collide under the gaze of an upside-down mirrored bull suspended above the dining room. "ANIML invites you to unapologetically come as you are," say designers Kevin Chan and Samer Shaath — and that ethos defines the experience: unrestrained, theatrical, and utterly seductive.

Prime Seafood Palace

From the outside, Prime Seafood Palace doesn't scream "steakhouse" — and that's the point. Designed by Omar Gandhi Architect for chef Matty Matheson, this Queen West sanctuary reinvents the genre with Scandinavian restraint and architectural precision.

The interiors, a cathedral of maple and brass, feel almost meditative — a minimalist counterpoint to the dark-wood drama of traditional steakhouses. The menu, meanwhile, is anchored by quality: meticulously sourced beef and seafood prepared with quiet confidence.

Prime Seafood Palace might not indulge in overt opulence, but its understated grandeur — all warm light, craftsmanship, and care — feels like luxury redefined.

Sammarco

A steakhouse for the modern aesthete, Sammarco is sculptural and cinematic, blending brutalist geometry with soft lighting and sensual materials. Designed by Ivy Studio (IIBYIV), the result is a study in contrasts — much like the restaurant's approach to dining.

Here, the classics are interpreted through a contemporary lens, pairing the primal satisfaction of steak with artful plating and architectural precision. It's the steakhouse distilled to its essence: elemental, elevated, and quietly confident.

Toronto's new steakhouses are temples to design, nostalgia, and the thrill of the big night out. They remind us that dining, at its best, is about experience — theatrical, escapist, and memorable. Right now, few experiences capture that better than the new class of establishments that are redefining the category.

The steakhouse is back — and it's never looked better.



SAMMARCO



ANIML STEAKHOUSE


ROLEX
OYSTER PERPETUAL
LAND-DWELLER
SUPERLATIVE CHRONOMETER
OFFICIALLY CERTIFIED

THE BIG UPGRADE

Every so often, life calls for an upgrade — not the kind that clutters, but the kind that quietly transforms. The kind that makes you pause mid-routine and realize: this feels better. A sharper design, a smarter detail, a touch of ingenuity that doesn't shout but hums with intention.

The Big Upgrade is our celebration of those rare objects and innovations that elevate the everyday. It's about rethinking the things we use, wear, and embrace in our lives: the tools that move us forward, the designs that make life more beautiful, the things that give us joy. In a world obsessed with more, this is a reminder to choose better.

ROLEX OYSTER PERPETUAL LAND-DWELLER

Rolex opens a new chapter with this watch that redefines what it means to be grounded in both design and purpose. Engineered for those who build their own paths, the Land-Dweller embodies over a century of Rolex mastery, merging innovation with timeless craftsmanship. Available in 36 mm and 40 mm, it's a study in balance — bold yet refined, technical yet elegant. At its core is a newly reimagined Flat Jubilee bracelet, an evolution of the brand's 1945 classic, seamlessly integrated into the Oyster case for a sculptural silhouette. The interplay of polished and satin finishes creates a continuous ribbon of light, highlighting the precision in every curve and bevel. Its dial (a stunning honeycomb motif cut by femtosecond laser) blends artistry with technology, offered in intense white or ice blue. Ready to upgrade your wrist?



LOUIS VUITTON COUSSIN HOBO MM

This striking gunmetal bag reimagines après-ski elegance through a sleek, sculptural lens. Part of the LV Ski collection, it's crafted from supple calfskin embossed with the Maison's Monogram Miroir motif, giving it a mirrored sheen that catches the light from slope to city. A chunky tonal chain adds statement and edge, while its spacious design and removable zipped pocket offer versatility for day or evening wear. Responsibly made from LWG-certified leather, it reflects Louis Vuitton's continued commitment to craftsmanship, sustainability, and modern luxury in motion.



FENDI FLUX BACKPACK

With Fendi's signature flair, this beautiful backpack is a seamless companion for city life and workday essentials. Crafted from smooth black calf leather, its flap is anchored by the brand's signature metal FF clasp, lending a refined statement to everyday carry. Inside, a spacious, fabric-lined compartment houses a 13-inch laptop or tablet, a zipped pocket, and a drawstring closure with customized cords for thoughtful detail. Palladium-finish hardware complements adjustable, padded leather and webbing straps, ensuring comfort without compromising style. Designed in Italy, the Flux Backpack balances elegance, functionality, and contemporary.



MAISON MARGIELA SPRINTER

The Sprinter Sneakers channel 1960s athletic energy with a contemporary twist. Crafted from quilted fabric and hairy suede, their textured uppers are punctuated by suede overlays, stitched panels, and a bold contrast heel. Maison Margiela's signature numeric label appears on the tongue, while the white back stitch (the brand's subtle hallmark) signals craftsmanship without logos. A gum rubber sole with grip tread grounds the low-top silhouette, balancing retro style with modern performance. Made in Italy, the Sprinters are a refined statement in casual luxury, blending heritage-inspired design with Margiela's avant-garde attention to detail.



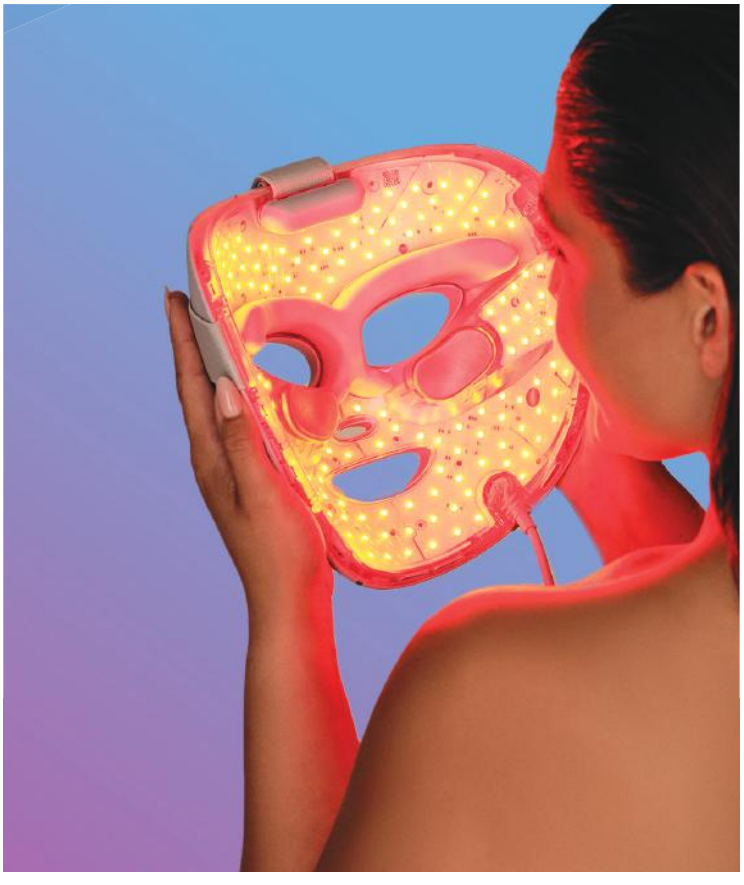


OAKLEY META HSTN

These are no ordinary sunglasses. Oakley's latest wares redefine what performance eyewear can do, merging the brand's iconic design DNA with Meta's cutting-edge AI technology. Built for athletes and fans alike, these glasses let you capture hands-free Ultra HD 3K video, stream music or podcasts via open-ear speakers, and interact with a personal AI assistant to optimize your game or track conditions in real time. With IPX4 water resistance, extended battery life, and a sleek, bold silhouette, the Meta HSTN transforms everyday moments and athletic performance into shareable, high-tech experiences. It's the next evolution in AI-powered eyewear.

SHARK CRYOGLOW

The Shark CryoGlow is a MedSpa-inspired innovation that merges iQLED Technology™ with InstaChill Cold Technology for clinically-tested results at the touch of a button. Designed for targeted under-eye cooling, anti-aging, and acne-clearing, it offers four specialized treatments: Red & Infrared for fine lines, Blue & Infrared for acne and redness, combined LED sessions for skin radiance, and adjustable under-eye cooling for tightening and soothing. Developed with dermatologists and FDA- and Health Canada-cleared, CryoGlow delivers high-energy LEDs, deep-penetrating infrared, and controlled cooling, making professional-grade results achievable at home in minutes.



HENNESSY V.S

One of the world's most celebrated cognacs, the Hennessy V.S is a bold expression of over 250 years of expertise from the Charente region. Matured in new oak barrels, it delivers a rich, full-bodied profile with toasted almonds, citrus zest, and fresh grape notes. Vibrant and versatile, it shines neat, over ice, or in cocktails, from classic mixes to inventive creations. Its dynamic character is amplified through limited editions and artistic collaborations, making Hennessy V.S a timeless choice for both high-energy occasions and intimate moments, embodying the Maison's legacy of craftsmanship, innovation, and global appeal.





ST-GERMAIN ELDERFLOWER LIQUEUR

Handcrafted in France from up to a thousand fresh elderflowers per bottle, St-Germain is a delicate, versatile liqueur that captures the essence of spring in every sip. Launched in 2007 by third-generation distiller Robert J. Cooper and inspired by Paris's St-Germain-des-Prés, it offers a naturally sweet, floral profile with notes of pear and honeysuckle. Perfect as an aperitif or in cocktails, St-Germain elevates a Spritz, gin & tonic, or sparkling wine with a touch of elegance. A modern classic, it's a must-have for bartenders and home bars alike.

MONOS ALUMINUM TRUNK

This piece of luggage from Vancouver-based Monos redefines luxury travel with a seamless blend of durability and elegance. Crafted from anodized and electroplated aluminum with a brushed finish, its hard shell develops a unique patina over time, telling the story of every journey. Its taller frame and deep compartments make packing effortless, while a zipperless TSA-approved latch secures belongings. Inside, black quilted taffeta and a compression system keep items pristine. Thoughtful touches (think: telescopic and side handles, integrated luggage tag, and meticulously detailed hardware) ensure travel is as smooth as it is sophisticated.





HETTA SIDE TABLE

Inspired by traditional joinery sketches, the Hetta Side Table is a celebration of solid craftsmanship and timeless design. Crafted from wire-brushed oak, it showcases a textured, lived-in finish that highlights the natural grain. Its versatile silhouette works as a side table, nightstand, or extra seat, complete with a functional shelf for storage and display. Rooted in the ethos of "grounded luxury," Hetta blends tradition with modern comfort, creating pieces meant to be loved, used, and passed down. Practical, durable, and full of charm, this side table brings warmth and connection into any home.



BULOVA GODDESS OF TIME

Step into the glamour of the 1970s with Bulova's modern tribute to the brand's iconic women's collection. The silver-tone stainless steel tonneau case features a textured top and polished bezel, flowing seamlessly into a textured mesh bracelet. Each dial, crafted from genuine blue sodalite, is entirely unique, accented with silver-tone markers and hands. The Goddess herself is intricately etched on the case back, honoring Bulova's legacy in women's timepieces. Combining vintage elegance with contemporary flair, this watch is both a statement of style and a celebration of timeless craftsmanship.



“You’re never as good as people think you are and you’re never as bad.”



THE MARSCH EFFECT

With Jesse Marsch at the helm, the men's national soccer team is leaving the underdog mentality behind and stepping into a new era—one defined by speed, discipline, and unrelenting ambition.

WRITTEN BY **GLORY STAFF**
PHOTOGRAPHY BY **DIMITRI ASPINALL**

On stage at the 2025 GLORY Sports Summit (presented by GE Appliances) in Toronto, Jesse Marsch leaned forward in his chair, eyes bright, voice steady, and delivered the kind of blunt declaration that makes headlines and fuels locker rooms. "We have to win the group," he said of Canada's 2026 World Cup campaign. Not hope to, not aim to. Have to.

That's the Marsch effect. A coach who has managed in the Bundesliga, Premier League, and Champions League doesn't arrive in Canada just to play tourist on the world's biggest stage; he comes to make a mark. And less than a year out from kickoff, he's pushing Canadian soccer to think bigger, faster, and bolder than ever before.

When Marsch took the job just over a year ago, he was stepping into a federation in flux. Scandals, financial challenges, and skepticism hung over Canada Soccer. He'd been approached before, but turned it down. "I'd heard the organization was a little bit messy," he admitted. But when he met Secretary General Kevin Blue, something clicked. "This was an advanced thinker, an intelligent person, someone who had a plan. That resonated with me."

Marsch also knew Canada wasn't unfamiliar terrain. He had coached in Montreal, and the values he saw—generosity, resilience, community—felt familiar to a Wisconsin native who jokes he's from "another province." More importantly, he believed in the players. "Good players make good coaches, not the other way around," he said. "And we happen to have a really talented group of footballers. You should all be very proud."

Raising the Bar

Qatar 2022 gave Canada its first World Cup goal but left the team searching for its first win. For Marsch, the 2026 tournament can't be about moral victories. With group-stage matches in Toronto and Vancouver, the target is clear: Canada has to win.

"If we finish second or third in the group, we go to the U.S.," he explained. "If we win the group, we stay at home. And when we win the group, then we can really have a chance of making history."

The line drew applause, but it wasn't bravado. It was Marsch drawing a line in the sand — one that turns 2026 from a hosting gig into a legacy play.

Learning Through Failure

Marsch isn't naive about the road ahead. He knows Canada's Gold Cup performance was a disappointment, and he welcomes the sting. "We need bigger challenges. We need some failures," he said. "You're never as good as people think you are and you're never as bad."

When he arrived, Marsch felt that only a dozen players were locks for 2026. That wasn't enough. A year later, that number has nearly doubled. His mantra? "26 for 26." Twenty-six players capable of meeting the pressure of a home World Cup—no passengers, no weak links.

The philosophy is pragmatic but also deeply personal. Marsch has become more than a coach to many of his players. "I never thought I would be like a father figure," he admitted. "But the more I invest in their lives and their families, the more they know I'm behind them every step of the way."



Defining Canada's DNA

Every national team wrestles with identity. For Marsch, Canada's is clear: speed and power. "When I took over, there was too much focus on ball possession," he said. "We're a developing football nation. We're not Spain or Germany. But what we do have is athleticism and aggressiveness."

It's a style that matches Marsch's own personality—high tempo, fearless, direct. "Too often football is boring," he said. "I want players who are aggressive, who want to go after something. That's who we are."

For Marsch, the World Cup isn't just about three games on home soil. The bigger opportunity is about reshaping Canadian soccer for decades. He sees parallels with 1994, when the U.S. hosted its first World Cup. At the time, he was a 20-year-old fan in the stands. Two years later, he was playing in MLS's inaugural season. That ripple effect launched his career—and he wants 2026 to do the same for Canada.

"I am a direct result of the U.S. hosting the World Cup in 1994," he said. "We need to look back 20 years from now and say our players, our coaches, our administrators — they had a chance because of this World Cup."

It's why he crisscrossed Canada in January, leading nine clinics in 10 days from Halifax to Vancouver. He found coaches and communities open to new ideas and hungry for connection. "I was shocked at how excited they were," he said. "That's when I realized it's actually possible to create a real movement."

The Road Ahead

There's still plenty to fix—from youth infrastructure to affordability—but Marsch sees strength in Canada's diversity and determination. "Our team is almost all first- and second-generation Canadians," he said. "Their differences make them stronger. That's been a beautiful byproduct of this experience."

And while he talks openly about resources and development, his focus remains razor sharp: Canada must seize the moment. "Since I've been here, we're undefeated at home," he said. "And our plan is to never change that."

As the Summit crowd applauded, Marsch's voice hardened with conviction. Hosting the world isn't enough. For Canada, the 2026 World Cup is a chance to declare itself not just a participant, but a contender.

"We have to win the group," he repeated. And in that statement lay both a challenge and a promise: that Canada will no longer be content with showing up—it intends to own the stage.


“Good players make good coaches, not the other way around.”



THE BEAUTIFUL GAME COMES HOME

For a city that's long embodied the world in one place, the 2026 FIFA World Cup is Toronto's chance to show what global unity really looks like.

WRITTEN BY **GLORY STAFF**
PORTRAIT PHOTOGRAPHY BY **DIMITRI ASPINALL**

When Toronto plays host to the world in 2026, the stakes will stretch far beyond the pitch. The FIFA World Cup is the biggest stage in sport, a mirror reflecting who we are and what we want to be. At the recent GLORY Sports Summit, three voices at the heart of that transformation—Sharon Bollenbach, Dwayne De Rosario, and Marcus Hanson—came together to talk about how Toronto's moment in the global spotlight could spark something much bigger: a legacy that lasts.

For Bollenbach, the executive director of FIFA World Cup Toronto, the challenge is as much a logistical one as it is existential. How can Toronto use this once-in-a-generation moment to reshape its sporting identity, build lasting community impact, and cement soccer as part of the city's cultural DNA?

"We've got to nail the event delivery," says Bollenbach, who's led major sporting events from the FIFA U-20 World Cup to the Special Olympics. "That means a world-class experience for the teams, the visitors, and the fans. But it also means making sure the World Cup in Toronto is more than six matches. The legacy has to be tangible — and lasting."

It's easy to underestimate the scale of what's coming. FIFA expects five billion people to tune in globally. To put that in perspective, the Super Bowl (North America's cultural monolith) draws around 128 million. For Toronto, that means unprecedented exposure, a massive tourism windfall, and an opportunity to tell the world who we are. That is, a city that embodies "the world in a city," as the official World Cup theme declares.

But beyond the skyline shots and national anthems, there's a deeper mission taking shape: how to ensure that the energy of 2026 translates into opportunity, infrastructure, and identity for the next generation.

Scan to Listen



From Scarborough Streets to the World Stage

For Canadian soccer legend Dwayne De Rosario, the significance of this moment runs deep. He grew up playing on the concrete of Scarborough long before Canada believed it could produce global talent.

"When I was a kid, telling people I wanted to play professional soccer got me looks like I was crazy," he says. "There were no outlets, no infrastructure, no clear path. People would say, 'Why aren't you on ice with a hockey stick?'"

From his early days in community leagues to four-time Canadian Player of the Year, De Rosario's career stands as a blueprint for what happens when raw talent meets relentless drive. But he's the first to admit that his story should be the standard rather than the exception.

"With the World Cup coming, that expands everything," he says. "More resources, more opportunities. But we have to make sure that legacy isn't just financial. We need sustainable systems for kids from every background — kids from housing communities, newcomers, anyone — to use sport as a vehicle to change their lives."

De Rosario now channels that philosophy through the DeRo Foundation and his soccer academy, focusing on mentorship, accessibility, and leadership. "Sport made me who I am," he says. "It gave me a sense of belonging. It made me feel important. If we don't invest in that next generation, we're missing out on the next De Rosario, the next Alphonso Davies, the next Diana Matheson."

The Business of Belonging

At the grassroots level, Marcus Hanson, founder of First Touch Football Canada, has spent years building visibility for young players who often fall through the cracks. His company connects athletes to scholarships and professional trials — a bridge between the overlooked and the elite.

"The World Cup is everything for the soccer community," Hanson says. "When I was a kid, you'd watch the World Cup in Brazil or Germany. But now? It's happening here. I don't think it's fully sunk in for people yet."

Hanson shares an anecdote that speaks volumes. "I was in the Montreal airport recently, and Jonathan David, our national team's top scorer, who just signed with Juventus, walked through. No one recognized him. That's going to change after 2026."

For Hanson, the biggest challenge remains accessibility. "Right now, Canada has a pay-to-play system. Meanwhile, in Europe, if you're good enough, a club takes you in and develops you," he says. "We need more professional academies, more investor support, and more pathways for youth who can't afford thousands in fees. The World Cup could be that catalyst."

He's optimistic that the exposure will spark investment. "We're seeing new leagues like the Northern Super League for women, the growth of the CPL for men. There's momentum but we have to make sure the next Alphonso Davies or Olivia Smith doesn't get lost because they couldn't afford the system."

Infrastructure and Intention

Bollenbach is keenly aware that the World Cup's success will be measured not only in ticket sales or TV ratings, but in the systems left behind.

Her team is already developing "Soccer for All," a legacy initiative that will see 12 mini-pitches installed across Toronto, each designed to increase access to quality playing spaces in

underserved communities. There are also long-term plans to enhance training sites, improve sustainability policies, and create workforce development through volunteer training and event management experience.

"These are the pieces people don't always see," she says. "It's about creating pathways, whether that's policy, infrastructure, or workforce. The event gives us a chance to reimagine how we do things as a city."

Still, Bollenbach doesn't shy away from the city's practical challenges, especially transportation. "It keeps me up at night," she admits with a smile. "We all know Toronto has a transportation issue. But we've built a massive partnership with city transportation, the TTC, and Metrolinx. We're not leaving anything to chance."

If there's a nervous energy in her voice, it's matched by optimism. "Toronto made a big, bold decision to host," she says. "We're not trying to be New York or L.A. We're creating something unique, an intimate experience where fans will be closer to the action than almost anywhere else. We're proud of that."

A Legacy Worth the Challenge

For all the planning, investment, and optimism, De Rosario believes the real legacy will come down to accessibility: in cost, in geography, and in imagination.

"We can't just build pitches and walk away," he says. "We have to program them, keep them active, make them safe. In the '90s, kids were outside every day — pick-up games, neighborhood rivalries. That's where creativity and passion are born. We need to bring that back."

He also points to a broader ecosystem of opportunity. "If you're into sports science, therapy, coaching, media — this moment opens doors across the entire industry," he says. "We need to make soccer as respected here as hockey. That's part of the challenge. We have to get more people talking about it, more coverage on major networks. It's called the world's game for a reason. Every country has a league, every country invests in it."

Toronto, he argues, is ready. "We're already a leader in women's sports . We've got professional leagues in hockey, basketball, and soon soccer. That's something even major global cities can't say."

The World in a City

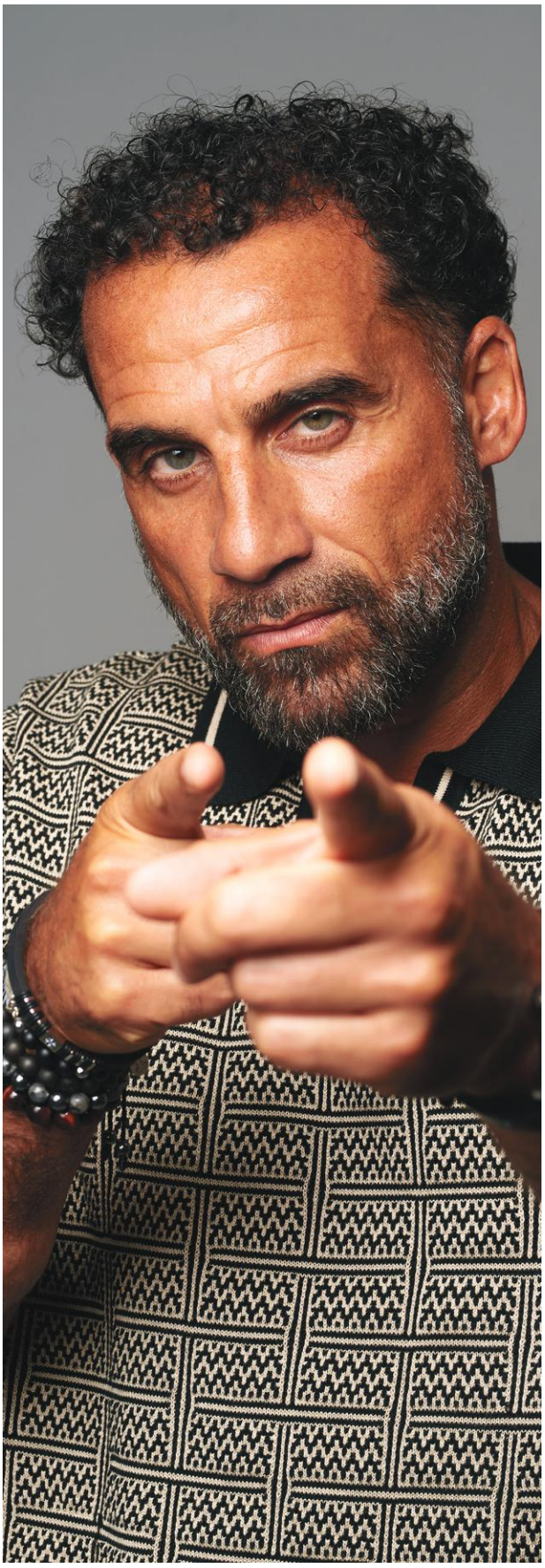
Toronto has always prided itself on being a cultural mosaic, but in 2026, it will be a mirror to the planet. The city's diversity (over 200 languages spoken, countless cultural enclaves, and a summer calendar of nonstop festivals) makes it uniquely suited to host the world's game.

"Every weekend, there's a different community celebrating something," says Bollenbach. "We're a city of fans and a city of festivals. The World Cup will bring that all together with a shared energy across neighborhoods, backgrounds, and generations."

That, perhaps, is the real promise of 2026: that for a few unforgettable weeks, Toronto will host the world and show it what global community looks like.

And if Bollenbach, De Rosario, and Hanson have their way, that feeling won't end when the final whistle blows. Because the true victory, as De Rosario puts it, "isn't just getting the world to come to Toronto. It's making sure Toronto keeps playing long after they leave."

Listen to the full conversation, recorded live at the 2026 GLORY Sports Summit, on the GLORY Sports Podcast Network—available wherever you get your podcasts.





GOLD STANDARD

A conversation with Hayley Wickenheiser on starting over, the lessons of sport, and what it means to leave a lasting legacy.

WRITTEN BY **GLORY STAFF**

There are few athletes whose careers feel larger than life. Hayley Wickenheiser is one of them. Four-time Olympic gold medalist, pioneer in women's hockey, and a trailblazer in professional men's hockey, she's spent decades breaking barriers on the ice. But stepping off the rink and into the halls of medicine, Wickenheiser has traded medals for stethoscopes, adrenaline for responsibility—and discovered that the lessons of sport are only the beginning.

You've been called one of the greatest hockey players of all time. When you look back, what part of your career are you most proud of?
Obviously, the Olympic Games and winning gold—that's the pinnacle. It's what you strive for. But I'm also proud of the consistency we showed, winning four in a row against some strong teams, especially the Americans. That streak of excellence over time is something I'll always look back on with pride.

Personally, what are you most proud of?
Probably that a little girl can now walk into a rink with a bag and a stick over her shoulder and nobody even looks twice. When I was that age, the women before me faced so many obstacles—"girls don't play hockey, you should figure skate." We were changing in boiler rooms or bathroom stalls. Now, professional women's hockey exists, and there are opportunities for women in the NHL. We're in the game. That evolution, alongside our Olympic victories, makes me proud of the players I've had the privilege to play with.

Whether in sports or any other discipline, what separates good from great?
Greatness often comes from relentless habits and consistency. Never taking no for an answer, doing the things good only does sometimes, but great does all the time, even when no one's watching. There's also a purity and authenticity to it. In hockey, we say great players aren't in the game—the game is in them. You can feel it when you watch them. They are the game. That's hard to explain, but it's what separates the great from the merely good.

You've already achieved greatness in one field. How did you reconcile starting from scratch in medicine?
In medicine, I'm just happy to be there. My motto is "suck a little less every day." I went from being a veteran in one field to a complete neophyte at 38. It's daily learning, and yes, impostor syndrome is real—fear of mistakes, wanting to do right by patients. It's humbling and uncomfortable, much like what I was used to as an athlete.

Despite all your accomplishments, you still have imposter syndrome?
Absolutely. I talk to friends further along in medicine and ask, "When does it go away?" Many say never. That feeling keeps you on your toes. The second you think you've got it figured out is the second you make a mistake. You take your lumps and try to do right by your patients.

Has medicine taught you something that Olympic stadiums couldn't?
Yes. In sports, pressure is relative. In medicine, you only get one chance at someone's health and life. Where you put your energy and who you spend time with truly matters. During rotations in palliative care, I realized people at the end of life don't talk about medals or money—they talk about relationships. Your legacy is the people around you. Medicine keeps me grounded and reminds me what's important.

How has your relationship with your body changed—from athlete to clinician?
As an athlete, there was the "disease of me"—focused on how I eat, sleep, train. Now, you care for others and yourself. It's made me appreciate the life I had as an athlete. I don't sacrifice sleep, fitness, or training, even now. I may miss sleep sometimes, but I recover quickly because I understand its value.

How do you prioritize wellness and recovery with everything going on?
This Tylenol campaign was an easy one for me to support. In the emergency department, we often avoid opioids, using Tylenol for its safety profile. The topical pain relief version is great—cooling balm, warming balm, and regular, all with lidocaine for numbing pain relief. It's effective, and from September 25, it'll be accessible to everyone. Recovery and relief shouldn't wait.

In sport, training is important, but what about recovery?
Top athletes put as much time into recovery as training. The same applies to everyday life—aches, pains, arthritis can limit movement. Breaking that cycle is key. "Movement is medicine." The more people move, the healthier they are.

You've broken many barriers. How do you approach systemic issues in sport, like equity and access?
I do my thing, whether people like it or not. I've often been the first—playing professional men's hockey, working in NHL boardrooms as the only woman. I do it because I love it, not to be first. Perform well, know your craft, and respect follows. Women's sports have a long way to go in pay equity, but you need numbers to generate revenue. Inclusion isn't just representation—it's about reshaping systems.

What's the next frontier for making sports more inclusive?
I'm not a fan of checking boxes. People need doors opened, opportunities offered. Diverse opinions make organizations better. From there, it should be merit-based. We're not there yet, but progress is happening. Hockey may be the last bastion of pro sports to evolve—but slowly, it's changing.

What advice would you give young athletes facing the pressure of social media and early success?
Throw your phone away. Focus on daily consistency and mastering your craft. Great athletes do the work in the shadows, when no one's watching. Incremental growth leads to peak performance under the lights.

What does legacy mean to you now?
I pursue the dreams I had as a little girl: winning a Stanley Cup with the Edmonton Oilers and becoming a doctor. Over time, those goals aligned. Legacy is about passion, pursuing what matters, breaking societal boxes, and creating your own path.



EARNING THE COMMUTE

The future of work is a five-star experience.

WRITTEN BY **GLORY STAFF**
PHOTOGRAPHY COURTESY OF **IQ**

Toronto's 302 Bay Street is the kind of building that makes you pause. A 108-year-old former Bank of Montreal landmark, its hand-carved plaster ceilings, rich marble floors, and Art Deco-inspired details hint at a time when design and craftsmanship were inseparable. When iQ Offices, Canada's largest Canadian-owned co-working company, subleased the space in 2023, CEO Kane Willmott and partner Alex Sharpe saw a proving ground for a new philosophy of work.

For iQ, 302 Bay Street is a manifesto. The 14-storey building blends opulent materials with meticulous service design: a barista serves free drinks in the lobby, wellness rooms with massage chairs pepper the floors, kitchens appear on every level, and soundproof phone booths make private calls effortless. Coming soon, two cold plunges, a sauna, showers, and towel service will further elevate the experience. Even privacy features are embedded in the walls, so members can focus without distraction. "We ask ourselves every day: how do we earn the commute?" Willmott says. "How do we make coming to work feel like arriving at a five-star hotel, where every detail anticipates your needs?"

This question is more urgent now than ever. The pandemic transformed not just how we work, but how we think about the office itself. In April 2020, Statistics Canada reported that 40 percent of Canadians were mostly working from home. By May 2023, that number had dropped to 20 percent, and as of November 2024, only 12.5 percent of Canadians worked exclusively from home, with 11.5 percent in hybrid arrangements. Meanwhile, downtown foot traffic remains roughly half of pre-pandemic levels, despite a 1.5 million increase in daily commuters since 2022. Companies are implementing formal return-to-office policies, with 70 percent mandating some in-office presence and 93 percent of leaders believing that employees need to be present at least occasionally.

For Willmott, the solution is about reframing the workplace mindset from coercion to attraction. "You can't force people to show up," he says. "You earn it. You design a space and culture that makes people excited to arrive, because it's easier to do their best work there than anywhere else." The goal is simple but radical: treat employees like hotel guests, anticipating needs before anyone asks.

302 Bay Street is the embodiment of that ethos, but iQ's vision stretches far beyond one location. Across Canada, iQ manages a growing portfolio of spaces designed for the modern workforce. From startups to enterprise teams, the company sees the office as a tool for engagement, not a cage for productivity. Bots handle administrative tasks, meeting rooms are configurable, and community managers facilitate collaboration without forcing it. "Real connection can't be scheduled," Willmott explains. "You need spaces where ideas can collide organically, and services that remove friction so people can focus on what matters."

The market for this philosophy is expanding rapidly. According to Colliers, flexible office space is expected to represent 8 percent of national office inventory as of 2023, up from 6 percent in 2021. Mordor Intelligence projects the Canadian co-working market will reach an estimated $4.87 billion in 2025 and grow to $7.14 billion by 2030. Demand is driven by both startups and large enterprises seeking scalable, adaptable office solutions—a trend that underscores the enduring appeal of well-designed, flexible spaces.

But beyond market statistics, Willmott sees a cultural shift underway. Employees are no longer willing to sacrifice their lives for a commute; they expect workplaces to meet them where they are, provide wellness options, and foster meaningful connection. "The question isn't whether employees will show up. It's whether the workplace earns their presence," he says. "If your office doesn't make life easier, more productive, or more inspired, people will work elsewhere—or work from home."

This is why every decision at iQ—from the selection of materials to the design of wellness rooms—is deliberate. Marble, rich wood, aged brass, and meticulous restorations communicate care and permanence, but they're paired with operational decisions that make daily life seamless. The rooftop patio was built from scratch, a space designed not just for breaks but for spontaneous idea generation. Kitchens stocked with high-quality ingredients encourage casual conversations, and wellness rooms give members the chance to step away from the keyboard without losing momentum.

Willmott's approach also considers the hidden dynamics of human behavior in offices. Noise, lighting, and even traffic flow influence productivity and morale. "If someone needs quiet, privacy, a place to recharge, or a space to connect, it's there. Anticipate, deliver, and elevate." In practice, this philosophy reduces friction, fosters engagement, and builds a workplace culture that feels human-centric rather than transactional.

As companies across Canada navigate post-pandemic expectations, Willmott's insight is both timely and instructive. "There's no going back to the old model," he says. "The workforce has changed. Hybrid work is real, remote work is here to stay, but so is the need for physical spaces that inspire, support, and connect. The best companies will invest in their environments and services, because that's where culture is made, ideas are born, and loyalty is earned."

iQ's rapid growth reflects the appetite for this philosophy. Each new location is a test of how design, service, and culture intersect. "Scaling isn't just about square footage," Willmott notes. "It's about replicating an experience that feels bespoke in every city, for every team. That's how you win in the modern workplace."

In a time when companies struggle to fill desks and earn office attendance, Kane Willmott's vision is both practical and visionary. The lesson is clear: the commute will not be won with mandates, perks, or ping pong tables alone. It will be won by creating workplaces that anticipate human needs, respect time, and elevate the everyday experience of work.



THE POWER OF ORDINARY

How a Toronto mom became a professional sports investor.

WRITTEN BY **LANCE CHUNG**
PHOTOGRAPHY COURTESY **BRENDA HA**

When Diana Matheson and Christine Sinclair appeared on CBC in late 2022 to announce their bold plan for a Canadian women's professional soccer league, most viewers probably nodded in agreement, applauded their ambition, and went about their day.

Brenda Ha wasn't one of them.

At the time, Ha—a banking veteran turned entrepreneur and board member at North Toronto Soccer Club—was sitting in a meeting when her club's leadership casually mentioned they were putting together a bid for Toronto's franchise in what would become the Northern Super League.

"I went home and told my husband about it," she recalls. "And he said, 'Did you raise your hand?' I told him no. I just thought it was really cool. And he asked, 'Why not you?'"

That question stuck.

Up until then, Ha says, she had always assumed ownership opportunities like this were reserved for other people. "Not for someone like me: an immigrant's daughter, a mom, someone who didn't come from wealth or the sports industry. I thought those opportunities were for people already in the corner office."

But within months, Ha joined six others to co-found AFC Toronto, one of the inaugural franchises of Canada's new professional women's soccer league. Their mission was simple, but radical in its accessibility: prove that you don't have to be a billionaire—or even a former athlete—to invest in women's sports.

The Soccer Mom Revolution
Ha's journey into ownership began in the bleachers. Her son joined a competitive soccer league at age eight, and like most parents, she found herself organizing, volunteering, and spending weekends at matches. "I was already doing the work," she says with a laugh. "So I figured, why not make it official?"

From there, one opportunity led to another, and soon she was helping to shape something much bigger: a team that would become part of a national movement toward gender equity in sport.

"For so long, women made up half the population but weren't visible in professional sports," Ha says. "We didn't grow up seeing women playing professionally. It was always the men on the ice, the field, or in the corner office. That representation matters."

Now, Ha and her partners are rewriting the narrative by building something that's not just about soccer, but about legacy. "This isn't just a moment," she says. "It's a movement."

Building Something from the Ground Up
Launching a professional team is no small feat. "We built a league from scratch in under two years," Ha says. "That's everything from business plans to funding, hiring, recruiting players, and organizing match days."

Every home game at York Lions Stadium requires a small army of volunteers and staff to transform the venue into AFC Toronto's home. "There's four to six hours of prep before kickoff, and then two or three hours after to tear it all down. It's intense but the energy is incredible."

That energy extends far beyond the pitch. When AFC Toronto hosted Korea Night (a celebration of Korean culture and pride in honour of new player Hong Hye-ji) the event became an unexpected cultural milestone. "I reached out to Korean organizations in the city, and they all showed up—the Korean Canadian Cultural Association, the Sports Organization, even a performance group from Korea," she says. "It was powerful to see the first and second-generation communities come together. I thought, if you just open the door, people will come."

A League Built on Collaboration
If the men's professional sports world is often defined by competition and exclusivity, the women's side is increasingly built on collaboration. "We leaned heavily on the PWHL [Professional Women's Hockey League] for guidance," Ha says. "They shared their learnings, and now we're doing the same with the WNBA team launching in Toronto next year. There's a real sisterhood forming."

That spirit of cooperation extends beyond women's leagues, too. "Groups like MLSE have been incredibly supportive," Ha says. "There's a collective understanding that this isn't just good for women's sports, it's good for business, for the city, for culture."

And it is good business. AFC Toronto has already attracted major corporate partners, including Desjardins as their front-of-jersey sponsor. "They've been amazing in supporting not just our team, but the mission behind it," Ha says. "It's a testament to how the conversation around women's sports has evolved—from charity to opportunity."

Redefining Who Gets to Own
Ha admits that when she first stepped into the role, she wrestled with self-doubt. "I used to feel imposter syndrome earlier in my career," she says. "But I've learned that you don't have to know everything, you just have to be resourceful. You hire smart people, ask questions, and learn."

That mindset, she says, is what separates dreamers from doers. "In any field, successful people are the ones who go out and find what they don't know. Where there's a will, there's a way."

It's also what she hopes to model for others (especially women and visible minorities) who might see themselves reflected in her story. "When people see me, they think, 'If she can do it, maybe I can too.' Maybe they're in finance and love sports—why not be the CFO of a women's professional team one day? Why not both?"

The Bigger Picture
Ultimately, Ha's investment is about building pathways for young athletes, coaches, and executives who want to dream bigger.

"The merch, the jerseys—those aren't just clothes," she says. "They represent the dream. They say: You can play here. You can work here. You belong here."

Her own kids are starting to see that, too. "My daughter plays volleyball, but she sees her friends who play soccer now have a pathway to play professionally in Canada. Those doors are open now. That's what it's all about."

Ha smiles, thinking about that moment at her board meeting years ago, when she didn't raise her hand.

"Now, I tell people: raise your hand. You don't have to be a billionaire to change the game. You just have to care enough to get involved."


Scan to Listen

WHAT THE AMAZON TAUGHT ME ABOUT LEADERSHIP

From scaling a billion-dollar tech company to trekking through the rainforest, Lightspeed CEO Dax Dasilva has learned that growth only happens when you step outside your comfort zone.

WRITTEN BY **GLORY STAFF**
PHOTOGRAPHY COURTESY OF **DAX DASILVA**

When Dax Dasilva walks into a room, it's like the air shifts—there's an energy that comes from someone who lives for the edges of possibility. Founder and CEO of Lightspeed, Emmy-winning environmental filmmaker, and community leader, Dasilva knows no limits. Whether scaling a billion-dollar business, navigating the dangers of the Amazon, or leading grassroots conservation efforts around the world, his work is defined by a fearless curiosity and a relentless hunger to drive impact on a grand scale.

Beyond the headlines of Lightspeed's meteoric growth, Dasilva's story is defined by a restless curiosity that spans business, activism, and adventure. His recent book, Echoes from Eden, chronicles two years away from the CEO role, immersed in conservation projects across the Amazon and other extreme environments. It's in these life-and-death settings that he honed the same principles that guide his entrepreneurial vision: embracing risk, learning from discomfort, and translating bold, on-the-ground experiences into tangible impact.

In this conversation, Dasilva reflects on how leading a global business and protecting the natural world are not separate pursuits—they're part of a singular mission to create meaningful change.

Your book, Echoes from Eden, recounts a two-year period when you stepped down as Lightspeed CEO to focus on conservation. You even went on the ground in the Amazon and other extreme environments. How did those life-and-death experiences shape your approach to risk and leadership?
Being outside your comfort zone is where real learning happens. In both entrepreneurship and conservation, the through-line is starting from zero against impossible odds. Whether helping small businesses or supporting conservationists, it's that same startup DNA—the iterative process, the risk, the creativity—that drives success. Comfort is overrated. Growth happens in discomfort.

When people think of Dax Dasilva, what do you hope comes to mind?
Different people know me from different spaces. In Canada, I'm probably recognized as the Lightspeed founder. In environmental or film circles, I'm seen differently. But the common thread is the same: curiosity, engagement, and a willingness to lead and create. We plant seeds in different areas of life, and they all come into season at different times—but it's all authentically me.

Lightspeed has grown from a Montreal startup to a global platform powering thousands of businesses. What surprises you most about that journey?
The scale still surprises me. We've grown to 3,400 people and over a billion in revenue. When I started, my only goal was to win an Apple Design Award. I had no business background, no leadership experience—I had to grow into it. Stepping away for two years and coming back gave me a new perspective. I could see the company's true scale, the incredible people I get to work with, and the fascinating challenges that keep every day meaty.

Small businesses often define local culture. How does Lightspeed support them?
Small business is local culture—food, fashion, unique experiences. Our platform gives them tools, insights, and competitive advantages to thrive against big chains. Independent businesses keep money in the community, support local supply chains, and reduce environmental impact. Helping them succeed is about empowering people to focus on what they're passionate about.

How do your activism and business efforts intersect?
Both inspire and refuel me. There's cross-pollination between conservation projects and business. The entrepreneurial lessons from small businesses—starting from zero, iterating, failing fast—translate to conservation. Similarly, being on the ground with conservationists taught me the value of deep, operational understanding, which I bring back to Lightspeed.

Can business leaders learn from conservation leaders and vice versa?
Absolutely. Spending time on the ground—whether with customers or in the field—creates perspective. You learn faster, make more effective decisions, and build something that aligns with real-world needs. Persistence, dedication, and creativity under constraints are universal lessons, whether you're saving species or growing a business.

Artificial intelligence is reshaping business. As someone with experience in both technology and conservation, how do you balance its benefits with environmental costs?
Think of AI like early computers. It consumes a lot of energy now, but efficiency improves rapidly over time. Businesses will naturally optimize for lower energy and water costs because it's economically necessary. We just have to keep innovation conscious of its environmental impact.



This interview has been edited and condensed for clarity. Listen to the full conversation on Mission Critical with Lance Chung, available wherever you get your podcasts.

GLORY SPORTS PODCAST NETWORK

CINDERELLA STORIES

WITH ASH & SAV

YOUR GIRLFRIEND'S FAVOURITE PODCAST

Curious? Scan and find out

WOMEN OF THE YEAR

Excellence is a trajectory. It's the quiet resilience of breaking a barrier no one sees; the bold ambition to build what doesn't yet exist. It's the power to shift culture forward by showing up fully, loudly, and unapologetically as yourself.

GLORY's Women of the Year celebrates the changemakers rewriting the rules of what leadership looks like in Canada and beyond. These are the boundary-pushers in sport, business, technology, art, activism, and community — women who don't wait for permission to make an impact. They are driving new models of representation, building opportunities where none existed, and reshaping industries from the inside out.

Here's to the innovators, the advocates, the creators, and the visionaries.

Here's to the women of the year — and the years yet to come.



Scan to Listen



TERESA RESCH

PRESIDENT, TORONTO TEMPO

PHOTOGRAPHY BY **Ilich Mejia**

When Teresa Resch steps into a room—or, in this case, in front of the camera for a shoot—there's a quiet magnetism that immediately draws you in. As president of the Toronto Tempo, Canada's first WNBA franchise and the league's first international expansion, Resch has been busy architecting not only her team, but a larger movement, establishing a blueprint for women's professional sports in Canada that's as ambitious as it is essential.

For Canadian sports fans, the Tempo represents a cultural milestone. "We're Canada's team," Resch says, reflecting on the symbolic weight of a WNBA franchise landing north of the border. "This is something that's never been done before," she continues. "We plant our flag before we even have a single player." That distinction is significant: Canada's top female basketball talent will finally have a stage to call home, and the country's growing basketball community will have a professional women's team to rally behind.

Resch knows that the conversation around women's sports has moved far beyond questions of legitimacy or demand. We're past justification. Now, the dialogue is about optimization and making the most of the opportunity in front of her. "Yes, the conversation has moved forward," she says, "but there are still people who aren't exposed to it, who may not understand the value of women's sports. This isn't charity. This is good business." She's right. Women's sports have grown exponentially in recent years, from youth participation to media attention and revenue potential. Yet significant barriers remain—most notably infrastructure. Resch points out that most arenas and practice facilities have historically been built with men's sports in mind. Purpose-built spaces for women's teams remain scarce. "We'll know we've reached the next stage when there's a practice facility or arena designed specifically for women's sports. That requires capital, commitment, and a shared vision," she says.

Optimizing the sport goes beyond facilities. It's about creating an ecosystem that also considers timing, scheduling, media coverage, and self-sustenance. "It's an entire flywheel," Resch says. "All these factors influence one another. Getting them right ensures the best product on the court and the best experience for fans." For Resch, it's a playbook she's actively writing for the Tempo, a team that is simultaneously building local fan engagement, a national identity, and a competitive roster for the WNBA.

Resch's excitement isn't confined to the next season. She looks ahead five years and sees limitless possibility. Reflecting on where the WNBA was just five years ago—navigating a pandemic bubble that could have ended the league—Resch marvels at the league's trajectory. "It's incredible to see how far women's sports have come in such a short time," she says. The product on the court has grown stronger and more skilled, revenue streams have expanded, and fandom has diversified. Resch admits she can't predict exactly where things will be in five years—but she is determined to be part of shaping it.

One of the most exciting elements of this moment, according to Resch, is the way professional sports have evolved alongside culture. Name, image, and likeness (NIL) rights in college sports, social media, streaming platforms, and influencer culture have transformed how players and teams engage with fans. Athletes now arrive at the professional level with established personal brands, creating deeper, more direct connections with audiences. "The stories of our players are how people are going to fall in love with us," she says. "Fans don't just connect with wins and losses—they connect with identity, community, and stories."

Resch approaches this challenge with a balance of vision and humility. Launching the first international WNBA franchise means there's no precedent to follow, but she is careful to learn from the league's history. The WNBA has been the longest-running professional team sport for women—30 years of trailblazers, iconic players, and invaluable lessons. Resch leverages this legacy while acknowledging that the Toronto Tempo must carve its own path. Being first outside the U.S. comes with nuances and opportunities, and she's determined to use these differences to the team's advantage. "It's not better or worse, it's different," she says. "And embracing that makes us stand apart."

The excitement around the Tempo isn't just in Resch's office. Canadians are already engaging with the franchise in unprecedented ways, long before a single game has been played. Fans have bought merchandise, put down deposits for season seats, and shared excitement online from every province in the country. "It's incredible to see how well supported we are," Resch says, recounting a moment when she spotted a fan at a Blue Jays game sporting a Tempo hoodie. "It's exceeded my expectations." That enthusiasm points to a larger cultural moment: the Tempo is a symbol of possibility, inspiring young athletes who can now see themselves represented on Canadian soil.

The timing couldn't be better. Canada has long exported top basketball talent to U.S. leagues, with players making international headlines and leaving a mark in the NBA and WNBA. Now, for the first time, Canadian players have a professional home base outside the Raptors, giving them a platform to compete, inspire, and cultivate domestic fandom. "If you can see it, you can be it," Resch says. "Nobody's ever seen this on Canadian soil before. Now they will."

Resch's approach to leadership mirrors her broader vision for women's sports: collaborative, ambitious, and adaptive. From a founding team of five, the Tempo has grown to nearly thirty, each person bringing intelligence, motivation, and dedication. "Surround yourself with people who are smarter than you," she advises. That philosophy, combined with her strategic thinking, ensures the team can navigate the unique challenges of a first-of-its-kind franchise while seizing every opportunity for impact.

Fans, too, are central to the Tempo's strategy. Resch emphasizes the importance of connecting with supporters personally and authentically. The franchise has hosted live events across Toronto, Vancouver, and soon Montreal, providing spaces for community engagement and early

"The stories of our players are how people are going to fall in love with us."

brand-building. Through these interactions, the Tempo is learning who its fans are, what excites them, and how the team can foster lasting loyalty. "It's fascinating to see how our fans grow and evolve with the team," Resch says, highlighting the mutual investment of energy, passion, and belief between the franchise and its community.

In addition to infrastructure and fan engagement, Resch sees broader societal impact as part of the Tempo's mission. Women's sports have always been intertwined with social statements, advocacy, and representation. The WNBA itself has been a platform for activism, and Resch envisions the Tempo continuing that tradition in Canada. The league's visibility allows it to shape narratives about identity, equity, and inclusion, reinforcing the idea that sports can be both entertaining and transformative.

For Resch, the favourite part of her job is its dynamism. "It's never the same," she says. Every day presents new challenges, opportunities, and milestones. From player recruitment to media strategy, community engagement to infrastructure planning, Resch thrives on the complexity of building something unprecedented. Her energy and vision are infectious, inspiring not just the Tempo team but the broader sports community.

Looking ahead, she sees a future where women's sports are fully integrated into the cultural and economic fabric of Canadian life. She imagines purpose-built facilities, prime-time media coverage, and a fan base that rivals the most storied teams in history. She sees a generation of young athletes who now have role models and a tangible path to professional success without leaving their home country. And she sees the Toronto Tempo at the center of this transformation—a symbol of possibility, ambition, and the power of visionary leadership.

Launching a professional sports franchise is never easy. Launching the first international WNBA franchise, in a country that has never had one, in a time when media landscapes and athlete branding are changing at breakneck speed—well, that's unprecedented. Yet Teresa Resch doesn't shy away from the challenge. She embraces it, builds around it, and uses it as a launchpad for innovation.

As the Tempo prepare to tip off their inaugural season, the eyes of Canada (and the world) are watching. The stakes are high, the expectations are monumental, and the opportunity to make history has never been clearer. For Resch, the journey is just beginning. And if the first months are any indication, the Toronto Tempo aren't just a team to watch, but a movement to be a part of.

Listen to Teresa on Mission Critical with Lance Chung, available wherever you get your podcasts.


Roots

DIANA MATHESON

CO-FOUNDER, NORTHERN SUPER LEAGUE

When Diana Matheson scored the bronze medal–winning goal at the 2012 London Olympics, the roar that followed was a catalyst. A single strike that changed how Canadians saw themselves in the world's game. Suddenly, girls across the country could point to the television and say, that could be me. But Matheson's story, as it turns out, was only just beginning.

A decade later, she's at the centre of another defining moment in Canadian soccer. As co-founder of the Northern Super League (NSL), Matheson has built what so many for so long said was impossible: a professional women's soccer league of our own. "It still feels surreal," she says. "When I was growing up, I didn't dream of playing professionally. It wasn't even an option. You didn't see it on TV."

The idea of creating a league came to her after retirement, when she realized no one else was truly working to make it happen. "Everyone kept saying, 'We'll start in two years,'" she recalls. "And that's what I'd been hearing since 2007. I didn't want to regret not trying."

So she did what great athletes do: she prepared. Matheson went back to school, earned her MBA, completed a program through UEFA, and began building the business case for women's soccer in Canada. The numbers were irrefutable: third-largest player pool in the world, world-leading participation rates among girls, a national team that had proven itself on the global stage. Still, without a domestic league, Canada was the outlier. "We were one of only two countries at the 2023 World Cup without a women's pro league," Matheson says. "It was time."

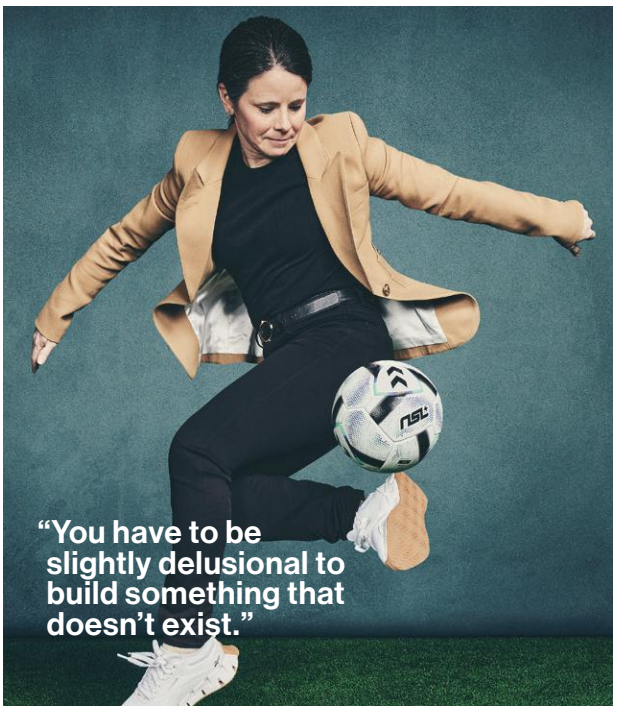
The NSL was born out of that conviction—a belief not just in Canadian talent, but in the economic and cultural power of women's sports. "Women's sports are being treated as a business for the first time," Matheson explains. "We finally have data, we can finally show why it's a good investment and a growth industry."

The league's championship trophy will bear her name: the Diana B. Matheson Cup. She didn't ask for the honour, but it's fitting. It's a symbol of everything she's stood for: excellence, perseverance, and a belief that sport can change the cultural fabric of a country. Across all six clubs, there was no debate: the cup had to carry her name.

It's also a symbol of the movement that Matheson helped build; one rooted in collaboration, community, and courage. That ethos extends far beyond the field. Matheson, who is openly queer, shares her life and leadership journey with her partner, sports broadcaster and Olympian Anastasia Bucsis. Together, they've become one of Canadian sport's most visible and inspiring couples, each carrying the weight of representation with grace and humour.

"Building the league has been all-consuming," Matheson admitted at the 2025 GLORY Sports Summit earlier this summer. "There were so many nights we'd both wake up at 3:30 AM just staring at the ceiling, wondering, is this going to work?"

The answer, now, is yes. But it came with sacrifice: years of uncertainty, unrelenting pressure, and what Matheson calls "a little bit of delusion." "You have to be slightly delusional to build something that doesn't exist," she laughs. "There's so much noise, so many opinions. You just have to stay focused on the vision."



That vision is already reshaping the landscape of sport in Canada. The Northern Super League is laying the groundwork through infrastructure, opportunity, and visibility. And for queer athletes, players of colour, and future generations, it's a place that reflects the world as it should be. "We have work to do," says Matheson. "But women's sports come from a place of being excluded, ourselves. There is an understanding that we have to make space for others."

That commitment to inclusivity and collaboration is what makes this era of Canadian sport feel different. "I can call anyone in women's sports—hockey, basketball, soccer—and they'll pick up the phone," Matheson says. "We all want to see this grow. It's a team effort across leagues."

For Matheson, legacy is less about accolades and more about ensuring the work outlives her. "I don't want to still be doing this in twenty years," she says, smiling. "I want this league to thrive on its own—to be something that lasts for generations."

And when the first Diana B. Matheson Cup is lifted into the air in November, it won't just mark the crowning of a champion—it will be the realization of a dream she dared to build herself. The movement she started is no longer theoretical. It's here. It's alive. And it's only the beginning.

SHARON BOLLENBACH

EXECUTIVE DIRECTOR, FIFA WORLD CUP 2026 AT CITY OF TORONTO



PHOTOGRAPHY BY **DIMITRI ASPINALL**

When the FIFA World Cup 2026 arrives on Canadian soil, the eyes of the world will turn to Toronto. At the center of this immense undertaking is Sharon Bollenbach, executive director for the City of Toronto's World Cup operations—a role that blends vision, strategy, and relentless execution. "The scale of this event is just unbelievable," Bollenbach says. "It's the biggest sporting event that this city has ever seen."

For Bollenbach, the World Cup is, of course, an operational challenge. But more importantly, it's a chance to leave a legacy. From coordinating city services to ensuring fans from around the globe experience Toronto at its best, every detail falls under her watch. "There are so many moving parts—everything from security, transportation, fan experiences, to coordination with FIFA," she notes. "It's all happening at once, and it all has to work together seamlessly."

The pressure is enormous, but so is the opportunity. Bollenbach is acutely aware that this is a once-in-a-lifetime moment for the city and the country. "We're building something that Canadians—and people around the world—will remember," she says. "There's no room for error, but that also makes it exciting." She speaks with the calm intensity of someone used to high stakes: every decision carries weight, every plan is meticulously crafted, and yet she remains focused on the bigger picture.

Part of the challenge is scale, and part is coordination. "Working with multiple stakeholders is both the hardest and most rewarding part," Bollenbach explains. "You have the city, provincial partners, federal partners, FIFA, local communities, and fans themselves. Keeping everyone aligned, motivated, and informed—it's an incredible balancing act."

Bollenbach also understands the symbolic importance of the event for Canadian sport and culture. "Hosting the World Cup isn't just about the matches on the field," she says. "It's about showcasing Toronto, showing what Canada is capable of, and creating experiences that people will never forget."

Despite the intensity, Bollenbach is motivated by the people around her. "The team we've built is amazing," she says. "Everyone is committed to the same goal, and you can feel that energy every day." She acknowledges the long hours and the immense responsibility but frames it through the lens of opportunity: "There's pressure, yes, but this is why we do what we do. To make this historic."

As Toronto prepares to welcome the world, Bollenbach's leadership ensures that the city is not just a host but a stage for excellence. Her meticulous planning, strategic vision, and unwavering dedication are a reminder that behind every monumental sporting event is a leader who carries both its promise and its weight. "We've got a once-in-a-lifetime chance to get this right," she says. "And we will."



“Representation doesn’t always have to be the story—it can simply exist.”



Scan to Listen

MAGGIE KANG

FILMMAKER, KPOP DEMON HUNTERS

PHOTOGRAPHY COURTESY OF **Netflix**

When Kpop Demon Hunters dropped on Netflix earlier this year, no one—not even its director— expected it to become the most-watched animated film in the world. Within weeks of release, it shot to No. 1 in over 60 countries, logged more than 236 million viewing hours, and spawned one of the year's biggest soundtracks, topping Spotify's Global Album Chart and even toppling Destiny's Child as the longest-running No.1 Billboard Hot 100 song performed by a girl group (HUNTR/X) for their platinum record, "Golden".

For Korea-born and Toronto-raised filmmaker Maggie Kang, the film's explosive success represents something deeper than box-office or streaming metrics. It's a validation of a creative vision rooted in Korean culture, girl power, and the universal energy of K-pop—a genre she believes isn't niche, but a global language of emotion, community, and identity.

Raised in Canada by Korean parents and inspired by world cinema that her father adored, Kang grew up straddling cultures. She watched Chaplin films at Christmas and listened to K-pop in secret, long before it was mainstream. Years later, those same dualities—East and West, humour and heartbreak, tradition and reinvention—would become the heart of Kpop Demon Hunters, an animated spectacle that fuses K-pop's precision with superhero swagger.

The movie's success has been amplified by its authenticity. Produced by Sony Imageworks and released globally by Netflix, it features an all-Asian cast and creative team, and has been dubbed into more than 40 languages. But beyond the spectacle, Kang's film is a meditation on identity: a celebration of imperfection, the breaking of generational patterns, and the courage it takes to own your power.

Below, Kang reflects on her creative process, the pressures of representation, and what she's learned about risk, resilience, and rewriting the rules of what global storytelling can look like.



When making Kpop Demon Hunters, did it ever feel like you were taking a big risk on yourself and your vision?

Definitely. I don't think I grew up with imposter syndrome, but during the making of the film I had moments of, 'Am I doing the right thing? Am I representing Korean culture correctly? Am IKorean enough to make this movie?' I had to defeat those demons—and I did.

From the beginning, Netflix and Sony supported making something culturally different. Netflix had seen how successful Korean content was on their platform, so they pushed for authenticity. That trust, especially for a first-time director, is rare.

Having a full Asian main cast and putting it on a global streamer helped immensely. The film went out to 190 countries and was dubbed into over 40 languages. K-pop is so universal—it gave people all over the world access and a shared experience. That helped the snowball start rolling and gave the movie the legs it has now.

Did you ever feel pressure to explain Korean culture to a global audience?

No, I wanted audiences to meet us where we were. When you travel, you might not understand everything about a place, but you figure it out because there are familiar things. We wanted people to enjoy the cultural specificity naturally. As long as it didn't take them out of the story, we didn't need to over-explain. We just threw them in and trusted them to find their way.

The soundtrack has exploded as much as the film. What does that say about the universality of K-pop?

When you go to a K-pop concert, you see people from every culture, age, and background. Even if you don't understand the lyrics, there's a vibe and an energy that brings people together. We wanted the movie to do the same thing. Film, like music, breaks boundaries—it reminds us that no matter where you're from, we all feel the same emotions.

The movie also explores intergenerational cultural inheritance—acceptance, rejection, and reconciliation. How did that play out for you personally?

Becoming a mom helped me understand my own parents better, especially my mother. After having my daughter, we broke down barriers we'd built. I saw firsthand how generational trauma can dissolve through understanding. That's something we wanted to show in the film—the passing of the torch, younger generations coming of age, and teaching the older generation what's up.

Why do you think audiences are craving imperfect heroes right now?

Social media makes perfection look constant, but everyone knows it's not real. It's refreshing to see the other side. It humanizes people. I also wanted to show different kinds of female characters—funny, messy, confident. There's power in being silly. To own your imperfections and be unafraid to laugh at yourself, that's real girl power.

What is the biggest lesson you've learned from making this movie that you'll carry into future projects?

I was timid at first—questioning my abilities and sensibilities. Once I pushed past that, I freed myself. I learned to trust my gut, take risks, and be brave, even when it's scary.

What is your mission as a filmmaker, ultimately?

I'm proud of how Korean culture was represented in KPop Demon Hunters, but my next projects don't have to be entirely about culture. I want to make stories that feel authentic to whoever's telling them. Representation doesn't always have to be the story—it can simply exist. That's what I hope to contribute to film: representation as reality.

This interview has been edited and condensed for clarity. Listen or watch the full conversation with Maggie on the Mission Critical podcast with Lance Chung.


“To own your imperfections and be unafraid to laugh at yourself, that’s real girl power.”

MADISON TEVLIN

MEDIA PERSONALITY, ADVOCATE



When Madison Tevlin speaks, people listen. It's not just because of what she says, but because of how she says it: with conviction, humour, and a quiet kind of confidence that makes you believe her. At 23, the Canadian actor, model, creator, and advocate has built a career out of defying expectations and turning visibility into power.

She first captured the world's attention at just twelve years old with a viral cover of John Legend's All of Me, a video that racked up millions of views and marked the beginning of a journey that would challenge how the world sees people with Down syndrome. In the decade since, Tevlin has evolved from viral sensation to cultural leader, using her growing platform to advocate for inclusion, representation, and self-love.

Her résumé reads like a roadmap for breaking barriers. She starred alongside Woody Harrelson in the feature film Champions, becoming one of the few actors with Down syndrome to appear in a Hollywood production. She made history as the first person with Down syndrome nominated for a Canadian Screen Award for Best Host, for her CBC Gem show Who Do You Think I Am?. She's walked the runway for Knix, fronted global campaigns like CoorDown's Assume That I Can, and has been honoured with the Quincy Jones Exceptional Advocacy Award.

With over half a million followers across social media, Tevlin has cultivated a community built on authenticity and empowerment. Her posts are lessons in confidence, reminding her audience that representation is about being both seen and heard.

Her new podcast, 21 Questions, brings that ethos to life. Produced in partnership with Fairmont Hotels & Resorts, the show is both playful and profound, giving audiences an intimate window into real conversations between Tevlin and her celebrity guests, which include heavy-hitters like Nelly Furtado and Nicole Scherzinger. The name itself is a clever nod to her extra 21st chromosome, a detail that Tevlin turns into a point of creativity rather than limitation.

"I've always loved asking questions," she says. "People have so many stories inside them. I want to help bring those stories out."

It's a natural evolution for someone who's spent much of her life pushing boundaries simply by being herself. Through her storytelling, Tevlin invites listeners to expand their own definitions of beauty, ability, and success. "When you assume what someone can't do," she says, "you close the door on possibility. I'm here to open that door wider."

Her advocacy is deeply personal. As someone who's often been underestimated, Tevlin uses her platform to show the limitless potential of people with disabilities. She's quick to emphasize that representation is not charity but, rather, opportunity. "I'm not inspiring because I have Down syndrome," she says. "I'm inspiring because I work hard, because I'm talented, because I care about what I do."

That spirit of agency has made her one of the most compelling public figures of her generation. Whether she's on a film set, behind a mic, or scrolling through fan messages online, Tevlin leads with joy and purpose. Her feed is filled with vibrant energy—laughing behind the scenes, meeting fans, celebrating milestones—but it's underpinned by a sense of mission. Every post and conversation is a step toward normalizing inclusion, not as something extraordinary, but as something expected.

For Tevlin, the future of representation is about leadership. "We need more people with disabilities not just in front of the camera, but behind it," she says. "Producers, writers, directors, creators—those are the people who shape the stories we see. That's how change happens."

In an era where authenticity is currency, Tevlin is one of its richest examples. If there's one thing she's made clear, it's this: Down syndrome may be part of her story, but it's far from the most interesting thing about her.

REETU GUPTA

AMBASSADRESS, THE GUPTA GROUP
AND THE EASTON'S GROUP OF HOTELS

Reetu Gupta has always moved at the intersection of ambition and action. Born into the worlds of real estate and hospitality, her career was practically scripted from the start. And yet, she has carved her own path with determination and foresight. Today, as Ambassadress of The Gupta Group and the Easton's Group of Hotels, Gupta oversees more than 20 operational hotels across Canada, six additional properties in development, and 5 million square feet of mixed-use projects in the Greater Toronto Area. Her leadership is both expansive and intensely personal, grounded in a philosophy that blends vision, empathy, and inclusion.

Gupta is deeply committed to cultivating diverse talent within her organizations. More than 60 percent of managerial roles at The Gupta Group are held by women, reflecting her intentional efforts to challenge industry norms and create pathways for female leadership in hospitality. Beyond gender, she is a champion of equity for minority voices, ensuring that talent is recognized and nurtured based on merit, skill, and potential rather than entrenched biases. She has also leveraged her experience to support Canadian startups led by women and minority entrepreneurs through Rogue Insight Capital, the diversification arm of The Gupta Group.

Her influence extends well beyond operational management. Gupta has re-launched The Gupta Family Foundation, focusing on education, empowerment, and community initiatives, while also mentoring women globally through The Shakti Society, which offers guidance on professional, spiritual, and personal development. Through these platforms, she is actively reshaping the narrative of what leadership looks like in male-dominated industries, proving that business success and social responsibility are not mutually exclusive.

Gupta has also left a distinct mark on Toronto's hospitality scene. Properties such as the Canopy by Hilton Toronto Yorkville and Revery, a Curio Collection by Hilton hotel, showcase her vision of hotels as cultural destinations. These spaces highlight local artists, culinary talent, and Canadian-owned products, turning each property into a celebration of its community. Through these experiences, Gupta emphasizes that hospitality is not just about service but about creating opportunities for local talent and ensuring that a diversity of voices are seen and valued.

In 2025, Gupta made history as one of the first South Asian women to become an owner in Toronto's WNBA expansion team, the Toronto Tempo. More than a financial stake, the investment embodies her philosophy of equity, representation, and purpose-driven leadership. By entering the world of professional sports ownership, Gupta is extending her commitment to opening doors for women and minority leaders beyond hospitality, signaling the growing influence of women across all arenas.





ALLY ZEIFMAN MAMALIDER

PRESIDENT, ORGANIC TRADITIONS

Ally Zeifman Mamalider is reshaping Canada's superfood landscape. As President and second-generation founder of Organic Traditions, she has taken a brand with over 25 years of heritage and transformed it into a modern, high-growth leader in functional wellness. Her journey illustrates how legacy and innovation can coexist, proving that heritage brands can be just as disruptive (and culturally relevant) as startups.

Since joining the company in 2017, Mamalider has led Organic Traditions' expansion, new product development, and a full brand reimagining. Under her guidance, the company has grown internationally, introduced over twenty new formulations, and refreshed its identity with a design-forward approach that balances continuity with evolution.

At the core of Organic Traditions is a mission to make superfoods simple. Under her stewardship, Mamalider has translated this ethos into action, ensuring products are easy to use, educational, and held to the highest standards of quality and purity. The results seem to be paying off.

Revenue has doubled, eCommerce sales have grown 71 percent year-over-year, and U.S. retail expansion is underway. Multiple new product lines, including a superfood fiber platform, have further strengthened the brand's market presence. Yet for Mamalider, success is as much about culture as it is about growth. She has nurtured a female-led, family-founded business that champions mentorship, inclusivity, and opportunity for women and minorities in the wellness industry.

Mamalider sees wellness as a movement rooted in curiosity, integrity, and care—values instilled by her father (the company's founder) and amplified under her guidance. By blending heritage and innovation, she has positioned Organic Traditions as a modern wellness powerhouse, proving that second-generation founders can honor a legacy while boldly charting new territory.



LINDSAY HOUSMAN

FOUNDER, HETTAS

Lindsay Housman built her company Hettas (a Canadian performance running shoe brand) to address a glaring gap in the industry: most shoes are designed for men and then scaled down for women. Driven by her experience as an athlete and a mother, she launched Hettas in 2021, officially debuting the brand in 2023 with a mission to design shoes tailored to female anatomy, biomechanics, and performance needs.

More than solely a footwear brand, Hettas is rooted in research, inclusion, and purpose. Partnering with Simon Fraser University's Run Lab, the brand has pioneered studies on female-specific biomechanics, anatomy, and life-stage considerations, earning a three-year NSERC research grant. The findings have directly informed Hettas' designs, ensuring shoes enhance comfort, prevent injury, and support performance from young recreational runners to seasoned athletes.

The brand offers three performance-focused collections—Cruise, Tempo, and Speed—each engineered with durometer-rated midsoles for distinct ride experiences. Every detail, from wider toe boxes to narrower heels, reflects scientific insights into female physiology. By advancing research and applying it to functional design, Hettas is setting a new standard for women-centered footwear.

Beyond innovation, Housman's vision extends to opportunity and equity. Hettas champions female athletes, supporting girls and women at every stage of life while advocating for equality in sport. Her leadership underscores the importance of designing products with women in mind and ensuring that female voices are represented in innovation, research, and development.



STEPHANIE LITT

CO-FOUNDER AND CEO, MYCOFUTURES

Stephanie Lipp is reshaping the future of sustainable materials through her work as CEO and co-founder of MycoFutures, a Montreal-based cleantech startup pioneering mycelium-based leather alternatives. Drawing on a background in the arts and creative industries, Litt transitioned from running a gourmet mushroom farm to developing eco-friendly materials that are as versatile as they are sustainable.

Its flagship product, Myco™, is derived from the root system of fungi and offers an animal-free, plastic-free, and non-toxic alternative to conventional leather. With a unique vertical-farming approach and non-toxic tanning methods, Myco™ grows in weeks, providing an environmentally conscious solution without compromising on quality, aesthetics, or performance. By utilizing forestry and agricultural by-products, the company dramatically reduces carbon emissions, avoids harmful chemicals, and eliminates microplastics, demonstrating that sustainability and scalability can coexist.

Litt's entrepreneurial vision extends beyond the product itself. From the outset, she prioritized intellectual property protection and strategic planning to ensure MycoFutures could scale effectively while maintaining a defensible position in a competitive marketplace. Early recognition through pitch competitions and accelerator programs provided guidance and connections that helped transform experimentation into a viable, market-ready business.

At its core, MycoFutures embodies a philosophy of purpose-driven entrepreneurship. Litt's leadership prioritizes sustainability, scientific rigor, and practical impact, while fostering opportunities for other innovators in the cleantech and materials space. By demonstrating that luxury, durability, and environmental stewardship can coexist, she is paving a path for a new generation of founders who value both profit and planetary responsibility.



TREASA LEIGH BROWN

FOUNDER, PROFESSIONELLE HOUSE

In an era defined by access and exclusivity, Treasa Leigh Brown has built something altogether different: a social club not for the privileged few, but for those who have long been left out of the room. As the founder of Professionelle House, Canada's first Black-owned and operated private members business and social club for women entrepreneurs, Brown is reshaping what professional power looks like (and who gets to hold it.)

Located in the Greater Toronto Area, the club blends the sophistication of a members-only environment with the purpose of an incubator, designed to give women (particularly women of colour) the tools, mentorship, and connections they need to thrive. It's a bold intervention into an entrepreneurial landscape that has too often been isolating and inequitable. For Brown, the idea was born out of necessity: she saw firsthand how difficult it can be for women to secure capital, resources, and access. Professionelle House responds to that gap with something tangible; a place where business strategy meets sisterhood, and where ambition isn't just encouraged but equipped.

Today, Brown's vision is far bigger than a physical space. Professionelle House represents a new model of entrepreneurship: one rooted in collaboration, equity, and shared growth. Its mission is to dismantle systemic barriers, create pathways for sustainable success, and build a culture of women supporting women.



''THERE IS A BEAUTY THAT REMAINS WITH US AFTER WE'VE STOPPED LOOKING.''

CORY RICHARDS,
PHOTOGRAPHER AND EXPLORER, WEARS THE VACHERON CONSTANTIN OVERSEAS.



VACHERON CONSTANTIN
GENÈVE

ONE OF
NOT MANY.

FALL / WINTER 2025

GLORY



An audience with
KPop Demon Hunters'

MAGGIE KANG