

# **Kara Santokie**

**Director at Toronto Women's City Alliance**

Toronto, ON, CA

Kara Santokie, PhD, does policy analysis and works to increase civic engagement among women in Toronto.

---

## **Biography**

Kara Santokie earned the degree of Doctor of Philosophy in Political Science from the University of Toronto. Prior to this, she studied Philosophy, Politics and Economics at the University of Oxford, and earned a Master of Science degree (with distinction) in International Relations from the London School of Economics and Political Science.

Kara has worked as a research analyst, program coordinator, consultant, professor of Political Science and music teacher. She has also worked in the field of international development in several countries for a number of years. As the Director of Toronto Women's City Alliance, she does policy analysis and works to increase civic engagement among women in Toronto.

Kara is a regular contributor to newspapers such as the Toronto Star and news outlets such as the CBC, CTV News and CP24.

Kara is also currently pursuing a teaching certification on mindfulness-based stress reduction at the Centre for Mindfulness, University of Massachusetts Medical School in the USA.

Kara directs two choirs in Toronto. Shout Sister Choir is a community choir for women and Parkdale Project Read Literacy Voices brings music to adult immigrant learners in Toronto.

---

## **Industry Expertise**

Public Policy, Education/Learning, Social Services, Research, Health and Wellness, Women

---

## **Areas of Expertise**

International Relations, Human Rights, International Development, Project Management, Policy Analysis, Program Evaluation, Grant Writing, Nonprofits, Gender Education and Work, Qualitative Research, Global Governance, Social Policy, Mindfulness-based Stress Reduction, Meditation

---

## **Affiliations**

Shout Sister Choir : Choir Director, Parkdale Project Literacy Voices: Choir Director

---

## **Education**

**University of Toronto**

Ph.D. Political Science

**London School of Economics and Political Science**  
M.Sc. International Relations

**University of Oxford**  
B.A. Philosophy, Politics & Economics

**University of Massachusetts Medical School**  
Teaching Certification Mindfulness-based Stress Reduction

---

## **Accomplishments**

**Dr. F.M. Hill Ontario Graduate Scholarship**  
2007

Awarded by the Government of Ontario to an Ontario Graduate Scholarship recipient in the Faculty of Arts and Science.

---

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)