



# Janice Otremba

A change enthusiast ...

**As** someone who speaks from personal experience, Janice's pragmatic and high-energy approach is ideal for individuals and businesses needing new strategies to navigate change in an ever-changing world.

Nothing Janice does is cookie-cutter! Her dynamic personality and quick witted humour, linked with her understanding of human dynamics and your specific issues, ensure animated, highly-interactive and practical instruction. Janice adapts content-rich material to every audience. You will be actively engaged and shown how to shift your perspectives on life, work and yourself.

Janice helps individuals and corporate teams cut the CRAP (Can't Recognize a Problem) that leads to BS (Burnout and Stress).

**"Janice has always provided us with an organized and enlightened approach to better understand the dynamics of our working relationships."**

**Mike Wiegele  
Helicopter Skiing**

Janice's unique stress-management strategies are designed to build healthier individuals and more productive teams. Many clients choose Janice because she helps:

- Leverage your resources, such as time, money and human resources to catapult you from where you are to where you want and need to be – effectively and efficiently.



- Create a work-life balance that creates healthy limits and expectations.
- Clients understand the C.R.A.P. holding them back from achieving excellence.

As a Professional Speaker, Trainer and Coach, Janice is often called upon as an expert in the areas of stress management, health and wellness, personal growth and work-life balance.

With more than 20 years of experience, Janice draws from a wealth of personal and professional knowledge as well as a diverse background that includes sales and marketing, adult education, hosting her own radio show, Revealing Choices for Life™, and a seven-year counseling and holistic health-care practice.

Janice understands the health effects that stress and burnout have on work and life. She lived through a period of stress, chronic pain and low confidence. As a result, she cuts to the heart of the matter with strategies for beating burnout with humour, empathy and tried-and-true approaches.

Janice won't tell you what you want to hear; she'll tell you what you need to hear. If you are ready to cut the CRAP and move beyond the BS, your next move is to contact Janice.