



Why Hire Janice...

Janice Otremba is leading corporate wellness through stress management strategies that fuel productivity and team development. As a child of two disabled parents and defying her own debilitating accident, Janice champions change with humour and proven strategies that appraise core values and position individuals and teams for genuine opportunity.

Giggle your way to stress-free living with keynotes and workshops

Janice gives your audiences the tools they need to look inside, listen to their guts, take their thoughts captive and change what isn't working.

Through humour and personal reflection, Janice drives you toward being honest with yourself and living your most authentic life. Everyone will learn how to manage stress and use it as a powerful catalyst for improved health, personal growth and positive change.

When Janice Otremba stands in front of your conference room or meeting, she delivers guaranteed stress-management strategies and life advice with a healthy dose of humour and fun. Janice specializes in Health & Wellness, Stress Management, Conflict Resolution and Team Development.

Humorous and insightful presentation workshops & keynotes examine communication and stress in a proactive, self-management context for social, physical and workplace satisfaction and wellness. Being healthy and well means making daily choices that maximize performance and enhance well-being; in an organization this is optimized through respectful communication.

All workshops are tailored for each and every client. Research and special attention is paid to understanding the theme and desired outcome of the conference:

Workshops are ideal for:

- School District In-services (teachers or support staff)
- Professional Association In-service
- Professional Development
- Union staff and members
- Staff development
- Corporate retreats
- And more...



Janice changes lives

As a keynote speaker, Janice combines her professional expertise and personal testimony, icing the cake with a wealth of energy and an unlimited passion for everyone's success. Your conference guests will be edutained with dynamic keynotes, practical workshops and inspiring coaching services.

She's ready to talk your ear off about:

- Stress-management strategies
- Personal growth and accountability
- Becoming a Leadership Lioness and empowering women in business
- Making shift happen
- The power of choice
- Recognizing the signs of burnout
- Empowerment and confidence-building
- Life's BS (Burnout and Stress)
- Cut the C.R.A.P. (Can't Recognize A Problem)



"Janice kick-starts you on your journey with a light-hearted look at her struggles and successes, and gets you laughing at your own."