

# WORKPLACE WELLNESS SESSIONS

## WHY I'M DIFFERENT

My first career as a corporate litigator, then partner, at a large law firm, gave me a concrete understanding of the reality and stresses involved in trying to find a healthy balance when working in the corporate world. That experience, along with my related public speaking skills, subsequent nutrition certification, extensive coach training, and busy burnout practice make me uniquely qualified to present on these topics.

I keep my approach simple, practical, and motivating and I always infuse a little humour in my talks.

Corporate wellness doesn't have to be boring!

## TOPICS

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I provide customized workshops and presentations. Some of my most popular topics include:

- How to Avoid Burnout (Without Quitting Your Job!)
- How to Manage Your Time Better So You Can (Actually) Manage Your Stress
- How to Build Resilience: Finding Your "Bounce Back" Factor
- How to Make Positive Change (And Make It Last)
- How to Get Happy Now (The Joy Factor)
- How To Drink Less, & Live More



I have presented to groups around the world, including CISCO, UPC (Poland), KPMG, Bright Solutions, The Advocates' Society, Wickwire Holm LLP, Boyne Clarke LLP, Levy Casey Carter Maclean, Nova Scotia Land Surveyors, Compass Realty, NS Power, Nova Scotia Pension Board, Correction Service Canada, Nova Scotia Business Inc., National Public Relations, Dalhousie University, MDW Law, Innovacorp, the Town of Lunenburg, and Burchells LLP.

Contact me for topic details and to discuss your group's needs and pricing:

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