



Janet McKee

MBA, CHPC, CHHC

Learn the Surprising Secrets to a Life of Passion, Purpose, and Prosperity



Stressless Success Shift™

emPower³
Leadership & Lifestyle Retreat
Fuel your passion, positivity and purpose.



Janet McKee, Speaker, Best-Selling Author, High Performance™ Success Coach, Wellness Expert and CEO of SanaView, is on a mission to inspire and teach you proven and effective ways to **Embrace a Better Life**; a life that is richer, happier, healthier, and more fulfilling. "Sana" is Latin for "wellness" and her organization provides a "view" into enjoyable ways to dramatically improve your life.

After obtaining her MBA from the University of Pittsburgh and climbing the corporate ladder in several Fortune 500 companies, Ms. McKee became passionate about helping others achieve stress-free successful lives by pursuing a wellness degree from Columbia University. After working for many years to help people achieve greater levels of wellbeing, Ms. McKee expanded her expertise by researching how psychology impacts a person's ability to achieve personal and professional goals. Based on this work, she has achieved the status of being selected as **one of only 200 elite Certified High Performance Coaches™ in the world** and has received the honor of being awarded membership into the **National Association of Experts, Writers and Speakers**.

Ms. McKee is the creator of the innovative and acclaimed **Accelerated High Performance Program** and **emPower³ Leadership + Lifestyle Retreat** designed to help others fuel their **passion, positivity and purpose**. Through her **Stressless Success Shift™**, she inspires others to break negative patterns and achieve greater success. She is a vibrant and inspirational speaker who is known for captivating audiences through the use of real-life stories that engage, entertain, uplift and empower people with real solutions that they can begin to use immediately to realize their dreams.

Whether you consult with Ms. McKee directly, or hire her to speak to your organization, or peruse her multitude of online courses and inspirations, you are certain to become more knowledgeable, uplifted and motivated to improve your life.

As the founder of **SanaView**, Ms. McKee has released her own recipe book titled, **Fabulous Recipes for Vibrant Health**, co-authored a best-selling book with Brian Tracy and other experts titled, **Ready, Set, Go!**, and has released her new book titled, **Stressless Success™: The Surprising Secrets to a Life of Passion, Purpose, and Prosperity**. Ms. McKee is also the Executive Producer of the award-winning documentary, **Bethany's Story** about the healing power of food. Because of her passion for healthy living, Ms. McKee spends her free time helping to develop **SanaView Farms**, her 52-acre historic landmark organic farm nestled in the Laurel Mountains of Pennsylvania. There, she teaches ways to regenerate our land and our health through natural living and eating. A true powerhouse of positive energy and motivation, Ms. McKee is poised to dramatically improve the lives of everyone she touches.

Teaching proven methods to achieve greater levels of energy, engagement, joy and confidence are the keys to her success in helping others.