

EMPOWERING SELF- DISCOVERY AND AUTHENTIC LEADERSHIP

A JOURNEY THROUGH THE ART OF BEING MINDFUL



JOSÉE CORMIER

Maybe the journey isn't so much about becoming anything. Maybe it's about un-becoming everything that really isn't you, so you can be who you were meant to be in the first place.

Paulo Coelho

Known as the self-awareness queen, Josee has a gift and a passion for helping you develop the best relationship with your true self. Her personal journey will inspire you to look within your purpose, values and perspectives. Her energy will capture your attention and help you recognize your full potential.

This teacher by trade, now business owner, has completed numerous public speaking engagements, addressing audiences of hundreds in the last 10 years. Her leadership and coaching skills have changed the lives of many.

Her experiences have not only honed her communication skills but also deepened her passion for inspiring others.

MORE ABOUT JOSÉE



You will be left wanting more...

IT'S FUN BEING THE BOSS.

Through real-life examples and actionable strategies, she leaves you feeling inspired and wanting more! This conference guarantees a positive impact and will add value to your life and workplace.



Making a difference one interview at a time

YOU WON'T BE BORED.

If you're looking for energy, motivation and power; look no further.



“ Positive environment leading to better relationships with yourself and others ”

What they had to say

“ Awesome session!! Really great information! You have an amazing personality!! 😊 ”

“ Such a great source of positivity ”

“ Motivation. Easy information to put into action. ”

MORE ABOUT YOU

“ She explains mindfulness in a way that's easy to understand and uses examples that you can easily relate to. She kept me engaged through the entire session. ”

IMPORTANT TOPICS TO DISCUSS

A collaborative experience : What participants will learn

Self-Discovery : Participants will embark on a journey of exploring their inner strength's, values and beliefs

Inner and outer resources: Participants will learn to recognize and harness both their inner and outer resources to navigate life's challenges with resilience and confidence.

Mindfulness : A touch of mindfulness will be integrated into the learning experience, guiding participants to cultivate present-moment awareness and non-judgmental acceptance. Mindfulness reduces stress and fosters a deeper connection with themselves and others.

Leadership : How to be the boss within your own life and workplace while leaving space for others to do the same.

Community and connection at work: Tap into authenticity and vulnerability to create better relationships at work allowing them to cultivate deeper connections with others.

Through engaging discussions and round table activities participants will gain valuable insights and practical tools to enhance their self-discovery, leverage their resources, embrace mindfulness and embody authenticity and vulnerability in their personal and professional lives.

BOOK JOSÉE NOW