

JANICE OTREMBA...Catalyst for Change

Beat Burnout. Lower Stress. Leverage Happiness.



Janice Otremba

“Inspiring and revolutionary methods...
her no nonsense approach...”
WOW, this really works!

That's what folks are saying about Janice Otremba Catalyst for Change. Not only does she deliver, she brings it straight from the heart. From board rooms to lunch rooms, conference centres to intimate workshops or personal relationships, Janice is that one in million who gets out in front of issues getting in the way

- 'power of choice'
- 'in-the-moment-processing'
- making 'shifts' happen

If you're serious about your personal development, wellness and Stress Management, Janice is the single most powerful force you can have on your team.

Strange But True...

Janice's birth coincided with two large earthquakes resulting in the Hope-Princefeton slide. Not only did Baby New Year Janice share front page news with this Act of Nature it has been reported that she can move mountains too. Spend some time with Janice and you just might agree.



Just ask the hundreds of happy customers she's been serving for over 20 years!

- Affectionately known as "Canada's change-enthusiast,"
- A wealth of personal and organizational experience
- Delights audiences and organizations without ever using a 'cookie cutter' approach!
- Over 20 years in adult education, leadership, personal counseling, and holistic health care
- Talk show radio host of 'Revealing Choices for Life™'.

To 'getter done', reduce stress and create new success in your personal and business life, call today.