



INSTITUTE *for* HEALTH *and* HUMAN POTENTIAL

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# Jo-Ann Pawliw

For over twenty years, Jo-Ann has led, developed and inspired individuals and organizations in both the corporate and non-profit sectors, education and sport.

As a former multi-sport varsity athlete, educator and business owner, combined with her many years of coaching both executives and elite athletes, Jo-Ann brings a broad range of experiences to her facilitation.

Participants in Jo-Ann's programs praise her for her ability to share evidence-based content and strategies in a way that makes it relevant and relatable for all learners. Her ability to create a relaxed yet highly engaged room, makes for an ideal learning environment.

Jo-Ann has worked with companies in many industries including engineering, healthcare, finance, oil and gas, municipalities and energy. She has delivered highly impactful programs and keynotes to both small and large audiences across Canada and North America.

In addition to a B.Sc. from McMaster University and an Education degree from the University of Toronto, Jo-Ann is a Certified HeartMath Trainer and Coach and completed Harvard's Resiliency training program.



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# About Us

IHHP is a research-based training company and has been a leader in Emotional Intelligence for over twenty years. It's a scientific fact that emotions precede thought. When emotions run high, they change the way our brains function, diminishing our cognitive abilities, decision-making powers, and even interpersonal skills.

Is your organization facing increased pressure, disengagement or lack of authentic communication? We build integrated programs with training, assessments and coaching based on neuroscience for real change. We translate the science behind managing emotions and teach people the skills to summon their best selves and do their best work during moments of truth.

**Our clients see improved productivity, talent retention, a more agile workplace culture and higher engagement levels.**

Whether you are an individual contributor or manage a team, we believe that PEOPLE make the greatest positive impact when they SHOW UP AS THEIR BEST selves.

Connect with a Leadership Consultant to discuss how you can get the most from your team!



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