



LAST
EIGHT
PERCENT

JO-ANN PAWLIW

IHHP FACILITATOR



ABOUT JO-ANN

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

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.

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's motivational style is what makes her a highly sought-after speaker no matter what size of audience she is in front of.

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.

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.

JO-ANN'S CLIENT ROSTER





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Jo-Ann's passion for Emotional Intelligence described in her own words:

"Good self-awareness and self-regulation enables us to choose a better response, rather than one we might regret later. The result is **an action that is in alignment with our priorities, vision and values**. It builds and sustains better connections and relationships. It also gets us home safely at the end of the day."

WHAT JO-ANN'S CLIENTS SAY

Overall this was **one of the best trainings I have ever attended**, I would recommend it to my co-workers! Jo-Ann did an excellent job of explaining the concepts and working with the group. We were engaged and learning the whole time! [...]

I did learn a lot and feel energized and empowered to make positive changes, thank you!

I would like to thank Jo-Ann **for doing a fantastic job**. You have captured my attention through out the 3 days, which is not easy because I am constantly being distracted by work emails and questions.

Jo-Ann **was a superb, gifted facilitator**. I found the course to be mostly about triggers. I thought it would encompass more emotions.

