

Dr. David Posen

Dr. David Posen graduated from the University of Toronto Medical School in 1967.

He was involved in a research project in San Francisco before interning in Edmonton, Alberta. After a year of general practice in the Canadian Arctic he spent a year practicing in Jerusalem. In 1971, he started a family practice in Oakville, Ontario.

In 1985, Dr. Posen gave up his general practice to devote his time exclusively to stress management, lifestyle counseling and psychotherapy. He has spoken widely to education, government, business and professional groups across North America. His recent clients include Warner Bros., University of Michigan, Chevron, Verizon, American Express, Ontario Crown Attorneys Association, Allstate Insurance, Hydro One, State Farm, Research in Motion (RIM), Rogers Communications, Pfizer, Kraft, Hilton Hotels, US Foodservice, London Life, Dun & Bradstreet (D & B), Microsoft, University of Florida Athletic Association, BC Association of Broadcasters, Canadian Home Builders Association, McKinsey, Ernst & Young, City of Hamilton, CIBC, IBM, Mohawk College, Ontario Government Centre for Leadership, Citizenship & Immigration Canada, Shoppers Drug Mart and the Million Dollar Round Table.

He is the best-selling author of four books, **ALWAYS CHANGE A LOSING GAME**, **STAYING AFLOAT WHEN THE WATER GETS ROUGH**, **THE LITTLE BOOK OF STRESS RELIEF** (translated into seven languages) and **IS WORK KILLING YOU?**, which was profiled in USA Today, Wall Street Journal, Publishers Weekly, the Globe and Mail & Winnipeg Free Press. His magazine articles have appeared in Canadian Living and Readers Digest as well as several medical journals. He wrote a weekly column on stress and lifestyle management for a year on the popular website www.canoe.ca. David has appeared many times on TV and radio across Canada and has been quoted in many leading U.S. media outlets such as US News & World Report, People, Huffington Post, Men's Fitness, Women's Health, Redbook and McCall's.

Married with two adult children, David lives and works in Oakville, Ontario. In addition to his busy schedule of seeing patients, writing and public speaking, he is an avid reader, musician and tennis player. He played trombone in the Oakville Symphony Orchestra for nine years and now plays in the Oakville Wind Orchestra.

Prof. Dr. George Grant, Ph.D.

Prof. Dr. George Grant, Ph.D., is known as The Caring Doctor, is considered the Canadian authority in Integrative Medicine[IM]& Functional Medicine[FM] and Canada's Wellness Ambassador.

He pioneered the research on Beta Endorphins; organized and presented at the International Pain Conference in Chicago, IL; has helped several fortune 500 companies worldwide; non-profit organizations; and top Olympic Athletes.

Prof. Dr. Grant believes that Prevention is better than Intervention, Self Care is better than Crisis Care and Meditation is better than Medications. We care, serve and educate NOT medicate, operate, radiate and vaccinate.

Prof. Dr. Grant worked as a Senior Consultant for Health Canada, FDA and CDC as well as in private practice. He helped clients at Sunnybrook hospital in Toronto to recover from clogged arteries.

Prof. Dr. Grant is an Editor of several refereed scientific journals, 170 published articles, 150 conference presentations, 180 book reviews and 10 bestselling books.

Dr. Jacinth Tracey

Dr. Jacinth Tracey, CEO at Wired2Succeed Leadership Consulting, is an award-winning leadership and high performance coach for corporate and entrepreneurial women. She's also a sought after speaker, corporate trainer, and multiple best-selling author of books focusing on overcoming structural and perceived barriers to success. Her scientifically-based P.O.W.E.R Up Leadership!™ system forms the basis for her coaching and mentoring programs, workshops, VIP intensive retreats, and corporate training.

Dr. Tracey's clients benefit greatly from her doctoral preparation in performance management and mental health, 10 years of corporate executive experience, and 25 years of successfully mentoring individuals across diverse industries. She is recognized and beloved for her authenticity, enthusiasm, and ability to connect powerfully with women on an intellectual, emotional and spiritual level, and has been featured on national and local television, and in various newspapers and magazines.

Patricia A. Muir, PCC

Patricia is known for disciplined vision and professional composure. She works with executives, professionals, and their teams to build capacity and capability for a great place to work and a great bottom-line. Patricia speaks the language of *excellence*. Her sense of clarity and structure contribute to finding practical solutions while developing a strong business case and strong relationships at all levels of the organization.

As a standard-bearer, Patricia strives for high-quality results. Her intense focus on achieving results and uncompromising attitude drives executive teams to achieve what some team members might not have thought was possible. She is sensitive to each person's basic needs of autonomy, relatedness, and competence and believes that these needs must be satisfied at work in order for the workplace to be a great place for everyone.

Patricia first introduced her philosophy of "integration" as an alternative to work/life balance in 2007 and encourages her clients to stop the balancing act.

Patricia partners with her clients to implement successful and sustainable business improvement initiatives including health, safety, and wellbeing in the workplace. Her work has contributed to client recognition including Best-in-Class and First-in-Industry. Patricia's client list includes Fortune 500 consulting and service-based companies including Canada's Top 100 Employers.

Patricia is the creator of THRIVE, an innovative coaching program for women executives and professionals who are returning to work during and after cancer treatment.

Patricia is accredited by the International Coach Federation (ICF) and integrates her accredited core competencies in her work:

- Professional Coaching
- Emotional Intelligence Coaching
- Positive Psychology in the Workplace
- Business and Workplace Standards Compliance and Certification