



Denise Marek
Work-Life Balance, Stress Management & Resiliency Expert

Denise is internationally known as The Worry Management Expert. She is regularly called upon as the expert in her field by such national and international magazines as:

- Canada's Investment Executive, Chloe, Chatelaine, and Canadian Family
- USA's Body + Soul and Woman's World Magazine
- United Kingdom's Red
- Australia's CLEO and Insight

Denise is the author of CALM - A Proven Four Step Process Designed Specifically for Women Who

Worry and co-author of The Keys: Open the Door to True Empowerment and Infinite Possibilities. As a testament to their overwhelming success, Denise's books have been published in several languages including Spanish, Italian, German, French, Dutch, Bulgarian, Korean, among others.

Through her proprietary CALM™ methodology, lectures, consulting, videos, articles, and books, Denise has helped individuals and corporations worldwide eliminate worry and systematically create positive and lasting changes in attitudes, actions, teamwork, communication, and relationships.

Denise was awarded the Toastmasters International Accredited Speaker Award for Professionalism and Outstanding Achievements in Public Speaking. Not only was Denise the first woman in Ontario to have received this honour, she is one of only 67 people to have ever achieved this designation.

Denise's client base is eclectic — anything from CEOs, senior management teams, and executives to First Nations, government agencies, school boards and more. Companies making use of Denise's unique spin on positive change and stress management include: American Express, Toyota, CEO Global Network, RBC Royal Bank, Deloitte and Touche, Dundee, Manulife Financial, TD Canada Trust, Clarica, Sunnybrook Health Sciences Centre, and AIG. Denise is hired to speak at corporate events and to provide on-site training and consulting. Denise's clients credit her program for more effective and efficient work environments, less stress, and greater strategic planning success.