

# Meaghan Jansen

Founder and Owner, Employee Wellness Solutions Network | age: 35



**A LIFELONG ACADEMIC**, taking risks never came naturally to Meaghan Jansen.

But when the Western University masters student had an opportunity to transform her PhD proposal into a full-fledged business, she went out on a limb and started a new life as an entrepreneur.

Jansen created Employee Wellness Solutions Network in 2003. One of the first workplace wellness companies in Canada, Jansen was a pioneer in the industry.

"The first five years of our business we were just getting our feet wet," she says. "We had to try and carve our way into a brick wall, so to speak."

Ten years ago, the definition of a workplace wellness program meant sponsoring a corporate softball team or having an office gym. Today, companies have realized the value in investing in comprehensive

wellness packages for their employees.

That's due in large part to Jansen's research, hard work and passion. She not only created a business, she helped define an industry.

In 2012, sales at EWS Network climbed by 42% and the number of corporate clients increased by 67%. They've expanded to Canada's east coast and across the United States, with plans to penetrate the west coast this year.

Always on top of the latest trends, Jansen's become a sought-after speaker and wellness expert. While the industry continues to grow, Jansen's next goal is making wellness a regular part of insurance packages.

"We're hopeful that will be the next wave," she says. "Insurance companies are beginning to jump on this bandwagon."



**BIRTHPLACE:** Saint John, New Brunswick

**EDUCATION:** University of New Brunswick and Western University

**FAVOURITE LOCAL RESTAURANT:** Milestones

**CURRENTLY READING:** *Peaks and Valleys*, by Spencer Johnson

**GREATEST MENTOR:** My husband and business partner, Garth Jansen. Pivotal people in my career are Dr. Peter Lemon at Western for asking me to come to London to study and Geoff Pulford, CEO at Harrison Pensa, for giving me a chance 10 years ago

**FAVOURITE APP:** A what? Appetite? Yeah, I eat five to six times a day!

**CURRENTLY LISTENING TO:** Brian Tracy audiobook

**LAST VACATION DESTINATION:** Barbados

**FIRST JOB:** Server at Mother Nature's Restaurant in Saint John

**TOUGHEST BUSINESS DECISION:** From becoming a wellness consultant and working with the staff and our clients to pulling myself out of that role and transitioning into business owner

**ADVICE YOU WOULD GIVE TO THE 18-YEAR-OLD YOU:** Life is yours. Follow your own dream, not someone else's

**BEST PIECE OF ADVICE RECEIVED:** Working in your business is very different than working on your business. Working on your business means growth

**PROFESSION YOU WOULD YOU MOST LIKE TO TRY:** Family medicine

**WHAT STOPS PEOPLE FROM SUCCEEDING IN BUSINESS:** To paraphrase a quote from Brian Tracy's *Flight Plan*, a rocket on the way to the moon is off course 98% of the time, but it's constantly adjusting and adapting to make sure it gets there. Business is hard and there are more no's than yes's, which can throw people off course, ultimately leading to giving up!

**NEWS SOURCE:** Television, Internet

**WHAT'S NEXT:** Working on growing the East Coast and launching the West Coast



Employee Wellness Solutions Network  
Nutrition • Balanced Lifestyle • Fitness

www.EWSNetwork.com  
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- Group Exercise Classes
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- Health Fair Organization
- Health Risk Assessments
- Individual Wellness Profiles
- Lunch n' Learns/Workshops
- Monthly Challenges
- Monthly Newsletters

- Packaged Awareness Programs
- Progression Reports
- Snapshot Participation Reports
- Team Building Programs
- Virtual Programs
- Wellness Resource Centre