

Creating Joy Amidst the Chaos

with
Meaghan Jansen



JOIN US FOR A LIVE VIRTUAL WELLNESS EVENT

This workshop is offered as part of your Wellness In Motion Program and will be scheduled by your organization.

Happiness and joy are the ultimate emotions! There's nothing better than that buoyant feeling, whether it's brought on by a meaningful life event or discovering a new book by your favourite author.

We all want to feel happy but can struggle to find joy in life during difficult times. Not every day is a good one, but part of welcoming more happiness into our lives is learning how to handle difficult situations. In *Creating Joy Amidst the Chaos*, Meaghan explores the challenges of embracing happiness and shares strategies to better manage energy levels, priorities, and mindset to support personal well-being.

About the Speaker



Meaghan Jansen MSc., BSc., BA

Meaghan is a Wellness Expert, international speaker, associate professor, and the founder of Employee Wellness Solutions Network, a Canadian Wellness Company. With a background in Biology, Psychology, Nutrition, Sport and Exercise Psychology, Meaghan specializes in Workplace Health Promotion. She collaborates with organizations to foster healthier workplace cultures, utilizing her passion for speaking to advocate for health and well-being. Meaghan continues to inspire positive change through engagements with various organizations, including the International Association for Workplace Health Promotion, American College of Sports Medicine, HRP, and more.

