



Stressed Self to Best Self™

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Stress & BodyMind Health Expert, Best Selling Author, Inspirational Speaker, Certified Success Trainer, Certified Professional Success Coach

Create more success in your life without sacrificing your health & happiness.

In Dr. Jen's presentations and workshops you'll experience some simple and powerful stress management techniques that you can easily incorporate into your daily life. Plus, she'll show you how to implement key proven success strategies used by the top Success and High Performance Trainers in the world!

Dr. Jen is ready to guide and inspire you to be happier, healthier and more successful in all areas of your life!

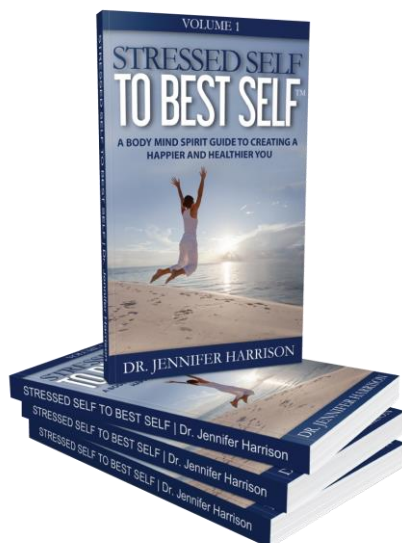
As Seen On

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"Well, I wish we had a whole lot more time to talk because you're fascinating." Jack Canfield, NY Times Best Selling Author & America's #1 Success Coach in *Hollywood Live with Jack Canfield* interview that aired on A&E and Bravo US affiliates.

"If you sincerely want to reduce your stress levels, then you need to take this course! ... Highly recommended!" Delilah C. Dushenski, B.Comm., EPC, CFP®, How to Transform Stress to Success© course participant.



Dr. Harrison's life purpose is to inspire and empower people to be happier, healthier and more successful in all areas of their life. She helps people transform through her live presentations, online courses, her books (including an international best seller with Jack Canfield) and membership website. As a Certified Athletic Therapist, Chiropractor, Certified BodyTalk Practitioner and Certified Emotional Freedom Techniques Practitioner, Dr. Jen has spent over 30 years studying the impact stress has on the mind & body. She has uniquely combined this knowledge and experience with her training as a Certified Canfield Success Principles Trainer & Certified Professional Success Coach to show people How to Go From Your Stressed Self to Your Best Self™!

Topics:

- How to Transform Stress to Success© - Keynote 60 mins
- How to Transform Stress to Success© - 1/2 day workshop
- How to Transform Stress to Success© - 1 day workshop
- Stressed Self to Best Self™ Retreat – 4 hours, scalable & customizable for corporate, lay or spiritual participants.

“Your very inspirational, informative, dynamic (keynote) presentation left a positive impact on everyone who attended...Your information is a must have for anyone who would like to live a fulfilling life, and create the best profession, or business, and healthy life style they desire.” Claribel Avery, National Independent Mary Kay Sales Director and Co-Coordinator Mary Kay Go Give Retreat in Lake Louise, AB

“Dr. Harrison is a very clear, concise, humorous, personable presenter. Her information is very well researched and particularly well presented. It was a very fun day so the information will stay and be remembered. What better praise for a course?” C.S. Stressed Self to Best Self™: How to Care for Yourself, Your Patients and Your Business course attendee at the Natural Health Practitioners of Canada National Conference.



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