



Igniting corporate vitality with a competitive edge into your business.

jackie savi-cannon



“Are you equipped to handle our evolving corporate culture and the lifestyle shift that is occurring around us?”

“I’m Turning New Age into Cutting Edge”

The way we do business is changing. Let me teach you to discover what balance means to you. My presentations will assist you:

- Increase performance and motivation
- Reduce absenteeism
- Reduce stress among leaders and coworkers
- Inspire a proactive healthier lifestyle
- Enhance morale and elevate employer appreciation
- Reach for new heights
- Ignite possibility

My Mission:

“To inspire and educate individuals to realize their greatest potential and maximize the quality of their life experience by providing practical resources that motivate, engage and entertain.”



My Seminar Topics:

Finding Your Corporate Zen:

This topic focuses on developing life skills that help individuals cope with stress triggers that are a reality of daily life. We will review the need for effective communication in the workplace and in personal relationships. We will develop strategies to deal with conflict and stress. Participants will have a greater understanding of creating a supportive, productive work environment along with implementing practices which will improve their own personal quality of life. Various relaxation techniques such as meditation, visualization and gentle yoga will be introduced. (This is optional and based on the venue) Participants will realize the mental and physical benefits of incorporating these techniques into daily activities. Leave with a sense of peace, balance and renewed motivation to achieve success in all areas of your life.

Ignite Passion and Possibility:

I guide you in unleashing the powers within to look beyond conventional obstacles and fear to realize one's potential for achievement. Using imagery, visualization and the power of one's own perception, your life experience will be transformed to a higher level of living!

The Pink Notes:

...Is a raw and honest account of a young woman's journey to find beauty, hope, and healing while peeling back the many layers of cancer. I use my own journey with Breast Cancer to illustrate opportunities for growth and inspiration when life sends challenges. I take you on a ride of emotions and leave you with a refreshing sense of passion and optimism.



"Jackie's presentation was invigorating and extremely motivating. She got me thinking about the course of my life and how it relates to work and both physical and mental health. Her personal stories and experiences and how she handled them motivated me to look at my own life in a very different and positive way. I came home with her yoga disc and guide and use it almost daily to help deal with the everyday stresses life brings. I highly recommend Jackie as a speaker and am looking forward to hearing her talk again."

Joyce VanRooyen, CCOA
Ontario Optometric Conference



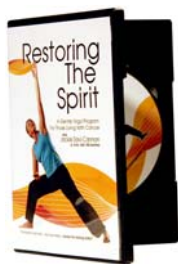
My Story:

My diverse background includes a Bachelors of Communication Studies and a Bachelors of Education. My 16 year fitness career evolved as a group fitness instructor/trainer, manager, competitor and eventually health club owner. As a passionate educator I let my path further evolve into professional speaking. I am a devoted wife and the mother of two lovely children. In 2006, at the age of 38, I was diagnosed with stage II Breast Cancer. As with all of my life experiences, I have embraced this one to look for the opportunities for growth and education.

I have been published in various magazines and have appeared on many regional programs. I regularly contribute the LIVEwithTHRIVE! Online magazine. My latest book, *The Pink Notes* is a raw and honest account of my journey to find beauty, hope, and healing while peeling back the many layers of cancer. My *R-N-R Mind/Body Wellness Program* is an interactive website which provides the body of my work in a time efficient practical manner. I'm about helping you find the balance between healthy living and 'real life'.

I have always believed in the importance of proactively implementing life strategies that result in personal and professional success and fulfillment. My recent experience with cancer has confirmed that the power truly lies within us and when unleashed can overcome obstacles and surpass any of our greatest expectations.

My Work:



Contact:

www.jackiesavicannon.com

www.rnrprogram.com

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