



**Pam Paquet** Canadian Speaking Professional  
*Specializing in Possibilities - Great & Small*

***Pam works with innovative companies and associations who embrace change. They believe in their employees and invest to build enthusiastic, collaborative and productive teams.***

- *MEd and BA in Psychology*
- *Experienced international speaker*
- *Master level facilitator*
- *BCIT instructor*
- *CEO of a corporate training company*
- *Certified Canadian Counsellor*

## **Partial Client List**

Royal Canadian Mounted Police  
City of Vancouver  
CGI Group Incorporated  
Morguard Investments  
The Langley Concrete Group  
BC Institute of Technology  
Abbotsford Police Department  
Emcon Services Incorporated  
HR Association of Alberta  
Rotary International  
Project World &  
Business Analyst World  
Saskatchewan Association of  
HR Professionals

Pam has a passion for people and creating change. Her insight into the "people side of business" enables her to build on positives and create solutions for problem areas. The changes you will see include:

- teams that collaborate for maximum productivity
- employees that communicate and openly address problems
- staff that cooperate to provide great customer service
- leadership geared to the needs of the team

Pam has been described as enthusiastic, humorous and engaging. Participants find her style comfortable and motivating while she revitalizes the room.

The focus in every keynote speech is to create positive changes through a renewed awareness and revitalized inspiration. Perspective is everything and 50 minutes is more than enough time for the opportunity to get energized, make the shift and build on strengths.

Pam is an excellent presenter and facilitator who quickly builds rapport with her audience, freely shares her vast expertise and has a clear understanding of both organizational and clinical issues.

***Ken Curtis MNP Consulting***

I can honestly say that I think your session was the best. It was informative, interactive and energetic. I learned the most from your session. Thank you very much! ***E. Glover HRIA Conference***



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## *Keynote Topics*

### ***Resiliency: Managing Stress and Challenges***

Life and work continually throw curve balls at us. Organizations and players need to be in tip-top shape to catch the balls, juggle them and throw them back. Pam will lead participants through an insightful and humorous session to provide a renewed sense of purpose and a re-energized feeling of strength. Participants will learn to:

- pick yourself up and face the challenge
- avoid getting in your own way
- build momentum by a renewed self-purpose

### ***Be Your Own Superhero: Finding Insight, Energy & Balance***

Have you ever met someone and wanted to be exactly like them because they are so balanced and focused? They seem like a superhero – larger than life and much to envy. They seem to have the answers to all of life's questions – balance, energy, insight. Pam works with audiences to come up with their own personal definition of balance and how to establish their own “normal”. This presentation leaves participants with:

- clarity on ownership – what is yours and what is not
- confidence in personal roles and responsibilities
- strategies to become your own superhero

### ***Don't Look Up: Finding Motivation From Within***

We sometimes seek out other people in the search for motivation. Unfortunately, we can mistake fame or greatness for motivation. Look past the Everest climbers and focus on your own self, home and backyard. A celebration of accomplishments is at your fingertips, so get motivated by conquering your own Everest. Pam leads participants through a look within themselves so they can:

- control what you can, know what you can't control
- define greatness and inspiration
- shift from “can't” to “will”

